

Transcript - Let's Talk Food Literacy: Hearty Homemade Soup

We start in a commercial kitchen with Laura Jack, Community Worker. Laura places the ingredients needed for the soup on the counter. She also pulls out the utensils she will need. Then she ladles freshly made soup into a bowl. As she does this, images of puzzle pieces pop up in sequence with the words 'explore', 'build', and 'connect'.

Hi! I am Laura, Community Worker in Food Action and Nutrition Programs.

As Laura speaks we see clips of the soup simmering, being stirred, and poured into a bowl. We also see a variety of ingredients that can be used to make the soup. With the soup stirring in the background, we see the text 'let's build a great soup together!'

Today we are making a hearty homecooked soup. This is a 1-pot meal you or your family can make in just over an hour, using ingredients you all enjoy, or may have in your cupboard, or perhaps leftovers in your fridge or freezer. So today we are going to explore some basic steps together on how to build a great soup that can become a delicious part of your meal tonight.

We see a variety of options for protein foods, whole grain foods, and vegetables. Then we see some of the options that Laura has picked out for this soup.

To build a balanced soup that is tasty and satisfying, I like to make it with $\frac{1}{4}$ protein, $\frac{1}{4}$ whole grain, and $\frac{1}{2}$ vegetables. There are bags of soup mixes available in the store, but why not try using what you may already have and what you like, to make it your own?

We see Laura mixing the soup in a large stock pot on and induction burner. The text 'choose your soup base' appears in the foreground. Next, Laura shows us the 'no salt added' cartons of vegetable soup broth that she has on the counter. Then we see the text 'combine left-over vegetables with water and simmer to make your own stock' on the screen. Laura starts off the soup by pouring the store-bought vegetable broth into the large stock pot.

The next step is to choose your soup base. There are many options. For this soup, you can use bouillon cubes, cartons of soup broth or you can even combine some of your leftover vegetables in your fridge with some water and simmer to make your own stock - Just remember to strain before using as a soup base. Today I am using 2 cartons of low-sodium vegetable broth and you might have to add a couple of cups of water as well.

We see different protein option in glass bows on a red tray. These include red and brown lentils, kidney beans, chick peas, and pearl barley. The text 'protein options in addition to meat and diary' appears in the foreground.

Next, you can add a protein. There are lots of protein options in addition to meat and dairy. Plant based proteins (like beans and lentils) can be a way to save money, and there are also benefits for health and the environment.

Laura washes the dry red lentils in the sink. After washing and draining, she adds the red lentils to the stock pot with the broth. After rinsing the strainer, Laura washes the pearl barley and removes a pebble. With cans of beans in the background, we see the text 'rinse canned beans to lower sodium content'.

I like adding lentils to my soup. Red lentils in particular cook quickly and help thicken your soup base. Green and brown lentils, on the other hand, keep their shape, but take a bit longer to cook. Keeping their shape though makes them great for a chunkier soup or even in salads. It is important to rinse dry beans and lentils before using them, as it cleans them up a little bit more after the harvesting process and you can check for the odd twig or pebble. Canned beans should be rinsed, to lower their sodium content.

Different whole grain options are displayed on a large wooden cutting board. The options include a whole grain baguette, whole grain noodles and rice, wild rice, and barley. Laura washes the pearl barley and adds it to the stock pot.

Next, we can add a whole grain. There are lots of whole grains you can add to soup. Barley, brown or wild rice, whole grain noodles. Check the package for cooking directions.

I am choosing pearl barley today, which is less sticky than pot barley, and it doesn't take as long to cook. If you are using dried grains, you can cook them right in the soup, and add them in near the beginning, with your lentils. If using a recipe, it is good to check whether it calls for dried or cooked grains. Dry grains need more liquid in a recipe, and cooked grains need less. If you are using noodles or grains that are already cooked, you can add these near the end.

We see some cooked rice and a whole grain baguette as options for whole grains that can be included as a side.

Instead of putting whole grains into the pot, you can also enjoy your soup with a whole grain on the side.

We see a variety of vegetable options including spinach and carrots. Someone washes celery, carrots, and a potato in the sink. Next, the same person chops the carrots.

Next, finish your soup with some tasty nutritious vegetables. I like to use seasonal vegetables when I can. If you have kids or teens at home why not invite them into the kitchen to help prep the vegetables? Depending on their age, they could help scrub and rinse the vegetables, or even practice their knife cutting skills by helping to chop. Cooking together is a great way to spend time together!

Laura adds a bowl of diced carrots and onions, and a small bowl of garlic into the stock pot with the soup base, lentils, and barley. She also adds some diced barley. Next, Laura adds prechopped frozen butternut squash to the soup. We see the text 'frozen vegetables are a healthy choice' in the foreground as she does this.

These are local diced carrots, onions and garlic and I have some diced celery here as well. There are a lot of pre-chopped vegetables in the freezer section at the stores that can be very affordable and don't have salt added to them, which is also a great choice.

We see fresh whole tomatoes on the screen. Laura opens a can of tomatoes and adds it to the soup. She shows us the packaging indicating 'no added salt'.

In the summer, it may be easier to find fresh tomatoes as in season. You might even be able to find good deals on locally grown tomatoes or grow them maybe in your garden. Today I'm using canned tomatoes which work well too. When choosing canned vegetables -or any other food products- you don't need to choose brand name – but I do look for “no salt added” or “low sodium”. Choosing low salt options, when you can, gives you control over how much salt is in your food– this is great for heart health.

Laura pulls out some bay leaves from a packet. The text 'herbs add flavour to food' appears in the foreground. Laura adds the bay leaves to the soup as well as a spoon of Italian dried herbs. Next, Laura pulls out fresh thyme, smells it, and adds the whole sprig to the cooking soup. Once the soup is done, Laura removes the stock of the thyme from the pot.

Herbs are great for adding flavour to soup, and can make up for adding less salt. Or, you can pick whichever herbs or spices you like – dry or fresh. Here I have some fresh thyme which works great for lots of different kinds of soup. It smells great and adds great flavour. Remember to wash herbs thoroughly. I will sometimes put a whole sprig in a soup pot – just remember to remove the stocks before serving!

Laura garnishes her bowl of soup with fresh herbs.

So now you have a basic guide on how to build a soup that you and your family can enjoy together!

Eat well. Live well.

The video ends with an image of a puzzle piece with the words 'Eat well. Live well' on the left-hand side, with food-guide.canada.ca below it. An acknowledgement logo for Food Literacy for Life, foodliteracy.ca, appears on the right-hand side along with 'created by Peterborough Public Health' (logo shown). A visual of the food literacy framework from foodliteracy.ca appears on the left-hand side of the screen, with 'Food Literacy' pictured in the center of a circle. The following colourful puzzle pieces surround it: 'Food Skills, Self-Efficacy and Confidence, Ecological Factors (External), Food Decisions, and Food and Nutrition Knowledge.'
