

Soups and Stews



African Sweet Potato Stew
Butternut Squash Soup
Chicken and Pumpkin Soup
Garden Chili
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Pumpkin and Red Lentil Stew
Pumpkin Chili
Spam Soba Soup
Three-grain Soup
Vegetable Stew



SOUPS



EFNEP 50TH ANNIVERSARY RECIPES

African Sweet Potato Stew

Yield: 6 servings

INGREDIENTS

- 6 c. cooked brown rice
- 1 Tbsp. olive oil
- 1 large onion, chopped
- 1 tsp. fresh ginger root, minced (optional)
- 2 c. cabbage, chopped
- 4 cloves garlic, minced
- 1 (18-oz.) can sweet potatoes, drained and chopped
- 1 (14.5-oz.) can diced tomatoes
- 1½ c. tomato juice
- ¾ c. apple juice
- ½ tsp. red pepper flakes
- 2 c. frozen cut green beans
- ½ c. peanut butter

INSTRUCTIONS

Heat oil in a large skillet over medium heat. Add onion, cabbage and garlic; cook, stirring until cabbage is tender – crisp, about five minutes.

Stir in tomatoes, tomato juice, apple juice, peanut butter and spices (ginger root optional). Stir until peanut butter is well blended.

Add green beans and sweet potatoes.

Reduce heat, cover, and simmer about 15 minutes, until beans are cooked and flavors are mixed.

Serve stew spooned over cooked brown rice.

Nutrition Facts

6 servings per container
Serving size 1/6 of recipe (553g)

Amount per serving
Calories 480

	% Daily Value*
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrate 85g	31%
Dietary Fiber 10g	36%
Total Sugars 16g	
Includes 1g Added Sugars	2%

Protein 12g	
Vitamin D 0mcg	0%
Calcium 128mg	10%
Iron 2mg	10%
Potassium 992mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day.

African Sweet Potato Stew, is very popular with staff and participants. It combines a number of vegetables for a hearty, tasty stew. Any squash can be used in place of sweet potato making this a great recipe to demonstrate substitutions without changing the nature of the final product. It is a very forgiving recipe, which appeals to everyone.



State/Territory

NEW YORK

University

CORNELL UNIVERSITY



SOUPS



EFNEP 50TH ANNIVERSARY RECIPES

Butternut Squash Soup

Yield: 6 servings, 1 c. per serving

INGREDIENTS

- 1 Tbsp. vegetable or olive oil
- 1 medium onion, chopped
- 1 carrot, chopped
- 2 garlic cloves, minced
- ½ c. tomato puree, canned
- 1 small, fresh, hot chili pepper, seeded and chopped (use gloves when handling hot pepper)
- 1 medium butternut squash, peeled and cubed (about 1 lb.)
- 2 (14½ oz.) cans chicken broth, low-sodium
- Pepper to taste
- Dash of salt (optional)
- Lime wedges (optional garnish)

INSTRUCTIONS

Wash and prepare vegetables.

Heat oil in a large saucepan over medium heat. Stir in onions, carrots and garlic.

Cook for three minutes. Cover pan, lower heat and cook three to four more minutes, until vegetables are tender.

Stir in tomato puree, chilies, squash and chicken broth. Simmer for 15 minutes. Add salt and pepper.

Transfer two soft squash cubes to a bowl, mash with potato masher or fork and return to pan. Soup will have a chunky consistency.

Tips:

- To soften squash skin before peeling, poke with a fork several times and microwave on high for about three minutes.
- For low-sodium diets, do not add the optional salt to the soup.

Nutrition Facts

6 servings per container	
Serving size	1 cup (279g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 427mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

State/Territory

MASSACHUSETTS

University

UNIVERSITY OF
MASSACHUSETTS AMHERST





SOUPS



EFNEP 50TH ANNIVERSARY RECIPES

Chicken and Pumpkin Soup

Yield: 10 servings

INGREDIENTS

- 4 lbs. chicken, cut into bite-size after removing skin and fat
- 5½ c. pumpkin, sliced after removing skin and seeds
- 1 onion, sliced
- 2 c. water
- 4 c. vegetable (cabbage, kangkong, spinach and so on)
- 1 Tbsp.
- Salt and pepper for taste

INSTRUCTIONS

Sauté onions until golden brown.

