

Nourish
Your Life

SALTY SOUP

Shake-Up

More than two-thirds of our sodium comes from salty, processed foods, like canned soups. Just one cup has almost half the recommended daily limit. Eating too much salt is a risk for high blood pressure, stroke, stomach cancer and kidney disease.



Compare food labels.

Choose canned or prepared soup with less than 450 mg per one cup serving.



Add to canned

soup. Mix in frozen vegetables, reduced-sodium canned beans, cooked chicken, garlic and herbs.

MUSHROOM BARLEY SOUP

1 tablespoon vegetable oil
1 onion, chopped
2 stalks celery, sliced
2 carrots, peeled and sliced
2 cups mushrooms, sliced
1 potato, diced
1/2 cup barley, quick cooking
1 teaspoon garlic powder
1/2 teaspoon thyme
1/4 teaspoon salt
3 cups reduced-sodium chicken or vegetable broth
2 cups water

Heat oil in large soup pot over high heat. Sauté onion, celery, carrots and mushrooms for 5 minutes. Add the remaining ingredients and bring to a boil. Lower heat to a simmer and cook until the barley is tender, about 20 minutes. Makes 4 servings.

Source: USDA MyPlate Kitchen

Make it yourself. You're in control. Limit salt, use reduced sodium canned tomatoes and broth, and boost flavor with salt-free spice mixes.