



## 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.

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