

SOUP OF THE WEEK

"Seasonal Soups: Savoring The
Best of Every Harvest"



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Connect with us on social media, sign up for our newsletter, and stay updated with the latest soup trends and recipes. Get ready to embark on a soup-filled journey that will warm your heart and nourish your soul.

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SUMMER SOUP RECIPES



Soup's On for Summer: Light, Fresh,
and Flavorful.

Traditional Gazpacho Soup

Traditional gazpacho is a chilled soup from Andalusia, a region in southern Spain. Gazpacho is particularly popular in the summer due to its refreshing and cool serving temperature.

Prep: 20 min, **Cook:** 45 min, **Servings:** 4,
Calories: 100-150 kcal

- 10 seeds removed and roughly chopped, Plum Tomatoes
- 1 seeds and ribs removed and diced, Green Pepper
- 1-2 smashed, Garlic Cloves
- 1 slice, torn into pieces, Leftover (Stale) Bread
- 2 tablespoons, Extra Virgin Olive Oil
- 1 tablespoon, Sherry Vinegar
- To taste, Kosher Salt

Step-By-Step Directions

- **Prepare the Bread**

Soak the slice of stale bread in water to soften it. This will help it blend more easily with the other ingredients

- **Blend the Ingredients**

Combine the chopped tomatoes, diced green pepper, smashed garlic cloves, and the soaked, torn bread in a blender or food processor.



Blend the ingredients until they reach your desired consistency. Some people prefer gazpacho with some texture, while others prefer perfectly smooth.

- **Add Olive Oil and Vinegar**

With the blender running, slowly drizzle in the olive oil. This helps to create a creamy, emulsified texture. Then, add the sherry vinegar. The vinegar gives gazpacho its characteristic tang.

- **Season**

Add kosher salt to taste. Remember, starting with a small amount is better, and adding more as needed.

- **Chill**

Transfer the gazpacho to a container and refrigerate it for at least two hours or overnight. Chilling the soup allows the flavors to meld together and enhances the refreshing quality of gazpacho.

- **Serve**

Once chilled, stir the gazpacho well and adjust the seasoning if needed. Serve the soup in bowls or chilled glasses for a traditional touch.

Watermelon Gazpacho Soup



Watermelon gazpacho is a refreshing, chilled soup that's perfect for hot summer days. This dish is a creative twist on traditional gazpacho, a cold soup from Andalusia, southern Spain.

Prep: 20 min, **Cook:** 0 min, **Servings:** 4-6,
Calories: 100-150 kcal

8 cups Diced Seedless Watermelon

1 medium, finely diced Seedless (English) Cucumber

1/2, finely diced Red or Orange Bell Pepper

1/4 cup, chopped Fresh Basil

1/4 cup, chopped Flat-Leaf Parsley

3 Tbsp Red Wine Vinegar

2 Tbsp Minced Shallot

2 Tbsp Extra-Virgin Olive Oil

3/4 tsp Kosher Salt

Juice of 1 lime

2 tsp Fresh Black Pepper

Step-By-Step Directions

- **Preparation Of Ingredients**

Start by preparing all your ingredients. Dice the watermelon, cucumber, and bell pepper. Chop the fresh basil and flat-leaf parsley. Mince the shallot.

- **Blend The Base**

In a blender, combine 6 cups of the diced watermelon, the majority of the cucumber

(reserving some for garnish), bell pepper, chopped basil, parsley, red wine vinegar, minced shallot, olive oil, kosher salt, lime juice, green Tabasco sauce, and a few grinds of fresh black pepper. Blend until smooth.

- **Adjust Seasoning**

Taste the gazpacho and adjust the seasoning as needed. You should add more salt, vinegar, or Tabasco, according to your preference.

- **Chill**

Pour the blended soup into a large container and refrigerate for at least 2 hours to allow the flavors to meld together.

- **Prepare The Garnish**

While the soup is chilling, prepare your garnishes with the reserved ingredients. This would be some of the diced watermelon, cucumber, bell pepper, a sprinkle of minced shallot, fresh basil, parsley, and a drizzle of olive oil.

- **Serve**

Once chilled, serve the gazpacho in individual bowls or glasses, topped with the garnish. Add an extra squeeze of lime juice, a few drops of green Tabasco sauce, and a sprinkle of black pepper, if desired.



Spanish Garlic Soup Recipe

Spanish garlic soup, also known as "Sopa de Ajo," is a traditional Spanish dish that's particularly popular in the Castilla y León region. It's a hearty and comforting soup often enjoyed during the colder months, or during Holy Week (Semana Santa).

Prep: 5 min, **Cook:** 15 min, **Servings:** 1-2,
Calories: 350 kcal

- 1 Tbsp Olive Oil**
- 2-3 Cloves Garlic, thinly sliced**
- 1/2 tbsp Sweet (Hungarian) Paprika**
- 1/2 tbsp (to taste) Smoked Paprika (Pimentón de la Vera)**
- 2 Cups Vegetable Broth, heated**
- A Pinch Sea Salt**
- 1 oz Day-Old Crusty Bread, cubed/sliced**
- 1 Large Egg**

Step-By-Step Directions

Preparation

- Gather all your ingredients.
- Thinly slice 2-3 garlic cloves and cube or slice your day-old bread.

Cooking

- Begin by heating 1 tablespoon of olive oil in a small saucepan over medium heat.



- Add the thinly sliced garlic to the pan and sauté for approximately 1 to 1-1/2 minutes until it just begins to change color.
- Remove the pan from the heat and stir in 1/2 teaspoon of sweet paprika and 1/2 teaspoon of smoked paprika.
- Pour 2 cups of hot vegetable broth and return the pan to the heat. Cover the pan and let it simmer gently for about 4-5 minutes.
- Taste the broth and add a pinch of sea salt to season, adjusting to your preference.
- Add the day-old crusty bread and let it simmer for another 2 minutes, allowing it to soften in the soup.
- Break a large egg into a small bowl, keeping the yolk intact.
- Gently slide the egg into the soup, ensuring it's fully submerged. If it isn't, ladle some hot broth over the egg to cook the top.
- Let the soup simmer until the egg white turns opaque but the yolk remains soft. This should take approximately 3 minutes.

Serve

- Once done, carefully pour the soup into a bowl and serve immediately.



Chilled Cantaloupe Soup



Chilled cantaloupe soup is a refreshing and light culinary creation that combines ripe cantaloupe's natural sweetness with a tanginess. This delightful soup is typically served cold, making it a perfect choice for hot summer days.

Prep: 10-20 min, **Cook:** 30 min, **Servings:** 2,
Calories: 80-120 kcal

3 cups Cubed melon

1/4 cup Plain Greek yogurt

1/8 tsp Ground ginger (powdered)

Zest of one lime

Juice of 1/2 lime

1 tsp Agave nectar or honey

2-3 Mint leaves

2-3 Basil leaves (optional)

A Pinch Kosher salt

2-3 Tbsp Water (if needed)

Step-By-Step Directions

- Gather all the ingredients with what is required or optional.
- In a blender, combine all the ingredients except water. Make sure the melon is ripe and cubed for easy blending.
- Blend the mixture until smooth and creamy. Pause and scrape down the sides of the blender if needed to ensure everything is well incorporated.

- Check the consistency of the soup. If you prefer a thinner consistency, gradually add 2-3 tablespoons of water while blending until you achieve your desired thickness. Adjust the amount based on personal preference.
- Once the soup reaches the desired consistency, transfer it to a covered container and refrigerate for at least 1 hour to chill thoroughly.
- Before serving, stir the chilled cantaloupe soup with a spoon or fork to recombine any separated ingredients.
- Serve the soup in chilled bowls or glasses for a refreshing presentation. Garnish with additional mint leaves or a lime wedge if desired.

Additional Options

- You can garnish the soup with diced melon, fresh berries, or toasted nuts for added texture.
- Experiment with different herb combinations like basil and cilantro for unique flavor profiles.
- Add a pinch of black pepper or chili flakes to create a savory twist.



Zucchini And Basil Soup

Zucchini and Basil Soup is a delightful concoction, blending the crisp, summery essence of zucchini with the aromatic allure of fresh basil. Its vibrant green color and refreshing taste offer a culinary experience that mirrors the beauty of a Mediterranean garden, making it a perennial favorite across kitchens worldwide.

Prep: 10 min, **Cook:** 40 min, **Servings:** 4,
Calories: 100-150 kcal

1 tsp Butter

1 Tbsp Olive Oil

2, roughly chopped Medium Zucchini

1, roughly chopped Small Onion

1, peeled and chopped Baking Potato

2 cups Chicken Broth

2 cups Water

10, roughly chopped Basil Leaves

To taste Kosher Salt

To taste Fresh Black Pepper

Step-By-Step Directions

- Start by preheating your Dutch oven or stock pot on low heat. Add 1 tbsp of butter and 1 tbsp of olive oil to the pot, stirring gently until the butter melts completely.



- Once the butter is melted, add 2 roughly chopped medium zucchinis, 1 small roughly chopped onion, and 1 roughly chopped baking potato to the pot.
- Keep stirring the ingredients and allow them to cook for approximately 5 minutes until the onions become soft but not browned.
- Next, pour 2 cups of chicken broth and 2 cups of water into the pot. Turn up the heat to high and let the mixture come to a rolling boil. This should take around 5-7 minutes.
- Once boiling, reduce the heat to low and partially cover the pot with a lid. Allow the soup to simmer for about 25-30 minutes. At this point, the potatoes and zucchini should be tender enough to be easily mashed with a wooden spoon.
- Remove the pot from the heat and stir in 10 roughly chopped basil leaves for fresh flavor.
- Now, puree the soup until smooth using an immersion blender.
- Taste the soup and serve. Season with kosher salt and fresh black pepper according to your preference.

Tomato Orange And Fennel Soup



Tomato, Orange, and Fennel Soup is a unique, savory dish that combines the richness of tomatoes, the tangy sweetness of oranges, and the delicate anise flavor of fennel. The recipe begins with sautéed onions and fennel, to which a fresh burst of orange zest and juice is added.

Prep: 10 min, **Cook:** 30 min, **Servings:** 4,
Calories: 120 kcal

2 (roughly chopped) Large tomatoes (cores removed, seeded)

1 (roughly chopped) Fennel bulb (trimmed)

1 Navel oranges (juice)

Enough to make 2 cups Additional orange juice

2 cups Water

1/4 tsp Piment d'Espelette pepper

1/2 tsp Ground fennel pollen

To taste Kosher salt

To taste Fresh black pepper

1/2 tsp Sherry vinegar

Step-By-Step Directions

Preparation Of Ingredients

- Gather all your ingredients: tomatoes, fennel, orange juice, water, piment

d'Espelette, fennel pollen, salt, pepper, and sherry vinegar.

Cooking

- In a 5-quart Dutch oven, mix tomatoes, fennel, orange juice, and water.
- Boil, then simmer for 15 minutes until fennel is soft.

Blending

- Transfer solids to the food processor with a metal blade. Purée finely and return to pot.
- Season with piment d'Espelette and fennel pollen. Cook for 10 more minutes.

Final Touches

- Strain soup through a fine-mesh strainer, press solids to extract liquid. Return broth to pot.
- Season with salt, pepper, and add sherry vinegar. Simmer for 5 more minutes to meld flavors.

Tasting & Serving

- Taste the soup and adjust the seasoning if necessary. Depending on preference, it can be served warm, at room temperature, or chilled.



Potato Leek Soup Recipe

Potato Leek Soup is a traditional culinary gem that combines the earthy flavor of potatoes with the delicate, onion-like taste of leeks. This hearty dish is typically prepared by simmering these primary ingredients with spices, then pureeing to achieve a smooth, velvety consistency.