Add chicken and continue sautéing.

Season with salt and pepper.

Add water and pumpkin, and bring to boil.

Cook until pumpkin and chicken are cooked thoroughly.

Add vegetables and cook for two more minutes.

Nutrition Facts

10 servings per container
Serving size 1 serving (333g)

Amount per serving
Calories 260

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 90mg	4%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 887mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

State/Territory

MICRONESIA

University

COLLEGE OF MICRONESIA





SOUPS



EFNEP 50TH ANNIVERSARY RECIPES

Garden Chili

Yield: 4 servings

INGREDIENTS

- ¾ lb. ground beef (lean, 10% fat)
- ½ c. green pepper (chopped)
- ½ c. onion (large, chopped)
- ½ c. celery (chopped)
- ⅔ c. kidney beans (canned, drained, and rinsed)
- ½ c. corn (sweet)
- 1 can tomato sauce (8 oz.)
- 1 c. tomatoes (chopped fresh)
- 1 dash black pepper
- ½ tsp. garlic powder
- 2 tsp. chili powder

INSTRUCTIONS

Wash your hands and work area.

Place ground beef in a skillet sprayed with non-stick cooking spray. Brown meat over medium-high heat, stirring occasionally to break it into pieces. Drain fat and blot meat with paper towels. Transfer beef into a colander and rinse with very hot water to further remove fat.

Add green pepper, onion, and celery. Cook until softened.

Add beans, corn, tomato sauce, chopped tomatoes, pepper, garlic, and chili powder.

Cook mixture over low heat for 20 minutes.

Serve hot in bowls. Or serve as a dip with baked tortilla chips or on a bun.

Cover and refrigerate leftovers within two hours.

Nutrition Facts

4 servings per container
Serving size 1 serving (284g)

Amount per serving
Calories 190

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 430mg	19%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%

Protein 23g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 4mg	20%
Potassium 818mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

"This recipe has real meat and I like the chunkiness of the vegetables in the chili."

Class participant

State/Territory

ARKANSAS

University

UNIVERSITY OF ARKANSAS AT PINE BLUFF





SOUPS



EFNEP 50TH ANNIVERSARY RECIPES

New England Corn Chowder

Yield: Serves 6- 1½ c. each

INGREDIENTS

- 2 Tbsp. oil
- ½ c. chopped onion, about 1 medium
- 2 stalks celery, chopped about 1 c.
- 1 Tbsp. flour
- 4 c. nonfat milk
- ¼ tsp. salt
- ⅛ tsp. pepper
- 2 c. frozen corn, or fresh if in season
- 2 whole potatoes, peeled and diced into ½-inch cubes

INSTRUCTIONS

Pour oil into 3-quart saucepan.

Add onion and celery, and cook over medium heat until onion is tender.

Remove from heat and stir in flour.

Cook over low heat, stirring constantly, until mixture is bubbly.

Stir in milk and whisk to blend flour-oil mixture and remove lumps.

Add potatoes; cook on low heat until potatoes are tender.

Turn up heat, add corn, salt and pepper. Simmer for about five minutes to cook corn and heat through.

Add 1 extra Tbsp. of flour if you like a thicker chowder. You could add other vegetables, such as carrots, as well.

Nutrition Facts

6 servings per container
Serving size 1.5 cups (301g)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 0g Added Sugars	0%

Protein 8g	
Vitamin D 2mcg	10%
Calcium 216mg	15%
Iron 1mg	6%
Potassium 600mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

State/Territory

NEW HAMPSHIRE

University

UNIVERSITY OF NEW HAMPSHIRE





SOUPS



EFNEP 50TH ANNIVERSARY RECIPES

Pumpkin and Red Lentil Stew

INGREDIENTS

- 1 pumpkin (2 lb.) partially roasted, peeled, seeded and chopped
- 1 Tbsp. canola oil
- 1 large onion, chopped
- 2 large carrots, washed and chopped
- 5 cloves garlic, crushed
- 1 Tbsp. curry powder
- 1-3 Tbsp. water, as needed
- 1 c. dry red lentils
- 1 (28-oz.) can diced tomatoes
- 2 c. vegetable broth

INSTRUCTIONS

Roast whole pumpkin at 350F directly on oven rack for 25 to 30 minutes. Let cool before peeling and chopping.

