

Eating Between The Lines



Willy's Wagon Wheel Soup

1. Put meat in pot
2. Adult adds broth
3. Add tomatoes
4. Add 1/2 cup carrots
5. Add 1.2 cup peas
6. Add 1/2 cup corn
7. Add 1 cup wagon wheel noodles
8. Add three shakes chili powder
9. Add three shakes cumin powder
10. Add three shakes garlic powder
11. Cook
12. Stir in coriander
13. Add lime juice
14. Stir and EAT

Parents' Recipe

The wonderful thing about soup is its flexibility. A tasty ingredient for this Mexican style soup is 100% pork sausage, and we prefer the low fat ones sold at farmers' markets in PEI, not the ones from the supermarket which are higher in fat. You can also make this with lean ground beef, ground chicken or chopped leftover turkey or chicken. You can use leftover vegetable water, or turkey broth for the stock, or use commercial chicken bouillion (the latter will be higher in salt). Whole wheat macaroni works well and will boost the fibre content. Or skip the pasta and use 2 good-sized peeled and chopped PEI potatoes. Vegetables can be varied to include corn, peas, chopped sweet potato and beans. If you use frozen vegetables or broccoli, add them near the end of cooking time so they won't overcook. Finally, you can also exchange the can of tomatoes with a small can of tomato paste and a can of tomato soup. It's all good!

You can sprinkle the soup with grated cheese if desired. If you serve this with a whole wheat roll and a glass of milk, you will have all four food groups from Canada's Food Guide in the meal! Makes 1 pot full (about 3 L or 12 cups)

Here is what you need:

- 2-3 sausages (about 2-3/4 lb., 250-300 g)
- 1 clove garlic (or 2 tsp garlic powder)
- 4 cups (1 L) Chicken or vegetable broth
- 1 cup (250 ml) wagon wheel pasta or macaroni
- 540 ml can chopped tomatoes
- 375 ml (1.5 cups) vegetables (carrots, corn, peas)
- 5 ml (1 tsp) chili powder
- 5 ml (1 tsp) ground cumin
- 30 ml (2 T) fresh coriander (optional)
- 15 ml (1 T) lime or lemon juice
- 2.5 ml salt and pepper (optional)

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Here is what you do:

1. If using sausage, squeeze sausage meat out of casings into a large saucepan. Cook sausage or ground beef/chicken and garlic over medium heat until no pink remains, breaking up meat with the back of the spoon. If it starts to stick, add 2 cup water. (If using leftover turkey, skip this step.)
2. Add stock, pasta, tomato paste, tomato soup, raw carrots (if using), chili powder, cumin and hot pepper flakes (if using). Cover and simmer over low heat for 10-15 minutes until pasta and vegetables are tender. Stir occasionally to prevent sticking. Add frozen vegetables or broccoli, or cooked turkey (if using) in the last 5 minutes of cooking time.
3. While soup is cooking, wash and chop coriander if using.
4. Uncover and add coriander and lime juice if using. Season with salt and pepper to taste if you are using tomatoes rather than the soup.

Note: the pasta will absorb liquid and swell in the refrigerator. If it gets too thick, just add a little more broth or water to get the consistency that you and your children like.