Prep: 20 min, **Cook:** 30 min, **Servings:** 4,
Calories: 250 kcal

5 pounds White Potatoes (peeled, quartered)

6 cups Chicken Broth

2 Leeks (bulb only)

1/2 cup Butter

1/4 cup White Wine

To taste Salt

1/4 teaspoon Freshly Ground White Pepper

Step-By-Step Directions

- Begin by cooking the potatoes in chicken stock until they become tender. Once done, set them aside but make sure not to drain the stock.



- Transfer the cooked potatoes to the work bowl of a food processor. Add 5 cups of chicken stock from the potato cooking pot. Blend the potatoes and stock together until the mixture becomes smooth.
- Cut the leeks in half lengthwise and soak them in water to thoroughly clean them. After cleaning, slice them finely.
- Melt some butter in a pan and sauté the finely sliced leeks until they turn transparent. Pour in the white wine and allow it to cook for 3 minutes.
- Combine the remaining cup of chicken stock from the potato cooking pot and the sautéed leeks in a soup pot. Stir the pureed potatoes into the mixture.
- Bring the soup to a simmer. Season it with salt and white pepper to taste. Add more chicken stock to achieve your desired consistency if the soup is too thick.
- Finally, garnish the soup with a sprinkle of parsley before serving. Enjoy this comforting Potato Leek Soup hot for the most delicious experience.

Zucchini Soup Recipe



Zucchini soup is a nourishing, delectable concoction derived from tender zucchinis, known for its velvety texture and delicate flavors. In its basic form, it combines sautéed onions, garlic, zucchinis, and a choice of herbs, all blended for a smooth finish.

Prep: 10 min, **Cook:** 25 min, **Servings:** 4,
Calories: 180 kcal

2 tablespoons Margarine
2 Onions (chopped)
2 Potatoes (peeled and diced)
8 Zucchinis (chopped)
1/4 teaspoon Dried Thyme
1/4 teaspoon Dried Rosemary
1/2 teaspoon Dried Basil
1/4 teaspoon Ground White Pepper
4 cups Chicken Broth
1 cup Whole Milk
1/4 cup Dry Potato Flakes
1 tablespoon Soy Sauce
1 tablespoons Fresh Dill Weed

Step-By-Step Directions

Preparation Of Ingredients

- Gather all the ingredients - butter, onions, potato, zucchini, thyme, rosemary, basil, white pepper, broth,

milk, mashed potato flakes, soy sauce, and dill weed.

Cooking

- On medium heat, melt butter in a large frying pan. Sauté onions till translucent.
- Add diced potatoes, zucchini, thyme, rosemary, basil, and white pepper. Cook for 5 minutes.

Blending

- In a medium pot, bring broth to boil. Add sautéed zucchini and potatoes.
- Simmer for 15 minutes. Carefully blend in batches for smooth consistency.

Final Touches

- Put pureed soup back in the pot. Warm soup with milk, avoid boiling. Mix in mashed potato flakes and soy sauce.

Serving

- Taste and adjust seasonings. Garnish with dill weed. Serve hot for comfort or chilled for refreshment.

Additional Options

- You may also add a swirl of cream or a sprinkle of cheese while serving, based on individual preferences.



Avocado Soup Recipe

Avocado soup is a delightfully creamy concoction that centers around ripe avocados. It's often chilled and served cold, perfect for warm summer days. This soup is a beautiful testament to avocado's culinary versatility and is healthy, refreshing, and rich.

Prep: 10 min, **Cook:** 30 min, **Servings:** 4,
Calories: 200-250 kcal

2 Avocado (peeled, pitted, and diced)

1 tablespoon Shallots (chopped)

1 tablespoon Olive oil

2 cups Chicken stock

1 cup Heavy cream

to taste Salt

to taste Pepper

1/4 teaspoon Ground nutmeg

1 Tomato (peeled, seeded, and diced)

Step-By-Step Directions

Silken Avocado Puree

- Start with ripe avocados. Halve, pit, and scoop out the green flesh. Blend until smooth and creamy.

Sautéing Shallots with Care

- Sauté shallots in olive oil on medium heat. Avoid browning; bring out sweetness and aroma. Let golden shallots cool before using in soup.

The Grand Assembly

- Combine avocado puree, sautéed shallots, chicken stock, and heavy cream in a bowl. This blend creates a lingering flavor symphony.

Seasoning Sensation

- Seasoning is essential. Add ground nutmeg for a subtle aromatic nuance. Salt and pepper bring harmonious balance, delighting your taste buds.



The Chill Factor

- Let the avocado soup chill for 30 minutes in the fridge. Flavors mingle and crescendo to perfection during this time.

A Divine Presentation

- When the moment of indulgence arrives, present the creamy avocado soup in all its verdant splendor. Ladle it into serving bowls, each spoonful exuding its creamy texture and enticing aroma.

Garnish with Elegance

- Add diced tomato for vibrancy. The red contrasts and freshens the soup, tantalizing both eyes and palate.

Serve and Savor

- Savor each spoonful of this velvety delight. Avocado's lusciousness, shallot's sweetness, and nutmeg's spice create culinary bliss.

Lemon Soup Recipe



Lemon Soup, often known as Avgolemono, is a Greek culinary delight that features a harmonious blend of chicken broth, eggs, and lemon juice. This golden-hued, silky soup offers a satisfyingly tangy and savory flavor profile.

Prep: 10 min, **Cook:** 20 min, **Servings:** 4,
Calories: 150-200 kcal

1 can Chicken Broth
2 Egg Yolks
2 Egg Whites
1 Lemon, juiced
to taste Salt
to taste Pepper
1 cup Uncooked Orzo Pasta

Step-By-Step Directions

- Begin by pouring chicken broth into a large pot. Place the pot over high heat and bring the broth to a boil.
- Once boiling, add orzo pasta to the pot.
- Reduce the heat to a simmer and cook the orzo for about 10 minutes or until it is tender.
- Meanwhile, whip the egg whites into a medium-sized glass or metal bowl until

they form medium-stiff peaks.

- Carefully stir the egg yolks and lemon juice into the bowl with the whipped egg whites.
- When the orzo pasta is cooked, gradually ladle about 1 cup of the soup into the egg mixture. As you ladle, stir gently. This will temper the eggs, raising their temperature progressively to prevent them from curdling when added to the hot soup.
- After you've ladled about a cup of soup into the eggs and stirred it well, pour this egg mixture into the soup pot.
- Stir the soup well until the egg mixture is fully incorporated. This will give the soup a rich, creamy texture.
- Next, season your soup with salt and pepper to taste.
- The soup is ready to be served as soon as it is seasoned. To ensure the best texture and flavor, serve the soup immediately after it's finished cooking.



Tomato Dill Soup Recipe

Tomato Dill Soup is a harmonious blend of ripe tomatoes and aromatic dill. This soup melds the tangy richness of tomatoes with the delicate, fragrant notes of dill. Often prepared with a creamy or broth base, it is a versatile dish suitable for chilly evenings and warm afternoons.

Prep: 15 min, **Cook:** 45 min, **Servings:** 4,
Calories: 100-200 kcal

2 tablespoons Butter
2 cloves Garlic, minced
1 Onion, chopped
28 oz Canned peeled and diced tomatoes
1/2 teaspoon Dried dill weed
1/4 teaspoon Salt
1/4 teaspoon Pepper
10.5 oz Condensed chicken broth
1 Bay leaf

Step-By-Step Directions

Preparation Steps

- Gather all ingredients.
- Dice the onion and mince the garlic.
- Measure out dill, salt, and pepper.



Cooking

- In a saucepan, melt butter over medium heat, sauté onion and garlic until translucent. Add tomatoes, condensed chicken broth, season with dill, salt, pepper, and bay leaf.

Blending

- Once the contents reach a boil, reduce the heat. Let the soup simmer gently for 45 minutes to melt the flavors.
- After simmering, turn off the heat. Carefully remove and discard the bay leaf.

Final Touches

- Transfer the soup to a food processor or blender. Puree the mixture in batches until it's smooth and creamy.

Serving

- For a warm treat, pour the soup into bowls and serve immediately.
- Alternatively, chill in the refrigerator and serve cold for a refreshing dish.

Roasted Red Pepper Soup



The Roasted Red Pepper Soup is a delightful recipe. The roasted peppers lend a smoky depth, while the tomatoes and onions add sweetness. This soup is a comforting, nutritious, and flavor-packed dish, Pureed to a silky consistency and often finished with a drizzle of cream or a sprinkle of fresh basil.

Prep: 15 min, **Cook:** 20 min, **Servings:** 4,
Calories: 250 kcal

2 (16 ounce) Roasted Red Peppers (jars)
2 (14.5 ounce) Chicken Broth (cans)
1 Fresh Mushrooms (sliced, 8 oz pkg)
1 teaspoon Dried Basil
1 teaspoon Dried Oregano
1 teaspoon Garlic Powder
1/2 teaspoon Salt
1/2 teaspoon Ground Black Pepper
2 Fresh Cheese Tortellini (uncooked, 9 oz pkg)

Step-By-Step Directions

- Start by placing your roasted red peppers in a blender or food processor.

- Blend the peppers until you achieve a smooth consistency. Pause the blender as needed to scrape down the sides.
- Pour the blended peppers into a large saucepan over medium heat.
- To the same saucepan, add chicken broth and sliced mushrooms.
- Season your mixture with dried basil, oregano, garlic powder, salt, and freshly ground black pepper. Stir well to combine the ingredients.
- Raise the heat to high and bring your mixture to a boil, stirring occasionally.
- Once boiling, reduce the heat to medium. Stir in your tortellini.
- Continue to cook the soup for 8 to 10 minutes, stirring occasionally, until the pasta is cooked al dente.
- Taste and adjust seasonings as needed.
- Ladle the soup into serving bowls. Garnish with additional basil or oregano if desired.
- Serve hot. If preferred, accompany it with crusty bread or a side salad.



Chard Soup Recipe

Chard soup is a savory dish crafted from fresh chard leaves, a leafy green vegetable known for its vibrant color and earthy flavor. Its slightly bitter notes from the chard are balanced by the other ingredients, creating a harmonious taste. A staple in many cuisines, chard soup offers both warmth and nourishment in every spoonful.

Prep: 15 min, **Cook:** 40 min, **Servings:** 4,
Calories: 100-200 kcal

2 Tbsp Olive oil (or another plant-based oil)

Chopped Onion (or 2 medium leeks, white parts only)

3 medium, peeled and thinly sliced Potatoes

1 bunch (about 10 cups), stems removed

Chard

To taste Salt

1, juiced Lemon

1/3 cup Sour cream

Step-By-Step Directions

Preparation Steps

- Prepare all your ingredients: chop the onion, thinly slice the potatoes, and clean the chard by removing the stems.



Cooking

- Heat olive oil in soup pot.
- Sauté onion and potatoes until soft and caramelized (8-10 mins).
- Add 1/2 cup water, scrape stuck bits.

Blending

- Add cleaned chard greens, 1 tsp salt; cook 5 mins.
- Pour in 6 cups water, bring to boil, simmer 15 mins.
- Blend soup, return to pot.

Final Touches

- Squeeze in the fresh lemon juice and stir to mix.

Serving

- If you plan to serve the soup later or freeze it, allow it to cool down to room temperature first.
- When ready to serve, warm up the soup. Just before serving, add the sour cream. Using a spoon, swirl it into the soup to get a creamy texture and lovely presentation.

WINTER SOUP RECIPES



The Ultimate Winter Collection for
Every Palate

French Onion Soup Recipe



French onion soup is a traditional dish from France, known for its comforting and rich flavors. It's often considered a classic bistro dish and has become famous worldwide for its unique blend of simplicity and depth of taste.

