

Soup to Share

By Sandra Olsen

Soup is a wonderful and essential meal for food survival in times of supply chain crisis. Soup can feed the sick and strengthen the healthy.

Soup can easily be enriched with wild greens and storage rice or beans. If you are able to grow root vegetables such as potatoes, carrots, and parsnips, your soup is flavored and enriched nutritionally. Garden garlic and any type of onion add delicious flavor.

In a crisis, children and even adults may refuse to eat anything not from a grocery store with a familiar taste.

There is a solution... canned meat! One small can of meat will flavor even a large stock pot of twelve to twenty quarts. Keeping the soup simmering can keep the soup safe or you may feed dozens of people at once. Meat provides protein, fat, and salt. Worries will calm down and hope will start to bloom.

Meat can be bottled but it takes much care to be safe. Meat can be frozen, dried or smoked, if you have the time and tools. However, canned meat is convenient to buy and lasts many years if kept dry.

You can buy a few cans a week. Fifty to one hundred cans of meat can last a family a year. Prepare for the comfort and nourishment of a supper of hot soup for you and your family, even in hard times.

**Chopped Beef
Ham
Spam
Fish
Oysters**

**Clams
Chicken
Turkey
Tuna
Salmon**

**Corned Beef
Sausages
Roast Beef
Liver Spread
Brautwurst**