



Secrets of a Healthy Kitchen Super Soups!

- Using bones from the chicken, turkey, beef, etc. is a very nutritious way to make a broth. The calcium from the bones leeches into the liquid and the broth then becomes a good source of calcium for your body.
- A squirt of lemon is fantastic for cooking. It adds a nice flavor to many dishes and especially works well in soup broths. It does wonders for a sore throat and it also gives a nice boost to the immune system.
- Cinnamon seems to be an underused spice, but the great thing about cinnamon is it can be used in many ways. Think about incorporating it into your winter vegetable dishes and soups that contain sweet potatoes, yams, and winter squashes. It really makes the dish and soup pop!
 - Cinnamon can help with blood sugar control aiding in the prevention and management of diabetes. It also helps prevent the unwanted clotting of blood platelets helping to prevent heart attack and stroke.
- Beans are lacking in certain amino acids and those ones are found in grains. So when eating a protein and a grain together—for example black beans and brown rice—you form a complete protein. So consider having a vegetarian chili over rice or throw some quinoa to a black bean soup. And when having lentil soup, consider adding a little bit of bulgur.
 - Research has shown that yes the body does need all the essential amino acids found in protein rich foods, but they do not need to be consumed at the same meal. So if someone is eating a vegetarian or vegan diet and they are eating a variety of protein rich foods throughout the day, they will be eating a diet that consists of all the amino acids that their body needs.
 - So although it is not necessary to eat all your amino acids at one meal, consider these options. The foods naturally complement each other in taste, and at the same time they form a complete protein.
 - Vegetarian chili over rice
 - Add quinoa to a black bean soup
 - Lentil soup over bulgur wheat