

SIMPLE SOUPS!

Add one (or more) item from each group.

FLAVOUR



Canola oil



Onion, Carrot, Celery



Dried herbs
(Oregano, Thyme, Parsley)



Black pepper



Spices
(Chili Powder, Garlic Powder, Curry Powder)

MEAT AND ALTERNATIVES



Rabbit, Caribou,
Muskox or Beef



Fish, Whale or Seal



Clams*



Beans, Split peas
or Lentils



Duck, Goose,
Ptarmigan or Chicken

VEGETABLES



Frozen vegetables



Cabbage



Peas



Green beans



Potatoes



Turnip

LIQUID



Broth



Tomatoes



Water



Milk

GRAIN PRODUCTS



Noodles



Rice



Corn



Barley

TRY IT YOURSELF!
(Basic Soup Recipe on back)



+



+



+



+



This resource was created with financial contributions from Health Canada and the Public Health Agency of Canada.

*Photo credit: GN - Dept. of Environment, Fisheries and Sealing



**Save money and eat healthy:
Make your own soup!**

Enjoy!



BASIC SOUP RECIPE



+



+



+



=



Add ¼ cup oil, 1 onion chopped,
1 teaspoon garlic powder,
3 celery stalks chopped,
½ teaspoon black pepper (optional),
1 teaspoon thyme (optional).

Cook on medium/low until soft.

Add 2 cups chopped meat.
Cook meat until brown.

or

Add 2 cups beans.
Cook on medium/low.

Add 3 cups frozen vegetables,
1 cup broth.

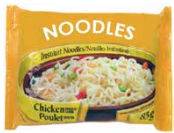
**Cook on medium/low
for 10 minutes.**

Add 10 cups broth,
1 cup uncooked noodles.

Cook on low for 30 minutes.

Enjoy!

MAKE STORE BOUGHT SOUP HEALTHIER



+



+



=



Make store bought soup.

Add cooked meat.

**Add frozen vegetables.
Add liquid as needed.
Cook for 10 minutes.**

Enjoy!

COMPARE

Store-bought Chicken
Noodle Soup (1 cup)

Kugluktuk \$2.20

Rankin \$3.05

Iqaluit \$2.31



Homemade Chicken
Noodle Soup (1 cup)*

Nunavut \$0.73



*Based on average ingredient food prices
from the Nunavut Food Price Survey Report,
Nunavut Bureau of Statistics (2016).