

Soup's On!

(NAPSA)—Nothing's more soothing on a blustery, cold day than a steaming bowl of your favorite soup. Whether you're heating it up from a can or carefully tending a batch from scratch, fragrant hot soup is the perfect comfort solution to warm you from the inside out.

Simmering up a batch of homemade soup? Here are some helpful tips:

- Cook up enough to enjoy over several days—most soups taste better after the flavors have had time to meld.

- Use leftovers to make soup—it's an economical way to stretch the grocery budget. Instead of tossing bones from a roast, wrap them securely in Press'n Seal Freezer Wrap and freeze to use later. The wrap, which is textured to seal, helps seal out freezer air and seal in freshness. The tight seal prevents air from reaching your food and protects against freezer burn. Later, when you have time, simmer the bones in water to make a broth.

- Steer away from always following the recipe. Unlike baking where too much of something can lead to a failure, soups are much more forgiving. Simply start with canned broth or stock, add your favorite vegetables, noodles or rice and seasonings, and simmer.

- Cool down homemade soup fast by dividing into durable, double-sealing, disposable containers, like Gladware.

- Take soup to lunch for a no-fuss brown bag lunch. Ladle and divide soup into Gladware Soup & Salad containers and freeze. When ready for lunch, remove container from the refrigerator or freezer, microwave and enjoy.

Looking for a flavorful soup? This easy minestrone makes a tasty and nutritious main dish, with about one cup of vegetables in just one serving.

For easy food storage solutions, visit www.Glad.com. For convenient and nutritious recipes and information featuring canned food, visit www.Mealtime.org.



Recipe and photo courtesy of Mealtime.org

A big bowl of hearty soup can help you feel warmer all over.

Spill the Beans Minestrone

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 2 cans (14½ ounces each) reduced-sodium chicken or vegetable broth
- 1 can (15½ ounces) reduced-sodium garbanzo beans, rinsed and drained
- 1 can (15½ ounces) reduced-sodium red kidney beans, rinsed and drained
- 1 can (14½ ounces) Italian-style stewed tomatoes
- 2 cups chopped kale or Swiss chard (optional)
- ½ cup uncooked small shell-shaped pasta
- ¼ teaspoon Italian seasoning
- ¼ teaspoon crushed red pepper
- Grated Parmesan cheese (optional)

In medium saucepan, heat oil over medium-high heat until hot. Cook and stir onion and garlic 3 to 5 minutes or until onion is translucent. Add broth, beans, tomatoes, kale (if desired), pasta and seasonings; bring to a boil. Reduce heat; cover and simmer 10 to 12 minutes or until pasta is tender. Serve with Parmesan cheese, if desired. Makes 6 servings.

Per Serving: Calories 203; Total Fat 4g; Cholesterol 0mg; Sodium 745mg; Total Carbohydrate 37g; Dietary Fiber 8g; Protein 11g.