

## HFG PICKS

### SOUPS WE LIKED

#### ■ King traditional soup mix,

minestrone (dried)

Throw this mix in a pot with water and simmer for

an hour or so. It's not quick, but it is good and very cheap. Our testers thought it was just like a home-made soup and you could easily add meat or veges.

**272kJ, 0.3g fat and**

**543mg sodium per serve.**



**MONEY SAVER**

#### ■ Wattie's Very Special 8 vegetable soup in the heat & eat bowl (shelf stable)

All you need is a spoon and access to a microwave to heat this soup in its single-serve bowl. At 475kJ this could be an afternoon snack or, with a grainy bread roll on the side, a light lunch. This is not the cheapest soup, but we like the big chunks of veges, the home-made taste and the convenience of the microwave container.

**475kJ, 0.4g fat, 4.3g fibre and 945mg sodium per serve.**



#### ■ Naked Naturals Japanese miso soup (chilled)

A tasty miso broth. The nutrition information states the pouch serves one, but we suggest you share it, especially as it would be very high in sodium otherwise.

**225kJ, 2.5g fat and 637mg sodium per serve (at 2 serves).**

#### ■ Delmaine chicken chowder (chilled)

We love the home-made flavours of this chilled soup.

**602kJ, 3.8g fat and 790mg sodium per serve.**



#### ■ Pitango organic minestrone soup with heaps of veges (chilled)

We're real suckers for quick food that has lots of veges. Just like home-made.

**534kJ, 1.4g fat and 761mg sodium per serve.**



#### ■ Wattie's Very Special kumara and vegetable soup (can)

We chose this canned soup because it has less sodium than many others. This

thick and creamy soup, although probably a bit sweeter than expected, had a nice cinnamon and nutmeg flavour. **585kJ, 2.3g fat, 2.4g fibre and 345mg sodium per serve.**

#### ■ Maggi 'feel good' vegetable soup for a cup (sachet)

This dehydrated soup may not be at all like home-made but it is a super convenient and cheap snack. Add a slice of toast if you need something to keep you going a bit longer. **290kJ, 0.6g fat, 2.7g fibre and 500mg sodium per serve.**



**MONEY SAVER**

HFG

*tip:* Add a variety of shelf-stable soups to your emergency supplies. Even if you can't heat the soup it will add flavour and variety to what may be an otherwise bland diet for a few days, or even longer.