Prep: 15 min, **Cook:** 1 hour 30 min, **Servings:** 4-6,
Calories: 300 kcal

3 tablespoons Olive Oil
2 tablespoons Butter
6 cups Onions, peeled & thinly sliced
1 tablespoon Kosher Salt
1 tablespoon Sugar
2 tablespoons Best Balsamic Vinegar (e.g., Rubio)
3 tablespoons Unbleached All-Purpose Flour
3/4 cup Dry White Wine
3 quarts Homemade Beef Stock
to taste Kosher Salt and Fresh Black Pepper
1/4 cup Grated Gruyere Cheese
to preference Slices of French Bread
1 Garlic Clove peeled

Step-By-Step Directions

- **Prepare Your Pot**

Start by placing a Dutch oven or heavy stockpot over low heat to caramelize onions.

- **Caramelize And Season Onions**

Melt butter and oil in the pot, then add onions. Stir often and cook for about 1 hour until onions are soft and sweet but not browned. Cook for 15 more minutes.

- **Add Vinegar**

Pour in vinegar, cook for 5 mins. Vinegar balances onion sweetness with acidity.

- **Incorporate Flour**

Stir in flour, cook for 1 minute until fully incorporated and slightly thickened.

- **Season Soup**

Season with salt and pepper to taste. If not serving immediately, cool before refrigerating or freezing; reheat before serving.

- **Serve Soup**

Ladle hot soup into bowls. Serve hot and enjoy!



Italian Wedding Soup

Italian Wedding Soup is a traditional Italian soup that features a harmonious mix of meat, leafy greens, and often small pasta or rice. The name might suggest that it's served at Italian weddings. Instead, it is a perfect blending of the ingredients to create a hearty, nutritious dish.

Prep: 30 min, **Cook:** 30 min, **Servings:** 4,
Calories: 180 kcal

6 cups Chicken stock (homemade or low-sodium store-bought)

1 Small onion, diced

1 Head of escarole, chopped into bite-size pieces

Large pinch Red pepper flakes

To taste Kosher salt

To taste Fresh black pepper

Step-By-Step Directions

• Cook The Meatball

Combine the ground turkey, sausage, cheese, bread crumbs, garlic, parsley, egg, salt, and pepper in a large mixing bowl. With your hands, mix everything until all the ingredients are incorporated.

• Prepare The Mixture

Form the mixture into meatballs about the size of large walnuts, and place them on a plate.



• Cook The Soup

Heat the olive oil in a large nonstick skillet over low-medium heat. If necessary, lightly brown the meatballs in batches and set them aside. Heat the chicken stock to a simmer over medium heat in a Dutch oven or heavy stockpot. Stir in the onions and escarole, and cook for 3-4 minutes, until the onions are translucent and the escarole collapses. Add the red pepper flakes.

• Simmer

Reduce the heat to simmer, and gently add the meatballs to the pot. Cook, uncovered, over low heat for 5 minutes, until the meatballs are cooked through. Taste the soup and season with additional salt and pepper as needed (if you are using store-bought stock, you might not need any salt).

• Serving

Serve the soup hot. Alternatively, let it cool completely and then refrigerate or freeze it for later use.

New England Clam Chowder



New England Clam Chowder, also known as Boston Clam Chowder, is a traditional, hearty soup known for its creamy base and rich seafood flavor.

Prep: 20 min, **Cook:** 45 min, **Servings:** 6, **Calories:** 220 kcal

4 quarts Littleneck clams
1, chopped Garlic clove
1 cup Water
2 oz, finely chopped Salt pork
2 cups Chopped onions
3 Tbsp Flour
1-1/2 lbs, peeled, and diced into 1/2-inch cubes Potatoes
4-1/2 cups Clam broth
3 cups Fish stock
2 cups Light cream

Step-By-Step Directions

- **Prepare The Clams**

Clean clams, steam with garlic until they open (6-10 mins). Drain, save broth. Remove clam meat, mince it. Filter broth to remove grit.

- **Render The Salt Pork**

Cook salt pork in a pot on low heat until fat reduces, cracklings become crispy.

Remove cracklings, keep the fat in the pot.

- **Cook The Onions**

In the same pot, cook chopped onions in rendered fat on medium heat for about 6 mins until soft and translucent, without browning.

- **Add Flour And Broths**

Stir flour into onions for 3 mins to make roux. Slowly add clam broth and fish stock, whisking to prevent lumps.

- **Cook The Potatoes**

Boil liquid, add diced potatoes, cover, simmer for 15 minutes until potatoes are done.

- **Add Clams, Cracklings, And Cream**

Ladle chowder into bowls, serve with oyster crackers. Enjoy your New England Clam Chowder!

- **Serve The Chowder**

If desired, ladle the finished chowder into large soup bowls, serving with a side of oyster crackers. Enjoy your homemade New England Clam Chowder!



Chicken Mulligatawny Soup

Chicken Mulligatawny Soup is a rich, flavorful dish that combines elements of both Indian and Western cuisines. The result is a hearty, comforting soup with a perfect balance of spiciness and acidity, creaminess and texture.

Prep: 15 min, **Cook:** 40 min, **Servings:** 6,
Calories: 250-300 kcal

1 lb Boneless, Skinless Chicken Breasts

2 Tbsp Vegetable Oil

1 Medium Onion, Diced

1 Garlic Clove, Minced

1 Tbsp Hot Curry Powder

1/2 tsp Ground Ginger

A pinch Ground Cloves

1 cup Diced Carrots

5 cups Chicken Stock

1 cup Cooked Long-Grain or Basmati Rice

1 cup Unsweetened Coconut Milk

Step-By-Step Directions

- Cut the boneless, skinless chicken breasts into small dice.
- Heat 2 tablespoons of vegetable oil in a Dutch oven or heavy stock pot over medium heat.
- Add the diced chicken to the pot, stirring occasionally, and cook until the chicken turns white but is not yet starting to brown.



- Add in the diced medium onion and minced garlic clove. Continue to cook until the onion is soft and just beginning to brown.
- Stir in 1 tablespoon of curry powder, 1/2 teaspoon of ground ginger, a pinch of ground cloves, and 1 cup of diced carrots. Cook this mixture for 1 minute, until the spices are fragrant.
- Pour in 5 cups of chicken stock and bring the mixture to a boil.
- Once boiling, reduce the heat to low, cover the pot, and let it simmer for 25 minutes.
- After 25 minutes, uncover the pot and add 1 cup of cooked long-grain or basmati rice. Heat this for 2 minutes, ensuring to break up any clumps of rice.
- Stir in 1 cup of unsweetened coconut milk.
- Serve the soup immediately. For garnishing, you can use a combination of 1/4 cup of chopped peanuts, 1/4 cup of raisins, and 1/4 cup of diced apple.

Potato Leek Soup Recipe



Potato Leek Soup is a traditional culinary gem that combines the earthy flavor of potatoes with the delicate, onion-like taste of leeks. This hearty, creamy dish is typically prepared by simmering these primary ingredients with spices, then pureeing to achieve a smooth, velvety consistency.

Prep: 20 min, **Cook:** 30 min, **Servings:** 4, **Calories:** 250 kcal

- 5 pounds White Potatoes (peeled, quartered)**
- 6 cups Chicken Broth**
- 2 Leeks (bulb only)**
- 1/2 cup Butter**
- 1/4 cup White Wine**
- To taste Salt**
- 1/4 teaspoon Freshly Ground White Pepper**

Step-By-Step Directions

- Begin by cooking the potatoes in chicken stock until they become tender. Once done, set them aside but make sure not to drain the stock.
- Transfer the cooked potatoes to the work bowl of a food processor. Add 5 cups of chicken stock from the potato cooking pot. Blend the potatoes and stock together until the mixture becomes smooth.

- Cut the leeks in half lengthwise and soak them in water to thoroughly clean them. After cleaning, slice them finely.
- Melt some butter in a pan and sauté the finely sliced leeks until they turn transparent. Pour in the white wine and allow it to cook for 3 minutes.
- Combine the remaining cup of chicken stock from the potato cooking pot and the sautéed leeks in a soup pot. Stir the pureed potatoes into the mixture.
- Bring the soup to a simmer. Season it with salt and white pepper to taste. Add more chicken stock to achieve your desired consistency if the soup is too thick.
- Finally, garnish the soup with a sprinkle of parsley before serving. Enjoy this comforting Potato Leek Soup hot for the most delicious experience.



Chicken Noodle Soup

Homestyle chicken noodle soup is a comforting, hearty dish steeped in culinary tradition. It features succulent chicken pieces, chewy egg noodles, and a colorful medley of vegetables like carrots, celery, and onions; all simmered in a rich, flavorful broth.

Prep: 10 min, **Cook:** 20 min, **Servings:** 4,
Calories: 260 kcal

2 cans Campbell's® Condensed Chicken Broth

1 cup Water

Ground black pepper (generous dash)

1 Medium carrot, sliced

1 Stalk celery, sliced

1/2 pound Skinless, boneless chicken breast, cut up

1/2 cup Uncooked medium egg noodles

Step-By-Step Directions

Preparation Steps

- Gather your ingredients: broth (4 cups), water (4 cups), black pepper (1 tsp), chopped carrots (2 cups), chopped celery (1 cup), diced chicken (2 cups), and egg noodles (2 cups).

Cooking Directions



- Combine broth, water, black pepper, carrots, celery, and chicken in a large pot. Heat on high. When boiling, add egg noodles.

Blending and Final Touches

- Reduce heat to medium, stir occasionally to prevent noodle sticking. Cook for around 10 minutes or until noodles are done. Adjust seasoning as desired.

Serving

- Serve hot, garnish with parsley or lemon. Offer crusty bread for a comforting meal.

Additional Options

- Feel free to add other vegetables like peas or spinach towards the end of the cooking time. Add a can of drained, rinsed white beans along with the noodles for a hearty twist. For a creamy version, stir in a half cup of cream or milk in the final minutes of cooking, making sure to heat through without boiling.



Broccoli Cheddar Soup



Broccoli Cheddar Soup is a comforting, creamy dish made by blending cooked broccoli and sharp cheddar cheese, often accompanied by onions and garlic for depth of flavor. The velvety, cheesy base envelops the lightly cooked broccoli, producing a wonderfully rich and warming soup.

Prep: 15 min, **Cook:** 30 min, **Servings:** 4, **Calories:** 400 kcal

- 1/4 cup Unsalted butter**
- 1 Onion, chopped**
- 2 cloves Garlic, minced**
- 1/4 cup All-purpose flour**
- 4 cups Chicken or vegetable broth**
- 4 cups Fresh broccoli florets**
- 2 cups Shredded cheddar cheese**
- 1 cup Whole milk**
- 1/2 teaspoon Dried thyme**
- To taste Salt**
- To taste Pepper**

Step-By-Step Directions

Preparation Steps

- Gather all the ingredients.
- Chop the onion and mince the garlic.
- Cut broccoli into small florets.
- Grate the cheddar cheese if not already shredded.

Cooking

- Melt butter in a large pot on medium heat. Add onion and garlic, sauté for 5 mins until onion is translucent. Stir in flour, cook for 1 min to thicken soup.

Blending

- Pour in broth gradually, stirring to avoid lumps. Add broccoli and simmer for 20 mins until tender. Use an immersion blender to adjust soup consistency to your liking.

Final Touches

- Return the pot to low heat. Stir in the shredded cheddar cheese and whole milk until the cheese is melted and the soup is heated through.
- Season the soup with dried thyme, salt, and pepper to taste.

