

# VEGETABLE SOUP WITH KALE & LENTILS

This soup is loaded with veggies—get a spoonful in each bite!

SPENDSMART  
EATSMART

## Cooking tips

- No need to soak lentils! They cook quicker than other dry beans.
- Use a clean scissors instead of a knife to remove kale's middle rib and cut kale.
- Substitute other greens such as spinach in place of kale.
- Use leftover vegetables such as carrots in soup.

## MyPlate meal idea

- Whole wheat roll
- Low-fat cheese or low-fat milk
- Orange slices
- Vegetable soup with kale and lentils



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Find this recipe at Iowa State University Extension's Spend Smart. Eat Smart. website:  
[www.extension.iastate.edu/foodsavings](http://www.extension.iastate.edu/foodsavings).

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# Tips to reduce food waste and save money.

How much food (in dollars) does the average American family of 4 throw away in a year?

- a. \$0      b. \$120      c. \$600      d. \$1,600

\* Shop your refrigerator and freezer first! Cook or eat what you already have.

\* Plan your menu before shopping and buy only things on your list.

\* Save by stocking up on sale items only if you can use the food before it spoils.

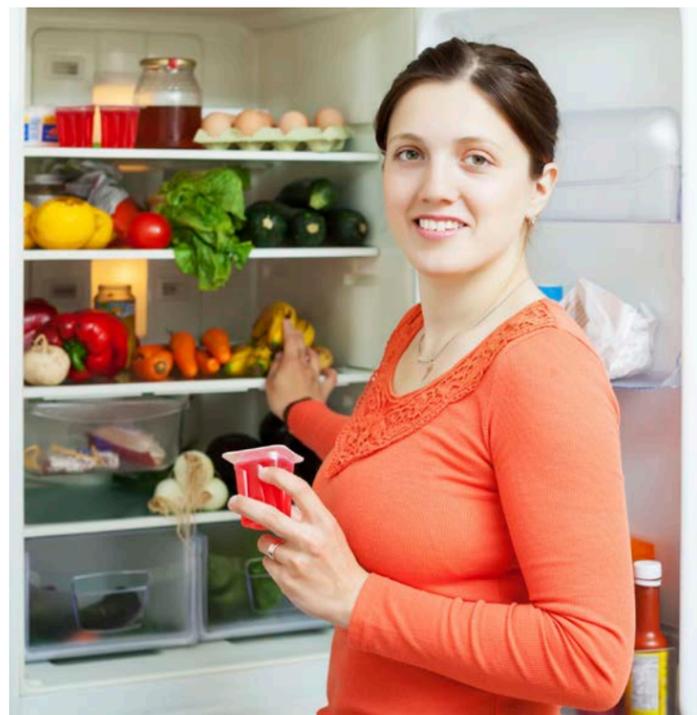
\* If you shop only once or twice a month, use fresh fruits and vegetables first before frozen or canned.



\* Keep the temperature in your refrigerator between 35°–40°F. Food spoils more quickly if your fridge is too warm or too cold.

## Answer

d. The U.S. Environmental Protection Agency estimates that the average American family of 4 throws away close to \$1,600 of food per year!



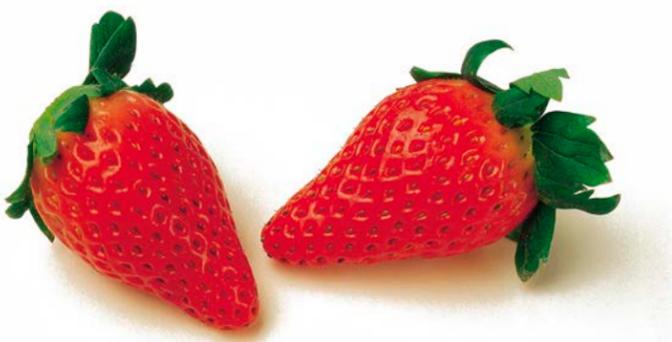
\* Put a note on the fridge to remind your family to eat leftovers.



# Let your kids be produce



**Kids who help choose foods are more likely to eat them. Ask them to choose the vegetables for dinner and fruits for their snack.**



**Choosing fruits and vegetables can be fun.**

- Ask children to help you find fruits that are a certain color.
- Have children find vegetables that are round.
- Have children count items as you put them into a bag.