



soups for syria

a benefit ebook for
relief work in Syria

**30 soup recipes
created by your
favourite bloggers**

*Compiled by Jessica Penner, Registered Dietitian
from Smart Nutrition*



what's happening in Syria?

To leave or to stay? Many Syrian and Iraqi families face that question as conflict rages around them. International humanitarian assistance is dwindling. The patchwork of resources they rely on is wearing thin. To leave is to risk their lives over dangerous land and sea. It means not knowing whether the country they arrive at will open its doors. But to stay is also a great risk.

As someone who lives a blessed life in one of the wealthiest countries on earth, the problems and struggles I deal with on a daily basis are put into perspective by this crisis. I can't imagine fleeing my house to travel miles and miles over the Canadian prairies, on foot, with nothing but what I can carry.

This perspective reminds me to be thankful for the comfort that I live in. The peace and safety of my country. But it also reminds me that I have much I can give. So much more is needed, but that should not stop me from doing what I can.

Out of that reminder, this recipe book was borne: a book of soups, compiled from some of the best recipes I've had the pleasure of trying. 90% of the proceeds from this book will be donated to an organization well-versed in humanitarian aid: MCC. The Canadian government will match that donation.

You may not have heard of the Mennonite Central Committee, because they spend little on advertising. They pride themselves on spending under 20% of their expenses on advertising and administration (on par with the highest-rated charities). But when it comes to major disasters like this, they earmark donations so that 98% goes directly to the heart of the crisis.

MCC has 27 ongoing projects delivering emergency relief in Syria and Iraq. They provide food and rent assistance through local partners, as well as essential items such as relief and hygiene kits, clothing and kitchen supplies. They also support peacebuilding work, education for displaced children, trauma healing and will provide supplies to keep people warm in the coming winter.



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 = vegan

 =gluten free



VG

GF

african peanut soup

serves 12

1 tbsp canola oil
1 large onion, chopped
2 cloves garlic, minced
1 tsp powdered ginger
1 1/2 tsp cumin
1 1/2 tsp coriander
1/2 tsp cinnamon
1 pinch ground cloves
3 medium tomatoes, quartered (or 1 can of diced tomatoes)
2 lbs sweet potatoes, sliced
5 cups water
1 tsp salt
1/2 cup peanut butter
1 pinch cayenne pepper
fresh cilantro for serving (optional)

• “Sweet potatoes are a great source of soluble fibre (which can help maintain healthy cholesterol levels), beta carotene (a form of vitamin A), quercetin (an anti-inflammatory), and chlorogenic acid (an anti-oxidant). Despite their sweet taste, sweet potatoes are low on the Glycemic Index, which means they don’t cause a huge spike in blood sugar.”

Jessica Penner from [Smart Nutrition](#)

• Heat oil in a large pot over medium high. Saute the onion until slightly browned. Add in garlic, ginger, cumin, coriander, cinnamon, and cloves.
• Cook and stir one minute. Add tomatoes and sweet potatoes and cook for 5 minutes. Add water and season with salt. Bring to a boil, then reduce to a simmer for 30 minutes. Blend soup with peanut butter and cayenne with an immersion blender or transfer to a blender. Serve with cilantro (optional).

Jessica is a registered dietitian, recipe creator, nutrition counselor, and a hopeless gardener. She is passionate about helping people get the most nourishment, health, and enjoyment from the food they eat. She created the exclusive program, I Quit Overeating, to help people across the world rediscover a rewarding, joyful relationship with food.





GF

caldo de pollo

serves 10

10 cups water
3 cups chicken stock
1 tbsp garlic, minced
2 large skinless chicken breasts
2 small onion, roughly chopped
7 potatoes, cut in quarters
2 cups baby carrots
28 ounce can diced tomatoes
10 whole cabbage leaves
Pinch Salt and Pepper
Fresh Lemon Juice

- “Caldo de pollo is a traditional Mexican soup. It is made with healthy, all-natural ingredients. Very minimal prep work, throw it all in the stock pot and let the magic happen. Very similar to a cabbage soup with a little twist.”

•

Lindsay Garza from [Veggie Balance](#)

•

In a large stock pot add hot water, chicken stock and garlic. Set on medium-high burner covered. Bring to a boil. Once it's brought to a boil, bring down to low, add the chicken breasts and cook for 45 mins-1 hour. Add the onion, potatoes, baby carrots, tomatoes, cabbage leave. Add a pinch of salt and pepper, remained covered. Cook until all veggies are soft and chicken is cooked through. An additional 45 mins - 1 hour. Serve with fresh lemon juice and serve immediately.