Serving

- Ladle the hot soup into bowls and serve immediately. If desired, garnish with extra shredded cheese, a dollop of sour cream, a sprinkle of fresh herbs, or croutons for added texture.



Borscht Recipe

Borscht is a traditional Eastern European soup primarily made with beetroot, which gives it a characteristic deep red color. Its origins can be traced back to Ukraine, but it's also a staple in Russia, Poland, and other Slavic countries.

Prep: 20 min, **Cook:** 40 min, **Servings:** 4,
Calories: 250 kcal

- 1 Cooked, peeled, and chopped large beetroot**
- 1 Peeled and chopped large potato**
- 2 tbsp vegetable oil**
- 1 Peeled and chopped medium onion**
- 1 Peeled and chopped medium carrot**
- 1/4 Chopped Cabbage head**
- 1400g/14oz tin Drained and rinsed kidney beans**
- 3 cups chicken stock/broth**
- 2 tbsp ketchup**
- 2 tbsp lemon juice**
- To Taste Salt and pepper**

Step-By-Step Directions

Preparation Steps

- Begin by prepping ingredients: peel and dice beetroots, carrots, potatoes, and onions. Shred cabbage, finely chop garlic and dill. For meat, clean and cut into bite-sized pieces.



Cooking

- Activate the browning function in your soup maker. Sauté onions in olive oil until fragrant and translucent. Then, add garlic, beetroots, carrots, potatoes, cabbage, and meat (if using). Pour in the broth.

Cooking and Blending

- Cover the soup maker, set to cook on high for 40 minutes until ingredients are tender and hot. If it has auto-blend, use it; if not, blend to your desired texture manually, chunky or smooth.

Final Touches

- Adjust the soup as needed: add vinegar or lemon juice for tang, season with salt and pepper. Stir in most of the dill, saving some for garnish.

Serving

- Ladle the hot borscht into bowls, adding a dollop of sour cream to each. Sprinkle with the reserved dill for a burst of freshness.
- Serve with a side of crusty bread for a complete, hearty meal.

Split Pea And Ham Soup



Split pea and ham soup is a classic, hearty dish. It uses dried split peas, simmered until soft with chunks of savory ham. The soup often includes a medley of vegetables, such as onions, carrots, and celery, enhancing the depth of flavor.

Prep: Overnight, **Cook:** 2 Hours, **Servings:** 4-6,
Calories: 200-300 kcal

1 pound Leftover ham bone with meat attached

1 cup Chopped onions

2 cloves Garlic, minced

2 teaspoons Freshly ground black pepper

1 pound Dried split peas

1 cup Chopped carrots

Step-By-Step Directions

- Begin by placing the ham bone in a large pot and covering it with water. Turn the heat to high and bring the water to a boil.
- Once boiling, reduce the heat to low. Allow the bone to simmer overnight. This process extracts the rich flavors and nutrients from the bone.
- The next day, allow the stock to cool. Carefully clean the stock by removing and discarding the bone, excess fat, and

cartilage. This step ensures a smooth and appetizing soup.

- If there's good ham meat on the bone, return it to the pot. Bring the stock back to a boil on high heat.
- Now it's time for the veggies. Add the chopped onion, minced garlic, and freshly ground black pepper. Allow these ingredients to simmer for 1 hour, infusing their flavors into the stock.
- After an hour, pour in the split peas and chopped carrots. Continue to simmer for at least 1 more hour. This step allows the peas to break down and thicken the soup.
- Stir everything together well, ensuring an even distribution of ingredients. Season the soup to taste with salt and additional pepper if necessary.
- The final product should be a thick, hearty soup with chunks of ham and soft, melt-in-your-mouth vegetables. Ladle into bowls and serve warm.
- For additional options, consider garnishing with fresh herbs, a drizzle of olive oil, or a sprinkle of croutons for added crunch. Enjoy this comforting and nourishing soup on any chilly day.



Coconut Soup Recipe

Thai Coconut Soup, known as Tom Kha Gai, is a rich and aromatic soup native to Thailand. It combines the creaminess of coconut milk with bold flavors of lemongrass, galangal, kaffir lime leaves, and chili peppers. Tender chicken pieces and mushrooms add a satisfying texture.

Prep: 10 min, **Cook:** 20 min, **Servings:** 4,
Calories: 200-300 kcal

1 pound Medium shrimp, peeled and deveined
2 cans Canned coconut milk
2 cups Water
1 piece Galangal, thinly sliced
4 stalks Lemongrass, bruised and chopped
10 leaves Kaffir lime leaves, torn in half
1 pound Shiitake mushrooms, sliced
1/4 cup Lime juice
3 tablespoons Fish sauce
1/4 cup Brown sugar
1 teaspoon Curry powder
1 tablespoon Green onion, thinly sliced
1 teaspoon Dried red pepper flakes

Step-By-Step Directions

- Start by bringing a pot of water to a vigorous boil.
- Once boiling, add shrimp and cook them



for about one minute or until they turn pink.

- Carefully drain the shrimp, and set them aside on a plate for later use.
- In a large saucepan, combine coconut milk and 2 cups of water. Bring this mixture to a simmer over medium heat.
- Add galangal, lime leaves, and lemongrass to the simmering liquid, allowing them to infuse for about 10 minutes.
- After the flavors are well-infused, strain the coconut milk into a new pan, discarding the strained spices.
- Bring the infused coconut milk back to a simmer and add shiitake mushrooms, letting them cook for about five minutes.
- Next, stir in lime juice, fish sauce, and brown sugar. Season the soup to your taste with curry powder.
- To serve, reheat the previously cooked shrimp directly in the soup, ensuring they are warmed.
- Ladle the hot soup into serving bowls. For a final touch, garnish each bowl with a sprinkle of green onions and a pinch of red pepper flakes for a bit of heat.

Sausage And Spinach Soup



Sausage and Spinach Soup is a hearty, comforting dish with robust flavors. It features crumbled sausage simmered to perfection, paired with fresh, vibrant spinach leaves. The meat's savoriness and spinach's earthy tones create a delightful taste balance.

Prep: 10 min, **Cook:** 20 min, **Servings:** 4, **Calories:** 250 kcal

As needed Vegetable cooking spray

1/2 pound, cut into 3/4-inch pieces Sweet Italian pork sausage

4 cups Swanson® Natural Goodness™ Chicken Broth

1/2 teaspoon, crushed Dried oregano leaves

1, chopped Medium onion

1, sliced Medium carrot

2 cups, coarsely chopped Fresh spinach leaves

Step-By-Step Directions

- Begin by preparing your ingredients. Chop the onions and carrots, and set aside.
- Spray your saucepot generously with cooking spray. Set the pot over medium-high heat and let it warm for about a minute.

- Add the sausage to the heated saucepot. Cook the sausage, stirring it often to ensure even browning. This process cooks the sausage and helps release its flavors into the pot.
- Pour off the excess fat once the sausage is fully cooked and browned. This will keep the soup from becoming too greasy.
- Now, add your chopped onion and carrot to the pot. Follow this with the broth and the oregano. Stir everything together and heat the mixture until it comes to a boil.
- Once boiling, reduce the heat to low, cover your saucepot, and allow the soup to simmer. Cook for approximately 10 minutes or until the vegetables have softened and become tender.
- Finally, stir in the spinach. Given its delicate nature, the spinach needs only about a minute to cook.
- Your Sausage and Spinach Soup is now ready to serve. Ladle it into bowls, ensuring a good mix of sausage, spinach, and broth in each serving.



Cauliflower Soup

Cauliflower soup is a wholesome, velvety dish prepared using fresh cauliflower florets. This soup is a testament to cauliflower's versatile nature, turning a simple vegetable into a heartwarming dish.

Prep: 15 min, **Cook:** 30 min, **Servings:** 4,
Calories: 150-200 kcal

- 2 tablespoons Butter**
- 1 Large Onion, chopped**
- 4 cloves Garlic, minced**
- 2 Large Potatoes, peeled and cubed**
- 2 Carrots, chopped**
- 2 cans Chicken Broth**
- 1 head Cauliflower, chopped**
- 1 cup Milk**
- 1 teaspoon Salt**
- 1/2 teaspoon Ground Black Pepper**
- 1/8 teaspoon Ground Nutmeg**
- 1 tablespoon Dry Sherry**
- 1 tablespoon Fresh Parsley, chopped**

Step-By-Step Directions

- In a large pot over medium heat, melt the butter.
- Stir in the chopped onion and garlic, and cook until the onion turns translucent, for 5 minutes.



- Add the diced potatoes and carrots, and continue cooking for 5 minutes.
- Pour in the chicken broth, and bring the mixture to a boil.
- Stir in the cauliflower, cover the pot, reduce the heat to low, and let it simmer until all the vegetables are tender for 10 to 20 minutes.
- Once the vegetables are fully tender, remove the pot from the heat.
- Puree the soup in batches using a blender or food processor or an immersion blender.
- Return the pureed soup to low heat, and stir in the milk, salt, pepper, nutmeg, and sherry.
- Once the soup is heated through and the flavors are well-combined, it's ready to be served.
- Ladle the creamy cauliflower soup into serving bowls.
- Garnish each bowl with fresh chopped parsley for added color and flavor.
- Serve the soup hot and enjoy its velvety texture and delicious taste.

Tomato Basil Soup



A Creamy Tomato Basil Soup is a comforting dish bursting with flavor. It's crafted with ripe, juicy tomatoes, fresh basil leaves, and a touch of cream for indulgence. The tomatoes are cooked and blended to a smooth consistency.

Prep: 10 min, **Cook:** 40 min, **Servings:** 4, **Calories:** 350 kcal

4 Tomatoes

4 cups Tomato Juice

14 leaves Fresh Basil Leaves

1 cup Heavy Whipping Cream

1/2 cup Butter

To taste Salt

To taste Pepper

Step-By-Step Directions

- Gather all ingredients. Peel, seed, and dice the tomatoes.
- In a medium-stock pot, combine your tomatoes and tomato juice. Set the heat to medium.
- Allow the mixture to simmer for about 30 minutes. The tomatoes should soften, and the flavors intensify.
- After simmering, add the basil leaves to the pot.

- Carefully transfer the hot mixture to a blender. Puree until it reaches a smooth consistency.
- Pour the pureed soup back into the stock pot. Ensure the heat is still set to medium.
- Gradually stir in the heavy cream. Add the butter next. The cream enriches the soup, while the butter gives a silky texture.
- Season the soup with salt and pepper to taste. Adjust according to your preference.
- Continue stirring the soup gently on medium heat. Wait until the butter has completely melted into the soup.
- Important: Do not let the soup boil. It can cause the cream to separate and the texture to change.
- Once heated thoroughly and well combined, your Creamy Tomato Basil Soup is ready to serve. Pour into bowls and enjoy while hot.



FALL SOUP RECIPES



Fall's Finest: A Feast of Flavors in
Every Soup Bowl

Butternut Squash Soup

Butternut Squash Soup is a delicious, comforting, and nutritious dish made primarily from butternut squash, a type of winter squash that has a sweet, nutty taste. The squash is often roasted, boiled, or sautéed until soft and blended into a smooth puree.

Prep: 15 min, **Cook:** 45 min, **Servings:** 4,
Calories: 180 kcal

1 ½ tbsp Olive oil
1 cup Onion, chopped
4 cloves Garlic, minced
6 cups Butternut squash, chopped
½ tsp Salt
¼ tsp Ground black pepper
2 cups Vegetable broth
1 can Coconut milk
½ tsp Maple syrup
As desired Pecans (chopped)

Step-By-Step Directions

Once you have gathered all your ingredients, follow this simple recipe to whip up your soup in no time!

