

# Ways to use canned vegetable soup!

## Canned Soup Stew

- Create a roux. Melt 1 tbsp butter and add 1 tbsp flour. Stir to combine.
- Add 1 can of soup. Stir.
- Add bay leaf.
- Allow the soup to come to a simmer. It will start to thicken.
- Canned soups have their own seasonings. Taste before you add more!
  - Optional seasonings: Garlic powder, onion powder, thyme, parsley, oregano, rosemary.
  - Optional add-ins: Meat, potatoes, beans, rice, noodles, cream, milk, cheese.

## Canned Soup Rice

- Prepare rice as you normally would but use the soup in place of the water.
- Canned soups have their own seasonings. Taste before you add more!
  - Optional seasonings: Garlic powder, onion powder, thyme, parsley, oregano, rosemary.
  - Optional add-ins: Meat, potatoes, beans, rice, noodles, cream, milk, cheese.

## Pot Pie

- Prepare pot pie filling.
- Cook your meat in a skillet. Remove.
- Create a roux. Melt 1 tbsp butter and add 1 tbsp flour. Stir to combine.
- Add 1 can of soup. Stir.
- Return meat to the skillet.
- Add more vegetables (optional).
- Season to your liking.
- Roll prepared pie crust over a pie pan.
- Add prepared filling.
- Cover with remaining pie crust.
- Puncture the crust with a fork to allow steam to pass through.
- Bake at 425 degrees for 30-40 minutes.

## Vegetable Pasta

- Bring soup to a boil.
- Add pasta of your choice. Boil until al dente.
  - 1 cup of pasta will absorb 2 cups of water or broth.
  - If you have 2 cups of soup, add  $\frac{3}{4}$  cup pasta so there is still some liquid left.
- Canned soups have their own seasonings. Taste before you add more!
  - Optional seasonings: Garlic powder, onion powder, thyme, parsley, oregano, rosemary.
  - Optional add-ins: Meat, potatoes, beans, rice, noodles, cream, milk, cheese.