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Why eat more soup? It's good for you! Choose soups with vegetables, beans and other nutritious ingredients to add vitamins, fiber, and protein to your diet. Most soups are loaded with disease-fighting nutrients to boost your immune system, and as a bonus, the hot liquid can soothe a sore throat.

### WHEN FREEZING SOUP:

- ◆ Make sure soup is cooled before freezing.
- ◆ Avoid freezing soup with pasta in it (doesn't hold up well).
- ◆ Leave an inch of space between soup and container.
- ◆ Avoid freezing soup with milk or cream in it.
- ◆ Do not overcook vegetables: they will continue to cook when the soup is reheated.

### Best Selling Soups in the U.S.

1. Chicken Noodle Soup
2. Tomato Soup
3. Clam Chowder
4. Potato Soup
5. Minestrone



### Creamy White Chili (Serves 8)

1 tablespoon olive oil  
1 pound chicken breast (cut into 1/2-inch cubes)  
1 onion, chopped  
2 cloves garlic, chopped  
2 cans (15.5 oz) Great Northern beans, drained  
1 (14.5 oz) can chicken broth

2 (4 oz) cans chopped green chiles  
1 tsp salt  
1 tsp ground cumin  
1 tsp dried oregano  
1/2 tsp black pepper  
1/4 tsp cayenne pepper  
1 cup sour cream  
1/2 cup heavy whipping cream



Heat olive oil in a large saucepan over medium heat; cook and stir chicken, onion, and garlic into the hot oil until chicken is no longer pink in the center and the juices run clear, 10-15 minutes. Mix Great Northern beans, chicken broth, green chiles, salt, cumin, oregano, black pepper, and cayenne into chicken mixture; bring to a boil. Reduce heat and simmer until flavors have blended, about 30 minutes. Remove from heat and stir in sour cream and whipping cream until incorporated.



**Did you know?** Nebraska produces more Great Northern beans than any other state. Consider a soup recipe with beans like the one above for extra protein and fiber.

For more information:  
[www.LLM.unl.edu](http://www.LLM.unl.edu) or  
[www.food.unl.edu](http://www.food.unl.edu)

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