



***SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS***  
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Country Women of the World and in partnership with Clemson University Cooperative Extension Service  
SCFCL website: <http://www.scfcl.com>

## **Leader Training Guide**

### **Soups from Around the World**

#### **Objectives:**

The participants will be able to:

1. Identify the basic ingredients for a soup stock.
2. Identify creative ways to add more protein to soup.
3. Identify and synthesize three basic world cuisine soups.

#### **Lesson Overview/Introduction:**

Soup is a nourishing, satisfying dish that is loved by many all over the world. Each region/culture has its favorite types of soup. This lesson will discuss soup basics, packing protein into soup, and soups worldwide.

#### **Lesson:**

##### **Soup Basics**

- Soup can be a great low-fat option; it is an excellent way to eat many vegetables and/or blow through the leftovers in your refrigerator.
- Soup is versatile and served as a light broth before a meal, or it can be thick and hearty enough to keep you warm in the winter.
- Whether you want vegetable, hearty chicken noodle, or creamy broccoli soup, you will start with the same basic building blocks: base, stock, and main ingredient(s).
  - Your soup base should have an onion (diced) and other vegetables. In French cooking, carrots and celery are used and called a mirepoix. Various popular soups in the United States use mirepoix. These vegetables lend your soup lots of flavor, even if you do not realize their presence in the finished soup. You soften these in butter on the stove and have your base.
  - Your stock can be a good quality store-bought, or you can make your stock with chicken and/or vegetables and herbs.

- Your main ingredient depends on the kind of soup you want to make. For this lesson, let's say we are making chicken noodle soup. Our main ingredient would be chicken and noodles. Most chicken noodle soup recipes will instruct you to add cooked chicken to the soup and add the dry noodles. You can use leftover rotisserie or canned chicken, or cook up a few chicken breasts on the stove, BBQ, or oven. However you like your chicken cooked, it works for soup.

### Adding More Protein to Soup

- Adding protein to any soup can be as easy as adding a meat source or using a legume. If it is a soup with noodles, you can buy dried pasta that is "protein pasta" (often made with chickpeas or pea protein). Some soups require sour cream (hello chili!). You can replace sour cream with plain Greek yogurt for an additional protein punch.
- For vegetable soups, adding beans is an excellent way to increase protein. Beans contain micronutrients like magnesium, zinc, iron, and folate. Beans also add fiber and can make a soup more filling. Blended bean soups are also creamy, comforting and cozy.
- Adding meat to soups is the easiest way to add protein. Whether you add chicken, turkey, ground beef, or wild game meat, you will easily increase the protein and heartiness of your soup.

### Basic Soups from Around The World

- Pozole Rojo:  
Pozole Rojo is one of the oldest soups from Mexico. It is a red chili-based broth with shredded pork shoulder and hominy. The best part of this soup is that you add lots of toppings. Traditional toppings include shredded cabbage, radish, lime, red onion, tortilla chips and even sour cream. This soup is a popular holiday favorite and is surprisingly easy to make.
- Lebanese Lemony Lentil and Swiss Chard Soup (Kibbet Raheb)  
Kibbet Raheb is Arabic for Monk's Soup. This soup is ancient and is typically eaten during Lent by Lebanese Catholics. This soup packs a protein punch with lentils and is satisfying with bulgar wheat bites. Its aromatic blend of lemon, garlic, and fresh herbs makes your kitchen feel wonderful and cozy.

- Beef Pho

Pho (fah) is a soup dish from Vietnam. It is typically an aromatic beef-based broth with rice noodles and thinly sliced steak. You can pack Pho with veggies and toppings. Green and red onions, cilantro, basil, lime, bean sprouts, and/or chili slices (if you're spicy). Pho broth contains bone-in meat, which makes it a highly nutritious bone broth, not to mention extremely tasty and satisfying. While this dish is a labor of love, it is worth it for an adventurous home chef!

### **Suggested Materials:**

- Cutting boards
- Chef's knives
- One ½ onion, two celery stalks, two medium carrots (per person)
- One quart-sized Ziplock baggie per person
- One printout of the Around the World in 30 Soups map (per person)  
<https://www.thekitchn.com/collection/around-the-world-in-30-soups>
- YouTube video links for: Pozole Rojo, Kibbet Raheb, Beef Pho (You do not need to play these videos if you do not want to. The recipes in the videos are different than those in Around the World in 30 Soups, but if you give your participants a visual idea of what these soups look like, this is an effective way to do so. I have tried the Pozole recipe from the YouTube video linked, and it is by far my favorite!)

### **Suggested Activities:**

#### **Making Your Mirepoix**

- Have each participant dice their onion, celery, and carrots into ¼ inch squares (to the best of their ability). You can review YouTube videos for knife safety and dicing instructions to share with the group.
- They can take their mirepoix home and use it in a soup recipe.

### **Finding a Soup of the World to try**

- Have each participant look at their printed Around the World in 30 Soups map. (If you can have each participant on a computer, that will work better. Or you can project the website on the screen as a group activity.)

- Have everyone pick a soup from the map they would like to recreate at home. At the same time, Chicken Noodle Soup is on the map and is from America. Encourage your participants to be adventurous and try soups from other countries. You really cannot go wrong!
- You can also encourage your participants to find a way to add more protein to a soup recipe they see on the website. Adding protein to soup makes it more filling, with fewer calories than fat, and will help them stay fuller, longer.

**Lesson Summary:**

This lesson covers the basics of soups, how to add protein to your soup, and highlights three soups from other countries' cuisines. This lesson also gives ideas for activities to do in group settings with small groups, individuals, or the whole class. It includes a hands-on "cooking" demo and will allow your participants to take something home to try.

**References:**

<https://kathleenflinn.com/soup/>

<https://www.bbcgoodfood.com/howto/guide/how-make-soup>

<https://www.thekitchn.com/collection/around-the-world-in-30-soups>

<https://www.serious-eats.com/all-about-mirepoix>

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