Refrigerator Soup
Here’s a LOCAL idea to cook fresh, cut down on food waste and Take a Bite Out of Climate Change: Use up ingredients in your fridge and make custom gourmet soups. Just follow a few simple steps. Soup is a great way to cook fresh, save money, and decrease food waste. In 2007, 38 percent of all food went to waste. Avoid refrigerator rot!

Tips to make the perfect soup

1. **Assemble the Right Tools** - a large and heavy pot and a hand/immersion blender.

2. **Start with aromatics** including onions, leeks, garlic, and often celery and carrots. Cooking them for about 5 minutes helps soften their texture and blend their flavors and they will give off some of their liquid to deepen the flavor of the soup.

3. **Use vegetables to create bulk and to thicken**; eg.potatoes, sweet potatoes, etc. **Use other vegetables to build flavours**; eg. Tomatoes, broccoli, peppers, spinach, etc. **Use fruits to increase the complexity of flavours**; eg. apples and pears.

4. **Experiment with liquids to change flavour**; eg. water or broth or stock or wine or dairy (milk, crème, yogurt) or coconut or soya milk.

5. **Add herb and spice combinations to change flavour**; eg. Italian (basil/oregano) or Mexican (hot chili peppers) or Thai (cilantro, ginger) or Indian (cumin, coriander), etc.

5. **Switch it up by adding protein and grains to the soup**; eg. add lentils or beans or leftover meats to create a balanced meal, or add leftover pasta, rice, grains.

6. **Use garnishes**; eg. crunchy on smooth – croutons (create croutons from day-old bread) or crackers on silky soup; smooth on chunky (sour cream on borscht); bitter on savory (herbs or black pepper on anything); salty on sweet (prosciutto on sweet carrot).

7. **Be creative with textures and flavours**; keep a variety of liquids, herbs and spices in your pantry to use with vegetables and leftovers. Check internet and books for recipes.