

**Supermarket Staple Alert!**  
**NEW Light White Cheddar flavor from The Laughing Cow® is an HG favorite!**  
**Click for the 411!**  
**Deliciously rich and creamy**  
**35 calories per wedge**

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MON TUES WED 10.16.13 THURS FRI

**ASK HUNGRY GIRL**

Hey HG,

The weather is getting colder, and I'm craving more soup. What have you got for me that I can make at home and/or enjoy at work?

Cold Carol

Hi CC,



I love soup! It's great as a snack or as part of a meal, especially when it's chilly outside. Here are recipes and finds for your every soupy need...

**Stovetop Soups:** If you want something homemade (yet easy), take a look at these recipes. [Click here](#) for our enchilada, wonton, and minestrone soups. Check out the [Caramelized French Onion Soup and Asian Noodle Veggie Soup recipes](#) too. For even more stovetop options (enough to last you into the new year), [click here!](#)

**Crock-Pot Stews:** Crock-pot recipes are so convenient. And stews are like soup's hearty and delicious cousins! (That sounded better in my head.) Bust out your slow cooker, and whip up this [Bacon Apple Chicken Stew](#) or this [Fajita-rific Beef Stew](#). And check out the "Crock Pots" chapter of [HUNGRY GIRL TO THE MAX!](#) for tons of soups, chilis, and chowders.

**Canned Favorites:** My all-time top pick is [Amy's Organic Chunky Tomato Bisque](#). A cup has just 130 calories and 3.5g fat (**PointsPlus®** value 3\*), and it is so creamy and delicious! There's an equally awesome [Light in Sodium version](#) too. I also love all the [light](#) and [high-fiber](#) options from Progresso. Good stuff! FYI: The nutritional info on canned soup is for a single serving, but most cans contain about *two* servings. So if you plan to have the whole can (as I typically do!), multiply the stats.

**Frozen Single Servings:** The soup craze has hit the freezer aisle! Perfect if you have both a freezer and a microwave in your office...

No can opener needed. Tabatchnick has so many options in its [Soup Singles](#) line, and Weight Watchers Smart Ones recently entered the arena with [Classic Favorites Soups](#). And although they aren't portion controlled, [Kashi's Moroccan Minestrone and Savory Chicken Noodle with Kale and Quinoa soups](#) are hearty and worth checking out.

For more soup selections than you can shake a ladle at, [click here!](#) That oughta warm you up...

Hungry Girl,

I love your website, and all of the recipes I've tried are really great! But I never know what to do with the leftover ingredients. What do you recommend?

Waste-Not Wendy

Hi Wendy,



Glad you like the site and recipes! I get this question every now and then, so I have some great tips ready to go...

It's easier than you might think to find other guilt-free meals and snacks that call for the same ingredients. In fact, we've recently improved our search function to make it even simpler. Just enter an ingredient in quotes into the search bar on [the homepage](#), along with the word "directions" in its own quotes. For example, a search for recipes that call for avocado [looks like this](#). For more searching tips, [click here!](#) Other great resources, if you own any of the [Hungry Girl cookbooks](#), are the indexes. Believe it or not, the HG team works dutifully with the publisher to make these as thorough and helpful as possible! We're a little crazy like that...

Some ingredients also freeze really well, so you can defrost them whenever you're ready to use them again. Meats (like extra-lean ground beef), canned goods like pure pumpkin and beans (take them out of the can before freezing!), even tortillas (separate them with parchment paper to keep them from sticking). Just pop 'em in the fridge, and let them thaw overnight. [Click here](#) for a great little USDA guide to freezing foods. So useful!

Finally, don't be afraid to have a little fun with your food, and come up with snack ideas of your own for those leftovers. Got extra fat-free Greek yogurt? Stir in seasonings for a delicious veggie dip! Have leftover eggplant? Cook it up in a grill pan, and top with marinara sauce and part-skim mozzarella. Sweet corn kernels from a can? Char them in a skillet, and toss 'em over a salad. Yum!



Someone you love needs soup suggestions or leftover-ingredient ideas. To help that pal out, just click "Send to a Friend!"

**CHEW ON THIS:**  
 Today, October 16th, is World Food Day, a.k.a. a global movement to end hunger. [Click to find out](#) how you can help!

Have a question for Hungry Girl? [Send it in!](#) She answers two new Qs each week (but cannot respond to emails personally).

**Having mail issues?** [Click here](#) for a printable, text-only version of this email. And [click here](#) for an HTML version.

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