

# Quick & Nutritious Supper Tips

**RUNNING SHORT ON TIME?** Cooking healthy food in a short time may be easier than you think. Here are some tips on how to make suppers simple and nutritious.

## PLAN A MENU

- Taking time to plan a week's worth of meals can shave off a lot of time when you are cooking in a hurry.
- Use Canada's Food Guide tools to help you plan for balanced meals.
- Use a piece of paper, calendar, or a menu planner to jot down your meal ideas.
- Aim for a variety of foods and dishes.
- Make a grocery list for the foods you will need for the meals you plan.

## KEEP YOUR PANTRY STOCKED

- Store basic ingredients at home such as frozen chicken or fish fillets, canned beans, vegetable broth and whole-grain pasta.

## PREPARE AHEAD

- Take some time the night before to chop vegetables or prepare sauces for the next day's meals.
- Prepare meals in advance and freeze. Pull them out when there isn't time to make a meal from scratch.
- Try slow cooker recipes. Prepare the meal in the morning and have it cook all day so it is ready when you get home.

## Country Lentil Soup

### **Ingredients:**

1 tbsp vegetable oil  
1 cup diced onion  
½ cup diced carrot  
½ cup diced celery  
4 cups vegetable or chicken broth  
1 cup dried red lentils, well rinsed  
¼ tsp dried thyme  
Salt and freshly ground black pepper  
½ cup chopped fresh flat-leaf parsley

1. In a large saucepan, heat oil over medium heat. Sauté onion, carrot and celery until softened. Add broth, lentils, thyme; bring to a boil. Reduce heat, cover and simmer for 20 minutes or until lentils are soft. Remove from heat.
2. Working in batches, transfer soup to blender. Purée on high speed until creamy. Add up to 1 cup water if purée is too thick. Season with salt and pepper to taste. Return to saucepan to reheat, if necessary.
3. Ladle into bowls and garnish with parsley. For variation, add 1 cup of diced cook meat (e.g. lean ham, chicken).