

TIP OF THE WEEK



Warm up to a Bowl of Soup

Tips for healthy, filling, and easy meals that will keep you warm on a cold day:

Have leftover meat or veggies from the night before? Mix together with a can of soup and heat it up.

Add a veggie puree. This can improve consistency, taste, and health benefits.

Instead of more salt, add spices and herbs for extra flavor and added health benefits.

Creamy soups can pack quite a few calories. Try broth-based soups for a lighter meal.

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