Heat oil in a large stock pot over medium-high heat.

Add onion, carrots, garlic and curry. Sauté until soft, adding water 1 Tbsp. at a time as needed to prevent sticking.

Add lentils, tomatoes and broth. Bring to a boil, then simmer on medium low for 15 minutes.

Add pumpkin and simmer for another 10 minutes.

Tips to try at home: Pumpkins can be stored for months in a cool, dry place. Don't wash before storing. Use homemade or low-sodium veggie broth. Add lemon juice before serving to brighten flavor without adding salt. Don't toss the pumpkin seeds. They are yummy toasted!

Nutrition Facts

8 servings per container
Serving size 1.5 cups (339g)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 32g	12%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 88mg	6%
Iron 3mg	15%
Potassium 854mg	20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pumpkin and Red Lentil Stew is a unique way to use legumes available through WIC, as well as pumpkin or other winter squash, which are ubiquitous in Vermont during fall and early winter. The curry spice has been popular with families and this recipe is often the first time they've used it at home in their own cooking. It's a recipe that we added in 2015 to incorporate more flavors from around the world.



State/Territory

VERMONT

University

UNIVERSITY OF VERMONT



SOUPS



EFNEP 50TH ANNIVERSARY RECIPES

Pumpkin Chili

Yield: 8 servings

INGREDIENTS

- ½ lb. lean ground meat (beef, turkey, or game meat)
- ½ c. chopped onion
- 2 garlic cloves, chopped (1 tsp. minced or ½ tsp. powder)
- ½ c. chopped green pepper
- 3-4 c. cooked pinto or kidney beans or 2 (15-oz.) cans, drained
- 1 (15-oz.) can whole tomatoes
- 1 (8-oz.) can tomato sauce
- 1 (15-oz.) can pumpkin, or 2 c. cooked fresh pumpkin
- 1 (4-oz.) can green chiles, drained (optional)
- 2 c. water
- 1 Tbsp. chili powder
- 1 tsp. cumin
- Salt to taste

INSTRUCTIONS

Brown meat, onion, garlic and green pepper in large pan. Drain fat.

Add remaining ingredients. Cover and simmer for 30 minutes or longer. Add a small amount of water if chili gets too thick.

Note: If using a crockpot, brown ground meat first.

Nutrition Facts

8 servings per container
Serving size 1 serving (364g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 320mg	14%
Total Carbohydrate 39g	14%
Dietary Fiber 14g	50%
Total Sugars 6g	
Includes 0g Added Sugars	0%

Protein 17g	
Vitamin D 0mcg	0%
Calcium 93mg	8%
Iron 4mg	20%
Potassium 812mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

In Natrona County, Wyoming EFNEP had a recipe contest and cook-off at graduation. A husband and wife team, who both attended the series, prepared pumpkin chili and won the cook-off. The recipe was added to the Cent\$ible Nutrition Program cookbook and has been a favorite recipe ever since.

"I made the pumpkin chili in a lot of my classes. Everyone likes it, and it gives the chili a nice, creamy texture. It's an easy way to get more vegetables without thinking much about it!"



State/Territory

WYOMING

University

UNIVERSITY OF WYOMING



SOUPS



EFNEP 50TH ANNIVERSARY RECIPES

SpamTM Soba Soup

Yield: 12-13 servings, serving size: 1 c.

INGREDIENTS

- 1 (13 $\frac{3}{4}$ oz.) pack whole wheat thin spaghetti noodles
- 1 (12-oz.) can lite luncheon meat
- 2 cloves garlic
- 1 thumb-size piece ginger
- $\frac{1}{2}$ c. green onions (3 stalks)
- $\frac{1}{2}$ c. celery (1 large stalk)
- 10 c. water
- 2 Tbsp. lite (low sodium) soy sauce
- $\frac{1}{2}$ tsp. pepper
- 3 to 4 bunches chopped pechay or Chinese cabbage or won bok

INSTRUCTIONS

Cook spaghetti noodles according to package directions, Drain and set aside.

Chop luncheon meat into small cubes.

Finely chop garlic and ginger.

Chop green onions and celery.

In a separate large pot, sauté luncheon meat, garlic, ginger, green onions and celery for five to seven minutes over medium-low heat.

Add water and soy sauce and bring to a boil. Add black pepper.

