

# BUNDLE UP AND ENJOY THIS SOUP-ER RECIPE



## Budget Friendly Recipe of the Month

*Our theme for 2025 is "Staff & Community Favourites!" This month's recipe was submitted by Dana Mandryk, one of our Public Health summer nursing students.*

"I have a very busy school schedule over the winter months. Being able to throw something into a crockpot, let it cook for the day, and come home to a prepared meal after a busy day is so helpful and such a time saver!"

Soup is one of the many meals that can be based on your own preferences. You can add any vegetables, meats, and toppings you like to customize this dish.

Don't "simmer" over these recipes; try them out today!

### CHICKEN TORTILLA SOUP!

[HTTPS://WWW.SPENDWITHPENNIES.COM/CHICKEN-TORTILLA-SOUP/](https://www.spendwithpennies.com/chicken-tortilla-soup/)

**CUSTOMIZE THIS RECIPE TO YOUR LIKING BY ADDING DIFFERENT MEAT OR VEGETABLES.**



Picture retrieved from:  
<https://www.spendwithpennies.com/chicken-tortilla-soup/>

#### INGREDIENTS:

- 1 TABLESPOON OLIVE OIL
- 1 ONION CHOPPED
- 3 LARGE CLOVES GARLIC MINCED
- 1 JALAPEÑO DICED AND SEEDED
- 3 CUPS CHICKEN BROTH
- 14 ½ OUNCES (1 CAN) CRUSHED TOMATOES
- 14 ½ OUNCES (1 CAN) CAN BLACK BEANS RINSED & DRAINED
- 10 OUNCES (1 CAN OR SMALL CONTAINER) OF DICED TOMATOES
- 2 BONELESS SKINLESS CHICKEN BREASTS
- 1 CUP CORN DRAINED IF CANNED
- ¼ CUP CILANTRO CHOPPED
- 1 TEASPOON CHILI POWDER
- 1 TEASPOON GROUND CUMIN
- 1 LIME JUICED
- TORTILLA CHIPS

#### HERE'S HOW TO MAKE IT:

1. IN A LARGE POT, HEAT OLIVE OIL OVER MEDIUM HEAT. ADD THE ONION, GARLIC, AND JALAPEÑO TO THE POT, AND COOK UNTIL THE ONION IS SOFTENED, ABOUT 3 TO 4 MINUTES.
2. ADD IN THE CHICKEN BROTH, BLACK BEANS, CRUSHED TOMATOES, DICED TOMATOES WITH JUICES, CORN, LIME JUICE, CILANTRO, GROUND CUMIN, AND CHILI POWDER. STIR TO COMBINE.
3. ADD THE CHICKEN BREASTS AND BRING THE SOUP TO A BOIL OVER HIGH HEAT. REDUCE THE HEAT TO A SIMMER AND COOK UNCOVERED FOR 20 MINUTES, OR UNTIL THE CHICKEN IS COOKED THROUGH.
4. REMOVE THE CHICKEN FROM THE POT AND SHRED IT WITH TWO FORKS. ADD THE SHREDDED CHICKEN BACK TO THE POT AND SIMMER FOR AN ADDITIONAL 3 MINUTES. TASTE AND SEASON WITH SALT AND PEPPER.
5. SPOON SOUP INTO BOWLS AND TOP WITH TORTILLA STRIPS AND ANY OTHER TOPPINGS YOU WOULD LIKE.

# ARE YOU HUNGRY FOR MORE?

SOUP IS A GREAT OPTION FOR A MEAL, ESPECIALLY FOR INDIVIDUALS AND FAMILIES WITH BUSY LIVES. YOU CAN CUSTOMIZE YOUR SOUP BY ADDING ANY INGREDIENTS YOU PLEASE OR BY MAKING IT A BROTH OR CREAMY SOUP. YOU CAN EVEN FREEZE YOUR SOUP FOR A LATER DATE. ENJOY THESE RECIPES AS WELL AS MANY MORE ON THE LINKED WEBSITE BELOW:

MINISTRONE IN MINUTES: [HTTPS://WWW.BBCGOODFOOD.COM/RECIPES/MINESTRONE-MINUTES](https://www.bbcgoodfood.com/recipes/minestrone-minutes)