- Starting with a fragrant base, heat oil over medium to high heat, and add the onions. Let them become translucent and aromatic.



- Cook until soft, and then add the minced garlic.
- Let the aromas meld and continue to cook for around one minute.
- Introduce the butternut squash, seasoned with the salt and pepper, and sauté for around 6-7 minutes.
- Infuse with the vegetable broth and a touch of natural sweetness from the maple syrup, and stir well.
- Let the flavors amalgamate, bring the mixture to a gentle boil, cover, for 15 minutes on a medium-low heat.
- After ensuring the squash is tender, remove the soup from the heat and transfer to a blender.
- Blend well until the consistency is right – if the soup is too thin, return it to the pot and reduce further until the desired consistency is achieved.
- Adjust with more salt and pepper to taste, and then top with toasted pecans and fresh herbs for a delightful crunch and burst of flavor.

Beef Barley Soup



Beef barley soup is a savory, hot, and hearty dish that combines barley's robust and earthy flavors with a medley of vegetables and spices.

Prep: 15 min, **Cook:** 15-60 min, **Servings:** 6,
Calories: 160 kcal

1 Tbsp Canola Oil
2 Large Onions, Diced
1 Large Garlic Clove, Minced
1/4 lb Fresh Cremini / Button Mushrooms, Sliced
8 Cups Vegetable Stock (or Chicken Stock)
1 Large Carrot, Thinly Sliced
2 Large Celery Stalks, Thinly Slice
3 Tbsp Tomato Paste
1/2 Cup Rutabaga or Turnip, Peeled and Dice
1/4 Cup Pearl Barley
1/4 Cup Fresh Parsley Leaves, Roughly Choppe
2 Large Bay Leaves
1 tsp Dried Marjoram Leaves
1/2 tsp Dried Thyme Leaf
1/2 tsp Powdered Mustard
1/4 tsp Celery Seed
Dash Cayenne Pepper (more or less, to taste)
1/4 tsp Black Pepper, or to Taste
1/2 Cup Grated Parmigiano-Reggiano Cheese

Step-By-Step Directions

Prepare

- Prepare a 5-quart Dutch oven or stock pot.
- Combine 1 tbsp canola oil, 2 diced onions, 1 minced garlic clove, 1/4 lb mushrooms, and 2 tbsp stock.
- Cook over medium heat for 4-5 mins, stirring. Add more stock if sticking occurs.

Saute

- After softening the onions, add sliced carrot, celery, tomato paste, rutabaga/turnip, pearl barley, herbs (parsley, bay leaves, marjoram, thyme), spices (mustard, celery seed, cayenne, black pepper), and the remaining stock. Stir thoroughly to blend the tomato paste into the soup.

Bring It To Boil

- Bring the soup to a boil, then cover, reduce heat to simmer, and cook for about 1.5 hours until the barley is tender, and the soup thickens slightly.

Skim

- After cooking, skim any excess oil from the soup's surface with a spoon and discard it to maintain a pleasant texture.

Serve

- If you wish, you can finish your soup with a garnish of grated Parmigiano-Reggiano cheese. This optional step can add a lovely depth of flavor and a creamy texture to your soup.

Black Bean Soup

Black bean soup is a traditional, hearty dish known for its rich and robust flavor profile. It is made primarily from black beans, a variety of beans that are high in protein and fiber.

Prep: 15 min, **Cook:** 2 hours, **Servings:** 6,
Calories: 240 kcal

1 Tbsp Olive Oil
1 Small Onion (diced)
1 Tbsp Ground Cumin
1 Tbsp Ground Ancho Chile Powder
1/2 tsp Mexican Oregano
4 cups Cooked Black Beans
1 can Ro*Tel (10-oz can)
2 cups Water
To taste Kosher Salt
To taste Fresh Black Pepper
Juice of 1/2 lime **Lime Juice**

Step-By-Step Directions

- Start by gathering all your ingredients. Dice your onion, squeeze the lime juice, and prepare your spices, beans, and Ro*Tel.
- Heat 1 tbsp olive oil in a Dutch oven or stock pot over medium-low heat. Add diced onion and cook, stirring occasionally, until translucent, about 2-3 minutes.



- Once onions are translucent, add 1 tbsp each of cumin and ancho chile powder, and 1/2 tsp Mexican oregano. Stir for 30 seconds to release flavors and create a delightful aroma.
- Following the spices, add your cooked black beans; the 10-oz can of Ro*Tel, and 2 cups of water.
- Raise the heat to bring the soup to a boil, then lower it to a simmer. Cook for about 25 minutes, stirring occasionally to prevent beans from sticking.
- Remove the pot from heat after simmering. Use an immersion blender to puree the soup to your desired consistency. If you don't have one, use a standing blender or food processor.
- Once the soup is blended, add salt, black pepper, and lime juice to taste.
- Serve the hot black bean soup with chopped cilantro, onion, avocado, tomato, shredded Monterey Jack cheese, and crumbled cotija.

Turkey And Tortellini Vegetable Soup



Turkey and Tortellini Vegetable Soup is a hearty and flavorful soup that combines tender turkey, cheese-filled tortellini, and various vegetables in a savory broth.

Prep: 15 min, **Cook:** 30-45 min, **Servings:** 4-6,
Calories: 300-350 kcal

6 cups Turkey (or Chicken) Noodle Soup
1, peeled and cut into large chunks Carrot
1 stalk, cut into large chunks Celery
1/2 cup, diced Rotisserie Turkey (or Chicken) Breast
2 tsp, roughly chopped Flat-leaf Parsley
1/2 cup Dried Tortellini
Pinch Mild Red Pepper Flakes
To taste Kosher Salt
To taste Fresh Black Pepper

Step-By-Step Directions

- Start by preparing all your ingredients. Peel and chop your carrot, chop the celery, dice the turkey breast, and roughly chop the flat-leaf parsley.
- Pour the 6 cups of turkey or chicken noodle soup into a large pot and bring it to a simmer over medium heat.

- Once the soup is simmering, add the chopped carrot and celery. Stir into the soup, ensuring it is fully submerged.
- Next, add the diced rotisserie turkey or chicken breast to the pot.
- Add the dried tortellini to the soup. Make sure the soup fully covers the tortellini for even cooking.
- Sprinkle in the red pepper flakes. Season the soup with kosher salt and fresh black pepper to taste, and give everything a good stir.
- Reduce the heat to low and let the soup simmer for 15-20 minutes or until the vegetables and tortellini are tender.
- Just before serving, stir in the roughly chopped flat-leaf parsley.
- Ladle the soup into bowls, ensuring each serving has a good mix of turkey, tortellini, and vegetables. Serve hot, and enjoy the comfort of this delicious Turkey & Tortellini Vegetable Soup.



Potato Bacon Soup Recipe

Potato bacon soup is a rich, comforting dish typically made with a base of bacon, potatoes, and onions, often along with other vegetables such as carrots or celery. It's typically served hot and may be garnished with extra crumbled bacon, chives, or shredded cheese.

Prep: 20 min, **Cook:** 45-60 min, **Servings:** 4-6,
Calories: 200-300 kcal

1 Celery root

3-4 large Red-skinned new potatoes

3 Bacon slices

1 Medium onion, cut into 1/4-inch dice

4 cups Chicken stock (homemade or low-sodium)

2 cups Water

From three stalks Celery leaves, roughly chopped

1/2 teaspoon Fresh black pepper

To taste Kosher salt

1 tablespoon Chives (optional)

Step-By-Step Directions

- Begin by peeling and dicing your celery root and potatoes into 1-inch cubes.
- In a large pot over medium heat, cook the bacon until crispy. Remove with a slotted spoon and set aside, leaving the bacon fat in the pot.



- Add diced onion to the pot with bacon fat. Sauté until soft and translucent, about 5 minutes.
- Add the diced celery root and potatoes to the pot. Stir to combine with the onions, then cook for 2-3 minutes.
- Add the chicken stock and water to the pot. Bring to a boil, then reduce heat to low and let simmer for about 20-30 minutes.
- While the soup is simmering, prepare a simple cream topping. Mix together 1/2 cup of sour cream with a tablespoon of milk to thin it out.
- Once the vegetables are tender, you can leave the soup chunky or use an immersion blender to puree it until smooth.
- Stir in the roughly chopped celery leaves, black pepper, and salt to taste. Let the soup simmer for 5-10 minutes to blend the flavors.
- Ladle the soup into bowls. Finish with a sprinkle of crumbled bacon and chives.

Lentil And Kale Soup



Lentil and kale soup is a nutritious and hearty dish that combines lentils and Kale with a variety of vegetables, spices, and often a broth base. The result is a rich, flavorful, comforting, and incredibly healthy soup. It's often served with a slice of crusty bread on the side for a complete meal.

Prep: 15 min, **Cook:** 45 min, **Servings:** 4-6,
Calories: 100-150 kcal

2 Tbsp Olive Oil

1 Onion (Diced)

1 lb White Lentils

8 cups Chicken Stock or Water

2 Tbsp Hickory-Smoked Barbecue Sauce

1 Tbsp Urfa Biber Pepper

3 (Diced) Beef Hot Links or Spicy Turkey Sausage (Optional)

1 Bunch Kale (Stems removed, washed, and chopped)

To Taste Kosher Salt

To Taste Fresh Black Pepper

Step-By-Step Directions

- In a large soup pot or Dutch oven, over medium heat, olive oil must be heated.
- Add the diced onion and cook until it becomes translucent, about 5-7 minutes.

- If using, add the diced hot links or turkey sausage and cook until lightly browned.
- Stir in the white lentils, making sure they are well coated with the oil and onions.
- Add the chicken stock or water to the pot. Bring the mixture to a boil.
- Once boiling, reduce the heat to low and let the soup simmer. Add the hickory-smoked barbecue sauce and urfa biber pepper.
- Cover the pot and let the soup simmer for about 30-35 minutes, or until the lentils are tender.
- Stir in the chopped kale and continue to cook for another 5-10 minutes, until the kale is wilted and tender.
- Season with kosher salt and fresh black pepper to taste.
- Serve hot, with crusty bread on the side if desired. Enjoy your hearty and nourishing lentil and kale soup.



Mushroom Barley Soup

Mushroom Barley Soup is a hearty, nourishing dish packed with a powerful blend of earthy mushrooms and chewy barley. This traditional comfort food embodies a balance of textures and flavors - the meatiness of mushrooms complemented by the nutty, robust barley.

Prep: 15 min, **Cook:** 1 hour, **Servings:** 4,
Calories: 250 kcal

- 1 cup Barley**
- 3 cups Water**
- 1 1/2 tablespoons Olive oil**
- 2 Onions (chopped)**
- 1 Carrot (thinly sliced)**
- 2 stalks Celery (thinly sliced)**
- 2 packages Sliced mushrooms**
- 5 cups Beef broth**
- 1/2 teaspoon Salt**
- 1/4 teaspoon Ground black pepper**

Step-By-Step Directions

Barley Preparation

- Boil barley in water, cover, simmer on low for about 30 minutes until tender and water is absorbed. Set aside.

Vegetable Sauté

- Heat olive oil in a large saucepan, cook onions, carrots, and celery until onions



are soft and translucent, about 10 minutes.

Mushroom Addition

- Add mushrooms, stir, and cook for 5 minutes until they release juices and brown slightly.

Soup Base

- Pour in beef broth, bring to a simmer over medium-high heat, then reduce to medium-low and simmer for 15 minutes to meld flavors.

Final Touches

- Stir the cooked barley into the simmering soup. Season the soup with salt and pepper to your taste, stirring well to distribute the seasonings evenly.

Serving

- Serve the soup hot, ladled into bowls. Garnish with fresh herbs like parsley or dill for added color and flavor if desired.

