

## Bring On Soup Season

*Nutrition Newsletter: Winter 2017*

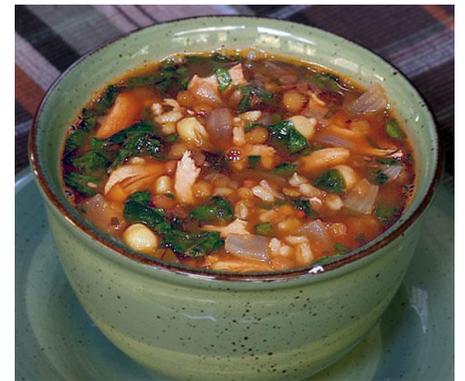
Winter is definitely the best time of year to get under a blanket and enjoy a warm bowl of soup, but other than being warm and soothing soups offer wonderful health benefits as well. Soups have been offered in many cultures for their medicinal benefits primary because soups are easy to digest and can be packed with nutrients and other antioxidants to promote health and wellness. Read below for more information on why soups should become part of your daily dietary intake.



***Soups are the best way to get in a wide variety of fresh vegetables.***

Vegetables may not be a favorite of most, but after a long day of running around in sub-freezing wind chills, a warm cup of vegetable soup would be hard to turn away. The vitamins and mineral provided from vegetables are also a great way to boost your immune system during the months when the common cold and flu are at their highest. Try adding immune boosting vegetables like orange bell peppers and sweet potato. You can also add cruciferous vegetables like cabbage and kale which promote healthy gut microbes which are also important to immune function. Vegetables have multiple health benefits and having them all in one bowl is a great way to obtain these benefits on a daily basis.

***Soups can promote satiety even when they are lower in calories.*** Soups are very filling since the liquid and other contents create a stretch in the stomach which sends signals to the brain that says “I am full”. You can increase this effect by including foods that are also known to promote satiety like lentils, beans, and sources of protein. Consider whipping up a chicken and lentil soup with different vegetables. Not only do you have the broth and vegetables but fiber and protein which will provide a robust meal filled with nutrients but relatively low in fat and total calories. Reducing your caloric intake is an effective way to assist with reducing body weight and improving whole body health.



***Soups, specifically bone broth, are considered a super food in many different cultures.*** Bone broth is made from boiling bones with fresh herbs and vegetables for 24-72 hours (followed by straining the final product). Bone broth is packed with minerals like phosphorus, magnesium and calcium which is great for bone health but also contains collagen -great for skin health-, glucosamine -important for joint health- and glycine which has been shown to assist with improving sleep quality. Bone broth is also being studied for its potential benefits on gut health and assisting with irritable bowel syndrome (IBS) and leaky gut. While it may sound odd, making bone broth is a great way to utilize the leftover chicken neck, oxtail and soup bones.

**Jessica Murgueytio MS.RD.LD.CDE**

*Bethesda Medical Associates*

## Chicken & Lentil Soup

Adapted from [www.skinnytaste.com](http://www.skinnytaste.com)

### Ingredients:

- 1lb dried lentils
- 12oz (3) boneless skinless chicken thighs, all fat trimmed
- 8 cups water
- 1 tbsp. chicken Better than Bouillon
- 1 small onion
- 2 scallions
- ¼ cup chopped cilantro
- 3 cloves garlic
- 1 medium ripe tomato
- 1 tsp. garlic powder
- 1 tsp. cumin
- ¼ tsp. oregano
- ¼ tsp. ground annatto (or Spanish paprika, or even Sazon)
- salt, to taste



### Directions:

- In a large pot combine lentils, chicken, water and chicken bouillon.
- Bring to a boil, covered over medium-low heat until chicken is cooked, about 20 minutes.
- Remove the chicken and shred, return to the pot
- Meanwhile, in a chopper or by hand, mince the onions, scallions, cilantro, garlic, and tomato.
- Add to the lentils with garlic powder, cumin, oregano and annatto and cook, covered until the lentils are soft, about 25 more minutes, adding more water as needed if too thick.
- Adjust salt to taste as needed.

### Nutrition Facts:

*Yield: 8 servings, Serving Size: 1 1/3 cup: Amount per Serving:*

- Calories: 129
- Total Fat: 2.5g
- Sodium: 496mg
- Carbohydrates: 16g
- Fiber: 5g
- Sugar: 0g
- Protein: 15g