



Budget Soup Ideas

Turn pantry staples into hearty, delicious meals

Italian Tomato & Bean

BASE

Onion, garlic, celery

LIQUID

Vegetable broth or bouillon

FILLING

Canned white beans, small pasta

PROTEIN

White beans (double duty!)

SEASONING

Italian herbs, salt, pepper

FINISHING TOUCH

Parmesan cheese, drizzle of olive oil

Creamy Potato & Leek

BASE

Leeks (or onions), garlic

LIQUID

Water or chicken broth

FILLING

Diced potatoes

PROTEIN

Optional: bits of bacon or ham

SEASONING

Thyme, bay leaf, salt, pepper

FINISHING TOUCH

Splash of milk, chopped parsley

Lentil & Vegetable

BASE

Onion, carrots, celery

LIQUID

Vegetable broth or water

FILLING

Dried lentils, rice or barley

PROTEIN

Lentils (complete protein!)

SEASONING

Cumin, garlic powder, salt, pepper

FINISHING TOUCH

Squeeze of lemon, fresh herbs

Chicken & Rice Comfort

BASE

Onion, celery, carrots

LIQUID

Chicken broth (or bouillon cubes)

FILLING

Rice (white or brown)

PROTEIN

Shredded rotisserie or leftover chicken

SEASONING

Poultry seasoning, garlic powder, salt

FINISHING TOUCH

Fresh or dried parsley, black pepper