Additional Options

- For a vegetarian option, use vegetable broth. Add cooked chicken or beef for protein. For creaminess, add cream or milk before serving.

Creamy Carrot Soup



Creamy Carrot Soup is a delectable blend of fresh carrots, luxurious cream, aromatic herbs, and warming spices. A bowl of Creamy Carrot Soup is comfort, warmth, and an elegant gastronomic experience.

Prep: 15 min, **Cook:** 30 min, **Servings:** 4, **Calories:** 150 kcal

1 tablespoon Butter

1 cup Carrots (diced)

1/4 cup Onion (chopped)

1/2 teaspoon Fresh Ginger (grated)

1/4 cup Potatoes (cubed)

2 cups Vegetable Broth

2 1/2 tablespoons Fresh Dill (chopped)

1/4 cup Heavy Cream

To taste Salt

To taste Pepper

Step-By-Step Directions

- Start by melting a tablespoon of butter in a saucepan over medium heat. Allow it to turn a gentle golden hue, releasing a delightful aroma.
- To this, add your diced carrots, finely chopped onion, and freshly grated ginger. Stir them together, sautéing until the vegetables begin to soften.

- Once this base of aromatics is ready, introduce the cubed potatoes to the mix. Pour in two cups of rich vegetable broth.
- Turn up the heat slightly and bring this mixture to a gentle boil. After simmering, strain the mixture, but make sure to reserve the flavorful liquid.
- With the help of a blender, combine the softened vegetables with a handful of freshly chopped dill. Add some of the reserved broth to help the blending process, aiming for a smooth consistency.
- For that extra touch of creaminess and richness, fold in heavy cream to the blended mixture. To balance and elevate flavors, season your soup with a good pinch of salt and a dash of pepper.
- Lastly, on a gentle heat, warm the soup up again. Once it's at the perfect temperature, ladle the Creamy Carrot Soup into bowls.
- Garnish each with a fresh sprig of dill, serving as both a visual and flavorful treat.



Roasted Cauliflower Soup

Roasted Cauliflower Soup is a delicious, hearty dish. It's a simple yet luxurious recipe that's both nourishing and satisfying. The flavor complexity of the roasted cauliflower combined with the silky texture makes this soup a true culinary delight.

Prep: 15 min, **Cook:** 50-60 min, **Servings:** 4,
Calories: 150-200 kcal

- 1 head Cauliflower (cut into small florets)**
- 2 tablespoons Roasted garlic-flavored olive oil**
- 1/4 teaspoon Ground nutmeg**
- 2 teaspoons Garlic powder**
- 1 1/2 teaspoons Salt**
- 1/2 teaspoon Ground black pepper**
- 1 tablespoon Butter**
- 1 Onion (finely chopped)**
- 3 tablespoons All-purpose flour**
- 1 Chicken broth (14 ounce can)**
- 1 cup Milk**
- 1 tablespoon Dry sherry**

Step-By-Step Directions

- Preheat the oven to 450°F (230°C) in preparation for roasting the cauliflower.
- In a roasting pan, mix the cauliflower florets with olive oil, garlic powder,



smoked paprika, cumin, salt, and pepper, ensuring all florets are coated.

- Place the cauliflower in the oven, roasting for 30-40 minutes. Stir every 10 minutes for even browning.
- In a saucepan, melt butter on medium heat. Add and sauté the chopped onion until it reaches a caramelized state.
- Add all-purpose flour to the onions, stirring to form a roux, which will give the soup its creamy consistency.
- Pour in your choice of vegetable or chicken broth and whole milk. Whisk until the flour blends into the liquid, combining the flavors.
- Bring the mixture to an initial boil, then simmer. This process melds the flavors, creating a rich base for your soup.
- Integrate the roasted cauliflower into the simmering broth, letting the roasted flavors meld with the soup.
- To achieve a smoother texture, blend half the soup and then mix it back into the saucepan.
- For an extra dimension of flavor, consider adding dry sherry.

Mushroom And Bacon Chowder



Mushroom and Bacon Chowder is a rich, creamy soup. It stars smoky bacon and earthy mushrooms melded in a velvety, flavorful broth. It creates a hearty, comforting dish with traditional chowder ingredients like onions, celery, and potatoes.

Prep: 10 min, **Cook:** 4 hours, **Servings:** 4, **Calories:** 400-500 kcal

3 Cups Chicken Broth

1 Cup Heavy Cream

1 Cup Whipped Cream Cheese

1 Cup Cremini Mushrooms

8 Slices Bacon (chopped)

1 Yellow Onion (chopped)

2 Cloves Garlic (chopped)

1 Teaspoon Freshly Chopped Thyme

To Taste Salt

To Taste Black Pepper

Step-By-Step Directions

Preparation Steps

- Gather all your ingredients.
- Clean and chop the cremini mushrooms.
- Chop the bacon, yellow onion, and garlic.
- Prepare your slow cooker.

Cooking

- Combine the chicken broth, cremini mushrooms, chopped bacon, yellow onion, garlic, thyme, salt, and black pepper in the slow cooker.
- Stir well to ensure everything is well mixed.
- Cover the slow cooker and set it to low.
- Allow the ingredients to cook for 4 hours.

Blending

- When the slow cooker is almost done, warm the heavy cream in a small saucepan on low heat.
- Once warm, whisk in the cream cheese. Keep whisking until the mixture is smooth and creamy.

Final Touches

- Pour the cream mixture into the slow cooker.
- Stir well to combine everything.

Serving

- Ladle the hot chowder into serving bowls.
- Add optional garnishes like chopped chives or extra bacon bits if you wish.



Cream Of Pumpkin Soup

Cream of Pumpkin Soup is a velvety and comforting soup made from puréed pumpkin combined with a creamy base, often including ingredients like milk, cream, or broth. It can be enjoyed as a starter or a hearty main course, often accompanied by crusty bread or croutons for added texture.

Prep: 15 min, **Cook:** 35 min, **Servings:** 4,
Calories: 300-500 kcal

3 tablespoons margarine, softened
1 tablespoon brown sugar
1/4 teaspoon ground cinnamon
4 slices whole wheat bread
1 cup chopped onion
2 tablespoons butter, melted
2 (14.5 ounce) cans chicken broth
1 (15 ounce) can pumpkin puree
1 teaspoon salt
1/4 teaspoon ground cinnamon
1/8 teaspoon ground ginger
1/8 teaspoon ground black pepper
1 cup heavy whipping cream

Step-By-Step Directions

- Preheat the oven to 400°F (200°C).
- Mix butter, brown sugar, and cinnamon in a bowl.
- Spread this mixture on one side of each



bread slice.

- Place bread slices, buttered side up, on a baking sheet.
- Bake for 8-10 minutes until crisp and bubbly.
- Once cooled slightly, cut each slice into 8 triangles/squares to form Cinnamon Croutons.
- Sauté chopped onion in butter until tender.
- Add a can of chicken broth; bring to boil. Cover, reduce heat, and simmer for 15 minutes.
- Blend broth mixture until smooth.
- Return blended mixture to saucepan.
- Add remaining broth, pumpkin puree, salt, cinnamon, ginger, and pepper. Stir.
- Bring to boil, cover, reduce heat, and simmer for 10 minutes, stirring occasionally.
- Mix in whipping cream. Avoid boiling.
- Pour hot Cream of Pumpkin Soup into bowls.
- Top with Cinnamon Croutons.
- For vegan: use plant-based cream/broth.
- Garnish: roasted pumpkin seeds or fresh herbs..

Sweet Potato and Peanut Soup



Sweet Potato and Peanut Soup is a hearty blend of roasted sweet potatoes and creamy peanuts, often enhanced with spices and herbs. Its velvety texture and rich flavor profile combine the natural sweetness of the tubers with the nutty depth of peanuts.

Prep: 10 min, **Cook:** 25-30 min, **Servings:** 6,
Calories: 150-300 kcal

- 2 Tbsp Olive oil (or any other plant-based oil)
- 1, diced Onion
- To taste Salt
- 1, diced Red bell pepper
- 2, minced Garlic cloves
- 1 Tbsp, peeled and minced Fresh ginger (or powdered)
- 1/2 tsp Ground all spice
- 1/2 tsp Ground cinnamon
- 1 tsp Paprika
- Pinch Cayenne (optional)
- 1 can (14.5 oz) Chopped tomatoes (low sodium preferable)
- 1/4 cup Peanut butter (no sugar added, low fat preferable)
- 6 cups Low-sodium vegetable stock or water
- 4 medium Sweet potatoes

- 1 Tbsp Lime juice
- 1/2 cup Chopped cilantro (optional)
- 1/2 cup Chopped peanuts (optional)

Step-By-Step Directions

- Gather all the ingredients. Dice the onion and bell pepper. Mince the garlic and ginger. Peel and cube the sweet potatoes.
- Heat olive oil in a large soup pot for about 2 minutes.
- Add the diced onion and sprinkle in the salt. Sauté until onions turn translucent, about 3-5 minutes. Add the bell pepper, minced garlic, and ginger to the pot.
- Sprinkle in the allspice, cinnamon, paprika, and cayenne. Stir well, sautéing for another 3-5 minutes.
- Pour in the entire can of tomatoes, juice included.
- Add peanut butter to the pot and stir everything together until uniformly combined.
- Pour in the vegetable stock followed by the sweet potato cubes. Increase heat to bring the soup to a boil.
- Once boiling, turn down the heat. Let it simmer for about 15-20 minutes or until the sweet potatoes are fork-tender.
- Carefully blend half of the soup using an immersion blender or with a standard blender.
- Mix the blended portion back into the pot, stirring to achieve a consistent texture.
- Dish out the soup into individual bowls.
- Drizzle a bit of lime juice over each serving.
- Garnish with freshly chopped cilantro and a sprinkle of chopped peanuts.

Pumpkin Corn Soup

Pumpkin Corn Soup is a delectable blend of creamy pumpkin puree and sweet corn kernels. This hearty soup combines the rich, velvety texture of pumpkins with the subtle sweetness of corn, creating a harmonious and warming dish.

Prep: 15 min, **Cook:** 20 min, **Servings:** 4,
Calories: 100 kcal

- 1 Large onion, chopped
- 1 Medium sweet red pepper, chopped
- 2 tbsps. Butter
- 2 cups Fresh or frozen corn, thawed
- 1 Jalapeno pepper, seeded & chopped
- 2 Garlic cloves, minced
- 2 tsps. Chili powder
- 2 cans Vegetable broth (14-1/2 oz. each)
- 1 can Solid-pack pumpkin (15 oz.)
- 1/2 tsp. Salt
- Dash Cayenne pepper
- 2 tbsps. Lime juice

Step-By-Step Directions

- **Prepare Ingredients:** Chop the red pepper, onion, and jalapeno. Mince the garlic. Measure all other ingredients.
- **Sauté Vegetables:** Melt the butter in a large saucepan over medium heat. Add red pepper and onion. Sauté until nearly



tender.

- **Add Spices and corn:** Put in chili powder, garlic, jalapeno, and corn. Sauté for 2 more minutes, stirring frequently.
- **Combine Soup Base:** Stir in the cayenne, salt, solid-pack pumpkin, and vegetable broth. Mix well until combined.
- **Boiling Phase:** Increase the heat and allow the mixture to boil.
- **Simmer:** Reduce the heat to low. Cover the saucepan and allow the soup to simmer for 10 minutes, letting the flavors meld.
- **Add Lime Juice:** Stir in lime juice, ensuring it's evenly distributed.
- **Blending (Optional):** For a smoother soup, use an immersion or stand blender, blending in batches if needed.
- **Final Touches:** Check seasoning; adjust if needed.
- **Serving:** Ladle the soup into bowls. Serve hot, garnished with herbs or a dollop of cream if desired.
- **Additional Options:** Offer crusty bread or a light salad for a complete meal. Enjoy your homemade Pumpkin Corn Soup!