Add pechay or Chinese cabbage or won bok and simmer for about two minutes.

Serve hot over cooked spaghetti noodles.

Variations: Regular spaghetti noodles may be used instead of whole wheat spaghetti.

Nutrition Facts

Serving Size 1 cup (298g)
Servings Per Container 12

Amount Per Serving

Calories 170 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7 %

Saturated Fat 1.5g 7 %

Trans Fat 0g 0 %

Cholesterol 20mg 7 %

Sodium 410mg 17 %

Total Carbohydrate 25g 8 %

Dietary Fiber 4g 16 %

Sugars 2g

Protein 10g

Vitamin A 20% ■ Vitamin C 35%

Calcium 6% ■ Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 · Carbohydrate 4 · Protein 4

State/Territory

NORTHERN MARIANA ISLANDS

University

NORTHERN MARIANAS COLLEGE





SOUPS



EFNEP 50TH ANNIVERSARY RECIPES

Three-grain Soup

Yield: About 10 c., 6-12 oz. servings or 10-8 oz. servings

INGREDIENTS

- ½ c. cooked barley
- ½ c. cooked quinoa
- 2 medium potatoes, cut into small pieces
- ¼ c. corn kernels, fresh, frozen or canned
- ¼ c. green peas, fresh, frozen or canned
- ½-c. butternut squash, cut into small pieces
- 1 ½ c. of hominy
- 1 medium onion, finely chopped
- 1 c. cilantro, chopped
- 3 green onions, chopped
- 1 tsp. turmeric
- 1 Tbsp. oregano
- 32 oz. of beef, chicken or vegetables stock, low sodium
- 1 Tbsp. canola oil
- Salt and pepper optional

INSTRUCTIONS

Cook the barley with 1 ½ c. of water.

Cook the quinoa with 1 c. of water

Saute the onion, green onions, turmeric, oregano and ½ c. of cilantro.

Add the potatoes and butternut squash with ½ c. of stock. Let it cook for about 5 to 10 minutes.

Add the barley, quinoa, corn and peas.

Add enough soup to cover the ingredients. Let it slowly cook on low heat for about 10 minutes.

Add the rest of the cilantro.

Optional: add fresh cilantro, salt and pepper to your liking.

Note: You can soak the barley over night, or two hours in cold water before to reduce the cooking time.

This is a recipe first submitted to California EFNEP by a Paraprofessional's mom. It is traditionally prepared in the Andes mountains (Peru) during cold weather. It has been served in winter Eating Smart, Being Active classes for 2 years. It is a great recipe for the grains lesson.

Many people try quinoa and barley for the first time when they eat this soup.

Nutrition Facts

6 servings per container	
Serving size	12 oz. (358g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 31g	11%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2mg	10%
Potassium 478mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

State/Territory

CALIFORNIA

University

UNIVERSITY OF CALIFORNIA





SOUPS



EFNEP 50TH ANNIVERSARY RECIPES

Vegetable Stew

Yield: 8 servings, 1¼ c. each

INGREDIENTS

- 3 c. water
- 2 c. white potatoes, cut in 2-inch strips
- 4 c. summer squash, cut in 1-inch pieces
- 1 (15-oz.) can corn, rinsed and drained or 2 ears fresh corn, 1½ c.
- 2 cloves of garlic, minced
- 1 c. tomatoes, diced
- 1 c. vegetable bouillon, low sodium
- 2 c. carrots, sliced
- ½ small hot pepper, chopped
- 1 stalk scallion, chopped
- 1 tsp. thyme
- 1 c. onion, coarsely chopped
- 1 c. summer squash, cut in 4 chunk squares

INSTRUCTIONS

Heat water and bouillon in a large pot and bring to a boil.

Add potatoes and carrots and simmer for five minutes

Add remaining ingredients except for the tomatoes and continue to cooking for 15 minutes over medium heat.

Remove four chunks of squash and puree in blender. Return pureed mixture to pot and let cook for 10 minutes more.

Add tomatoes and cook for another five minutes.

Remove from heat and let sit for 10 minutes to allow stew to thicken.

Nutrition Facts

8 servings per container
Serving size 1 1/4 cup(s)
(333g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 1mg	6%
Potassium 610mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used as a guide.

State/Territory

TEXAS

University

PRAIRIE VIEW A&M UNIVERSITY