SWEET POTATO & LENTIL SOUP: [HTTPS://WWW.BBCGOODFOOD.COM/RECIPES/SWEET-POTATO-LENTIL-SOUP](https://www.bbcgoodfood.com/recipes/sweet-potato-lentil-soup)

LEEK & POTATO SOUP: [HTTPS://WWW.BBCGOODFOOD.COM/RECIPES/LEEK-POTATO-SOUP](https://www.bbcgoodfood.com/recipes/leek-potato-soup)

[HTTPS://WWW.BBCGOODFOOD.COM/SEARCH?Q=BUDGET+SOUP+RECIPES](https://www.bbcgoodfood.com/search?q=budget+soup+recipes)

## DID YOU KNOW...

- WHEN FOODS, INCLUDING SOUP, GO THROUGH THE CANNING PROCESS, NUTRIENTS ARE LOCKED IN SO THE AMOUNT OF VITAMINS AND NUTRIENTS IN THE SOUP IS THE SAME ON THE DAY IT WAS CANNED AS IT IS A YEAR FROM THE CANNING DATE
- SOUPS ARE CLASSIFIED INTO TWO GROUPS: CLEAR SOUPS AND THICK SOUPS
- THE MOST POPULAR SOUP VARIETY IS CHICKEN NOODLE
- SOUPS CAN BE CONSUMED HOT OR COLD
- AN ESTIMATED 10 BILLION BOWLS ARE CONSUMED EACH YEAR

[HTTPS://WWW.CROWNCORK.COM/NEWS/10-FUN-FACTS-HONOR-NATIONAL-SOUP-MONTH#:~:TEXT=THE%20EARLIEST%20ARCHAEOLOGICAL%20EVIDENCE%20FOR,CANS%20BE%20SWEET%20OR%20SAVORY.](https://www.crowncork.com/news/10-fun-facts-honor-national-soup-month#:~:text=the%20earliest%20archaeological%20evidence%20for,cans%20be%20sweet%20or%20savory.)

## GETTING MORE

### "BANG" FOR YOUR BUCK!

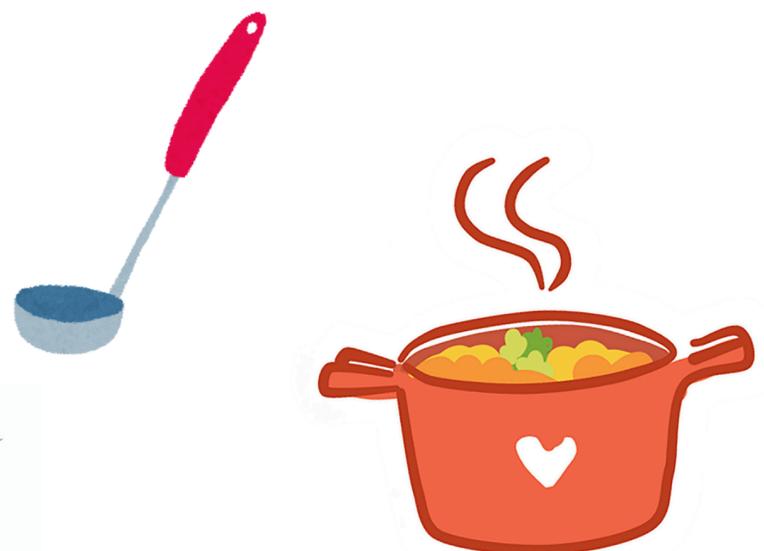
- SOUPS CAN BE STORED IN AN AIRTIGHT CONTAINER IN THE FRIDGE FOR 2-3 DAYS OR STORED IN THE FREEZER FOR 4 MONTHS PER HEALTH CANADA. ([HTTPS://WWW.CANADA.CA/EN/HEALTH-CANADA/SERVICES/GENERAL-FOOD-SAFETY-TIPS/SAFE-FOOD-STORAGE.HTML](https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-food-storage.html))
- ADD ANY LEFTOVERS YOU HAVE FROM YOUR FRIDGE OR FREEZER TO YOUR SOUP
- GROW YOUR OWN VEGETABLES DURING THE SUMMER.
- USE ROOT VEGETABLES AS A THICKENER FOR YOUR SOUP INSTEAD OF CREAM

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