SPRING SOUP RECIPES



Fresh Beginnings: Delight in the
Revival of Spring with Soups

Tomato Soup Recipe



Tomato soup is a classic dish made primarily from tomatoes, a blend of herbs and spices, and often garnished with cream or served with bread. This simple yet heartwarming soup is famous in various cultures worldwide, each with its unique twist and recipe variation.

Prep: 10 min, **Cook:** 45 min, **Servings:** 4-6,
Calories: 152-200 kcal

1 Tbsp Olive Oil

1 Tbsp Butter (omit for vegan soup)

1 Large Leek, trimmed, washed, chopped

20 halves Slow-Roasted Tomato Halves (or oil-packed sun-dried tomatoes)

1/2 tsp Oregano

42 oz Canned Chopped Tomatoes

1/4 tsp Mild Red Pepper Flakes

2 tsp Balsamic Vinegar

1 tsp Kosher Salt

1/2 tsp Fresh Black Pepper

Step-By-Step Directions

- Wash the tomatoes and remove the stems. Cut them into quarters or smaller pieces for faster cooking.
- In a large pot, heat the olive oil over medium heat. Add the chopped onion and minced garlic. Sauté until they

become soft and translucent, about 5 minutes.

- Add the prepared tomatoes to the pot with the sautéed onion and garlic. Stir them together and cook for about 5 minutes.
- Pour in the vegetable or chicken broth and add the dried basil. Season with salt and pepper to taste. Stir well.
- Bring the mixture to a boil, then reduce the heat to low and let it simmer uncovered for about 20-25 minutes.
- Using an immersion blender or transferring the soup in batches to a stand blender, carefully blend the soup until smooth and creamy.
- Taste the soup and adjust the seasoning as needed, adding more salt, pepper, or herbs.
- Ladle the tomato soup into bowls. If desired, garnish with fresh basil leaves for added freshness and aroma.
- Serve hot and enjoy with crusty bread or a side of your choice.



Miso Soup Recipe

Miso soup is a traditional Japanese soup consisting of a stock called "dashi," into which softened miso paste is mixed. It's a staple of Japanese cuisine, served with nearly every meal and also enjoyed as a standalone dish.

Prep: 15 min, **Cook:** 15 min, **Servings:** 4,
Calories: 40-60 kcal

4 cups Water

2.5 tablespoons Mild Miso Paste

0.5 cup Firm or Extra-firm Tofu

2 Large Button Mushrooms

24 Baby Spinach Leaves

Step-By-Step Directions

- Ensure you have all your ingredients ready - 4 cups of water, 2.5 tbs of mild miso paste, 1/2 cup of diced firm or extra-firm tofu, 2 large button mushrooms, 24 baby spinach leaves, and a tiny pinch of red pepper flakes.
- In a 3 quart saucepan, bring the 4 cups of water to a rolling boil over medium-high heat.
- Once the water is boiling, turn off the heat. Place the miso paste in a small bowl or glass measuring cup. Add 2-3 tablespoons of the hot water to the miso paste.



- Mix the miso paste and hot water together thoroughly with a small whisk or a fork until you achieve a smooth paste.
- Now, whisk the smooth miso mixture back into the saucepan of hot water. Stir it well until the miso is evenly distributed in the water.
- Turn the heat back on to a low simmer. Add the diced tofu, sliced mushrooms, baby spinach leaves, and a tiny pinch of red pepper flakes. The heat should be low enough so that the soup does not come back to a full boil.
- Stir everything gently together for about 1 minute. Now your miso soup is ready to be served. Pour it into individual soup bowls, ensuring each serving has an even distribution of tofu, mushrooms, and spinach.

Tortellini Soup Recipe



Tortellini soup is a hearty dish that marries Italian tortellini pasta with a warm, flavorful broth. The soup can be made with a variety of broths, from rich chicken or beef to a lighter vegetable base, depending on the chef's preference.

Prep: 15 min, **Cook:** 25-30 min, **Servings:** 6,
Calories: 350 kcal

2 tsp Olive Oil

1 Small Red Onion, chopped

1 Medium Zucchini, trimmed and diced

3 Large Mushrooms, diced

1 head Escarole, trimmed, well rinsed, and chopped

1 tsp Dried Oregano

1/2 tsp Mild Red Pepper Flakes

10 sprigs Fresh Thyme Leaves

8 cups Chicken Stock (homemade or low sodium store-bought)

1 cup Diced Cooked Chicken Breast (optional, can use rotisserie chicken)

1 cup Dried Cheese or Spinach Tortellini

1 Parmigiano-Reggiano Cheese Rind

To taste Kosher Salt

Step-By-Step Directions

- Gather all your ingredients. Chop your

red onion, dice your zucchini and mushrooms, rinse and chop your escarole, and measure your spices.

- Add the olive oil in a Dutch oven or stock pot over medium heat. Next, add the chopped red onion and sauté it until it becomes translucent. Then, add the diced zucchini and mushrooms, stirring for about 2-3 minutes.
- Add it to your pot with the dried oregano, red pepper flakes, and thyme leaves. Stir everything together and let it cook for about 2 minutes.
- Pour in your chicken stock, increasing the heat to high. Bring the soup to a lively boil. Once boiling, reduce the heat to a simmer, cover your pot, and let it cook for about 10 minutes.
- Uncover your pot and add the diced cooked chicken (if using), dried tortellini, and the Parmigiano-Reggiano cheese rind. Continue to cook the uncovered soup for 10 minutes.
- To finish, taste your soup and adjust the seasoning with salt and pepper. Ladle the hot soup into bowls. This soup is best served hot, alongside a crusty piece of bread and cheese.



Asparagus Soup Recipe

Asparagus, a spring vegetable, has been savored for its unique flavor and medicinal properties since ancient times. Originating in the Eastern Mediterranean region, it was prized by the Greeks and Romans.

Prep: 15 min, **Cook:** 25 min, **Servings:** 4,
Calories: 250 kcal

2 lbs Fresh Asparagus

2 tbsp Butter or Olive Oil

1 medium Onion

2 cloves Garlic

4 cups Vegetable or Chicken Broth

To taste Salt

To taste Black Pepper

1 tbsp Lemon Juice

1/2 cup Heavy Cream (optional)

Step-By-Step Directions

- To start, prepare your ingredients: chop one large onion, dice two large Idaho potatoes, cut asparagus into 1-inch pieces, and, if using fresh thyme, remove the leaves from the stems.
- Heat 2 tbsp olive oil in a stock pot. Add chopped onion, cook for 2 minutes on low-medium heat until translucent, avoiding browning.



- Add diced potatoes and chopped asparagus to the pot. Stir to coat in oil and onions. Cook for 2-3 minutes to start the vegetable cooking process.
- Toss in your thyme leaves, stir, and let cook for another minute to allow the flavor of the thyme to infuse into the oil and vegetables. Then, pour in your chicken or vegetable stock.
- Increase heat to medium-high, bring soup to a boil. Then, reduce heat to a simmer and cook for about 20 minutes until the potatoes are soft and easily pierced with a knife.
- Remove from heat. Use an immersion blender to purée the soup in the pot until smooth. If no immersion blender, blend in batches in a regular blender carefully due to heat. Season with urfa pepper or red pepper flakes for heat, then add kosher salt and black pepper to taste.
- For a creamier soup, optionally add heavy cream or Greek yogurt before serving, adjusting to taste.



Spinach Soup Recipe



Spinach soup is a type of soup that is primarily made from spinach, and various spices and often includes other vegetables or ingredients for additional flavor. It can be enjoyed as a light meal on its own or as a starter for a larger meal.

Prep: 10 min, **Cook:** 20 min, **Servings:** 6, **Calories:** 150 kcal

2 cups Yellow lentils or split peas
1 heaping tbsp Ginger paste or minced ginger
3 cloves Garlic, peeled, roughly chopped
1 tsp Tomato paste
1 scant tsp Cumin
1 tsp Ground coriander
1 tsp Garam masala
1 tsp Turmeric
2 tsp Kosher salt
1 tsp Fresh black pepper
6 oz Baby spinach leaves
1/2 cup Coconut milk (or heavy cream)

Step-By-Step Directions

- Begin by preparing and measuring out all of your ingredients. This will make the cooking process smoother and quicker.

- In your 4-quart slow cooker, start with lentils, then add ginger paste, garlic, tomato paste, and spices, followed by salt and pepper. Pour in 8 cups of water.
- Using a spoon, stir the ingredients in the slow cooker until everything is well combined and the spices are evenly distributed.
- Cover the slow cooker, set it to LOW, and cook the soup for 4 hours. Occasionally stir to ensure even cooking.
- After 4 hours, remove the lid from your slow cooker. Add the washed baby spinach leaves and the coconut milk to the mixture. Stir well to combine.
- Turn off the slow cooker but leave the soup inside, covered, to rest for 15 minutes. This allows the spinach to wilt from the heat of the soup and the flavors to meld together.
- After the resting time, give your soup a taste. If needed, add more salt or black pepper to suit your preference.
- Once you're happy with the seasoning, your soup is ready to serve. Ladle the soup into bowls and serve hot. Enjoy this warming, nourishing meal!



Escarole Soup

Escarole Soup is a traditional Italian soup made with escarole and other simple, wholesome ingredients. Escarole, a type of endive, is a leafy green vegetable that adds a mildly bitter flavor and a delightful crunch to the soup.

Prep: 15 min, **Cook:** 30 min, **Servings:** 4-6,
Calories: 200-250 kcal

1 Tbsp Olive Oil

1/2 lb Extra-Lean Ground Beef

1 head Escarole (chopped and washed)

1 Onion

1 clove Garlic

4 oz Baby Bella Mushrooms (sliced)

1 tsp Thyme

A pinch Piment d'Espelette or Red Pepper Flakes

A pinch Mor-Sels or Sea Salt

8 cups Chicken Broth (homemade or low-sodium store-bought)

1 Parmigiano-Reggiano Cheese Rind

1/2 cup Orzo

To taste Fresh Ground Black Pepper

Step-By-Step Directions

- To prepare this hearty soup, start by chopping and washing the escarole, dicing the onion, and mincing the garlic.



- Slice the baby bella mushrooms. Brown ground beef in olive oil, then set it aside.
- In the same pot, sauté onion, garlic, and mushrooms until tender. Season with thyme, red pepper flakes, and sea salt.
- Add chicken broth and a Parmigiano-Reggiano cheese rind (optional) and bring to a simmer.
- Add chopped escarole and simmer until wilted and tender. In a separate pot, cook orzo and drain.
- Add the cooked beef and orzo to the soup. Season with black pepper and remove the cheese rind.
- Ladle the soup into bowls and serve hot.
- This comforting dish offers a delightful blend of flavors and textures, perfect for a satisfying meal.



Cucumber And Avocado Soup



Cucumber and Avocado Soup is a cold, creamy, and refreshing dish, perfect for warm-weather dining. It's a culinary masterpiece blending the crisp, refreshing taste of cucumber with the creamy richness of avocado.

Prep: 15 min, **Cook:** 30 min, **Servings:** 4, **Calories:** 330 kcal

1 Avocado

1/3 of a large, in chunks English Cucumber (Seedless)

1 cup Buttermilk

3 tablespoons Greek Yogurt

2 tablespoons Mayonnaise

1/4 cup Chicken Broth

1, peeled and quartered Hard Boiled Egg

2 tablespoons Fresh Dill Weed

1 tablespoon Chives

To taste Kosher Salt

To taste Fresh Black Pepper

Step-By-Step Directions

- **Prepare Your Ingredients:** Begin by chopping the cucumber into chunks. Halve the avocado, remove the pit, and scoop out the flesh. Peel and quarter the hard-boiled egg. Roughly chop the fresh

dill weed and chives.

- **Blend the Ingredients:** In a blender or food processor, combine the avocado, cucumber, buttermilk, Greek yogurt, mayonnaise, and chicken broth. Blend until smooth.
- **Add the Egg and Herbs:** Add the quartered hard-boiled egg, fresh dill, and chives to the blender. Continue to blend until all the ingredients are thoroughly mixed, and the soup is smooth.
- **Season the Soup:** Add kosher salt and freshly ground black pepper to taste. Blend again briefly to combine.
- **Chill the Soup:** Transfer the soup to an airtight container and refrigerate for at least 2 hours before serving. This allows the flavors to meld together.
- **Serve the Soup:** When ready to serve, stir the soup well, then ladle into bowls. If desired, garnish with additional fresh dill or chives.



Mushroom Soup

The Indian mushroom soup recipe is a comforting bowl that blends the earthy taste of mushrooms with the richness of Indian spices.

Prep: 15 min, **Cook:** 25 min, **Servings:** 4,
Calories: 150-200 kcal

2 Tbsp Olive oil
1 Onion, finely chopped
1 Carrot, finely chopped
2 Celery stalks, finely chopped
2 large Garlic cloves, peeled and smashed
1/2 tsp Ground turmeric
1/4 tsp Cayenne pepper (or more to taste)
1 tsp Ground cumin
1-1/2 tsp Ground cardamom
2 Bay leaves
1 lb Cremini mushrooms, roughly chopped
4 cups Vegetable or mushroom stock
2 Tbsp Finely chopped cilantro (optional)
1/2 cup Greek yogurt (nonfat)
To taste Kosher salt and fresh black pepper, to taste

Step-By-Step Directions

- To make this flavorful mushroom soup, start by heating olive oil in a large pot over medium heat.



- Sauté finely chopped onion, carrot, and celery until softened. Add spices to stir and cook for a minute.
- Add chopped mushrooms and cook until they release moisture and reduce in size. Pour in vegetable or mushroom stock and bring to a boil. Reduce heat and simmer uncovered for 15 minutes.
- Meanwhile, prepare optional garnishes like cilantro. Remove bay leaves after simmering.
- You can leave the soup chunky or blend it for a creamy texture. If blending, cool slightly and blend in batches, following safety precautions for hot liquids. Reheat blended soup and adjust seasoning with salt and pepper.
- To serve, ladle soup into bowls. Optionally, add a spoonful of Greek yogurt for creaminess and sprinkle with cilantro. This soup offers a rich, aromatic flavor that's both satisfying and comforting.

Cold Chickpea Tahini Soup



Cold Chickpea Tahini Soup is a chilled, creamy soup originating from the Middle East, particularly known in regions where chickpeas and Tahini are staple ingredients. It's a perfect dish for hot summer days and can be served as a starter or a light main course.

Prep: 10 min, **Cook:** 30 min, **Servings:** 4, **Calories:** 100-200 kcal

2 Tbsp Olive oil
4 Garlic cloves, crushed
1 Onion, chopped
2 tsp Ground cumin
2 tsp Ground coriander
1-1/4 qts Vegetable or chicken broth
2-3 cups Large Yukon Gold potatoes, chopped
15-oz can Chickpeas, drained and rinsed
1 Tbsp Cornstarch or arrowroot
2/3 cup Half-and-half
2 Tbsp Tahini
3-1/2 cups Shredded fresh spinach
1/2 tsp Cayenne pepper
to taste Kosher salt
to taste Fresh black pepper

Step-By-Step Directions

- Combine the rinsed chickpeas, Tahini, minced garlic, lemon juice, vegetable

- broth or water, salt, and black pepper in a blender or food processor.
- Blend until smooth. Depending on the power of your blender, this could take anywhere from 1 to 3 minutes.
- Taste the soup and adjust the seasoning if necessary. You should add more salt, pepper, lemon juice, or Tahini.
- Transfer the soup to an airtight container and chill in the refrigerator for at least 2 hours before serving. This chilling time allows the flavors to meld together.
- When you're ready to serve, give the soup a good stir. If it has thickened too much in the refrigerator, you can thin it out with more cold water or vegetable broth.
- Ladle the soup into bowls, drizzle with olive oil, sprinkle with paprika, and garnish with fresh herbs if desired. Serve chilled.



Chilled Peach And Almonds Soup

Chilled peach and almond soup is a delightful concoction perfect for summer. It's served chilled for a refreshing, unexpected, and utterly delicious culinary experience and is garnished with chopped almonds and a sprig of mint.

Prep: 15 min, **Cook:** 20 min, **Servings:** 2-3,
Calories: 300-350 kcal

2-3 Large, very ripe peaches
1 cup Plain nonfat yogurt
1 cup Chicken or vegetable broth
2 tablespoons Lemon juice
1 teaspoon Vanilla powder or pure vanilla extract
1/4 teaspoon Black pepper
1/4 cup Sliced almonds

Step-By-Step Directions

- Gather all your ingredients: chicken stock, ginger, garlic, lime juice, tofu, shiitake mushrooms, scallions, noodles, spinach (optional), vinegar, Sriracha, and other optional additions.
- Combine the chicken stock, ginger, and garlic in a 3- or 4-quart pot over low



heat. Let this mixture simmer gently for 10 minutes to allow the flavors to infuse.

- Next, add the lime juice to the pot and cook for another 2 minutes.
- Remove the ginger pieces from the broth. Add tofu, shiitake mushrooms, and scallions, letting these simmer for another 2 minutes.
- Stir in your choice of noodles and spinach (if using). Allow the noodles to cook in the broth until they're tender. It should take 2-3 minutes, depending on the size and type of your noodles.
- Add the vinegar and a small squirt of Sriracha for some heat. Give your soup a taste and adjust the seasoning with more hot sauce if needed.
- Ladle the hot soup into bowls and serve immediately. Enjoy the harmonious blend of flavors and the comforting warmth of your Tofu, Shiitake Mushroom, and Noodles Soup.
- Add fresh herbs (cilantro or basil), sesame seeds, or sesame oil as garnish. Try chicken or shrimp for a non-veg twist. Customize your soup!

Pea Soup with Pasta and Parmesan Recipe



Steeped in culinary tradition, the pea soup with pasta and Parmesan holds its roots in rustic Italian kitchens. Each region lent its touch, creating variations that kept the essence intact.

Prep: 15 min, **Cook:** 30 min, **Servings:** 4, **Calories:** 250-300 kcal

2-1/2 lbs Asparagus, Washed And Trimmed
3 Tbsp Butter

3 cloves Garlic, Peeled

1 Spanish Onion, Peeled And Diced

2 ribs Celery, Diced

1 bulb Fennel, Diced

6 medium Yukon Gold Or Red-Skinned Potatoes, Roughly Chopped

6 cups Vegetable Or Chicken Stock

1 cup White Wine

8 leaves Fresh Basil, Roughly Chopped

6 sprigs Fresh Dill, Roughly Chopped

1/4 cup Chopped Fresh Tarragon Leaves

1 Tbsp Dry Mustard

2 cups Light Cream

To taste Kosher Salt And Fresh Black Pepper

2 Hard-Boiled Eggs, Sliced (For Garnish)

Step-By-Step Directions

- Gather peas, small pasta, Parmesan cheese, olive oil, vegetable or chicken broth, garlic, onions, herbs, and seasonings.
- Heat olive oil in a large pot over medium heat. Add diced onions and garlic, sautéing until soft.
- Add the peas to the pot and stir to combine with the onions and garlic.
- Pour the vegetable or chicken broth and bring the mixture to a simmer.
- Once the broth is simmering, add your pasta of choice. Let it cook until it's just shy of al dente, about 8-10 minutes.
- Take the pot off the heat and use an immersion blender to blend.
- Stir in the Parmesan cheese until it's melted and well incorporated into the soup.
- Season to taste with salt, pepper, and maybe a bit of fresh basil or oregano.
- Ladle the soup into bowls and add an Parmesan on top or a swirl of good-quality olive oil.



Tomato and Beet Soup

Chilled Tomato and Beet Soup is a refreshing, cold dish perfect for warm weather. This culinary delight combines ripe, juicy tomatoes with earthy beets, blended to create a smooth and flavorful soup.

Prep: 20 min, **Cook:** 40 min, **Servings:** 4,
Calories: 250 kcal

1 lb Small beets

5 cups Chicken stock

3 large Ripe tomatoes

To taste Kosher salt

To taste Fresh black pepper

1-2 Tbsp Lemon juice

2/3 cup Sour cream

2 Tbsp Chopped chives

Step-By-Step Directions

- If using fresh beets, preheat the oven to 375°F. Scrub the beets and trim the stems down to one-half inch. Wrap the beets individually in foil, and place them on a baking sheet.
- Cook the beets in the preheated oven for 15-20 minutes, or until just tender. Take them out of the oven and unwrap the foil.



- Cut the beets into large chunks. Heat the chicken or vegetable stock in a 3-quart or larger stock pot over high heat.
- When the stock begins to shimmer, add the beets and tomatoes. Bring the mixture to a boil, then reduce to a simmer and cook for 20 minutes.
- Remove the pot from the heat and puree the mixture with an immersion blender. Season the soup to taste with salt and pepper.
- Transfer the soup to a container or bowl, cover it, and refrigerate for at least two hours.
- Just before serving, squeeze in the lemon juice, adjust with additional salt and pepper and ladle into soup bowls.

Additional Options

- For a vegan option, substitute the sour cream with a swirl of coconut cream. For an extra tang, add a splash of apple cider vinegar. For an added crunch, top with toasted pumpkin seeds.

Chayote Soup Recipe



The Chayote soup recipe is a flavorful dish made from tropical squash chayote. It's a simple preparation where the chayote is sautéed with onions, garlic, and spices before blending into a creamy puree.

Prep: 10 min, **Cook:** 30 min, **Servings:** 4, **Calories:** 150 kcal

2 cubes Chicken bouillon cubes, crumbled

2 cups Hot water

1 tablespoon Unsalted butter

1 small Yellow onion, minced

3 cloves Garlic, minced

1/4 teaspoon Crushed red pepper flakes

2 Chayote squashes, peeled and cut

2 tablespoons + 1 tablespoon Fresh cilantro, chopped

To taste Salt and ground black pepper

Step-By-Step Directions

- Start by dissolving the bouillon cubes in two cups of hot water. Set it aside.
- Melt one tablespoon of unsalted butter in a large saucepan over medium heat. This forms the base for your soup.
- Add the minced onion, garlic, and crushed red pepper to the butter. Cook and stir these ingredients until the onion

becomes soft and translucent. This should take around 5 minutes.

- Now, add the peeled and cut chayote squash to the saucepan. Also, add two tablespoons of fresh, chopped cilantro, salt, and pepper to taste. Continually stir these ingredients for about 5 minutes.
- Next, pour in the bouillon mixture that was prepared earlier. Add another tablespoon of fresh, chopped cilantro. Cover the saucepan and let it simmer for about 20 minutes. During this time, the squash will become soft and absorb the flavors.
- After simmering, carefully pour the mixture into a blender. Blend it until it's smooth. This process gives the soup a creamy texture.
- Finally, pour the soup into serving bowls. Garnish each bowl with a sprig of cilantro for that final touch.
- As additional options, you can add a splash of cream or sprinkle some cheese on top before serving.





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