•

Freezer Meal Tip: This meal can easily be used as a freezer meal by combining all the ingredients except the water into a freezer storage bag or container. To cook, thaw in the fridge for 4 hours or overnight. In the morning, place the all the contents of the bag or container to the slow cooker and add in the water. Cook as directed above.

Lindsay Garza is the author of [Gluten-Free Party Food](#) cookbook. After 5 years battling health issues, she was diagnosed with a gluten intolerance and fibromyalgia. Lindsay realized that she needed to make a dietary, and lifestyle change to end her suffering. She started her blog [Veggie Balance](#) to help others suffering from similar ailments and continue to enjoy food.





GF

cauliflower celery root soup

serves 8

1 head cauliflower roughly chopped
1 small celery root peeled and roughly chopped
2 small russet potatoes peeled and roughly chopped
1/2 small onion roughly chopped
2 tablespoons garlic minced
6 cups chicken broth or vegetable broth
1 cup plain Greek yogurt
salt & black pepper to taste

• “Baked Potato Soup gets a healthy makeover, boosting the flavor and nutrients with the addition of cauliflower and celery root! The result is creamy goodness sure to please the pickiest of palettes.”

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• Place the cauliflower, celery root, potatoes, onion, garlic and chicken stock in a 6 quart slow cooker. Cook on high for 3-4 hours or on low for 6-8 hours, until vegetables are tender. Using an immersion blender, puree the soup.
• Alternatively, puree in batches in a food processor or blender. Stir in the Greek yogurt. Season with salt and pepper to taste. Serve and offer sliced green onions, cheddar cheese and bacon crumbles as optional toppings.

Lesley and Ann from [My Menu Pal](#)

Lesly & Ann are passionate about menu planning. As registered dietitian nutritionists, it is something they have both taught to clients over the years. It is difficult to juggle all the responsibilities of home, work and life without a plan in place. The inspiration behind [My Menu Pal](#) was combining love for good food, balanced nutrition and ease in the kitchen.





GF

chipotle chicken, butternut squash, and wild rice soup

serves 8

- 1 tbsp chili powder
- 1 tsp cumin
- 1 tsp salt
- ¼ tsp ground chipotle pepper
- ½ tsp onion powder
- 3 tsp olive oil, divided
- 1 lb uncooked boneless skinless chicken breasts
- 1 onion, finely chopped
- 2 cloves garlic, minced
- Salt
- 1 medium butternut squash, peeled and cut into $\frac{1}{2}$ " cubes (my squash yielded about 1 $\frac{1}{2}$ lbs of cubes)
- 1 ½ chipotle peppers, finely chopped
- 2 cups cooked wild rice
- 4 cups chicken broth
- 2 cups water
- ½ cup half and half
- 1 tbsp honey
- Juice of 1 lime

• "A bold and spicy take on the classic wild rice soup, a favorite among Minnesotans. I mixed the smoky flavor of chipotle pepper with roasted chicken, sweet butternut squash, and nutty wild rice"

Krista Teigen from [Destination Delish](#)

Preheat the oven to 375 degrees. In a small bowl, mix together the chili powder, cumin, salt, chipotle pepper and onion powder. Rub 2 tsp of olive oil over the chicken breasts. Sprinkle both sides of each chicken breast with the seasoning mix. Place the chicken breasts out on a lined baking sheet. Bake in the oven for about 25 minutes. When cooking is complete, take the chicken out of the oven and let it rest for about 5 minutes. Then, chop into small chunks. While the chicken is baking, heat the remaining tsp of olive oil over medium heat. Add the onions and garlic and sprinkle with salt. Cook for about 2 minutes until tender. Add the butternut squash and chipotle pepper. Cook for about 5 minutes, stirring occasionally. Add the wild rice and chopped chicken. Mix together until combined. Add the chicken broth and water. Bring the mixture to a boil and reduce to a simmer and cover the pot. Let the soup simmer for about 10 minutes. Add the half and half, honey, and lime juice. Give the soup a taste and add salt and pepper to taste.

Krista is a food blogger from St. Paul, MN. She blogs at [Destination Delish](#) where she shares her love of healthy cooking through innovative and wholesome recipes that readers can feel good about eating. Outside of blogging, she enjoys taking fitness classes, running, throwing parties (with tons of food, of course), and spending time with her family.





GF

chipotle turkey & sweet potato chili

serves 8

1 lb lean ground turkey
1-28 oz can diced fired roasted tomatoes
1-15 oz can light kidney beans, drained, rinsed
1 large onion, chopped
4-5 garlic, minced
2 medium sweet potatoes, cubed
2 cups low sodium chicken broth
1-7.5 oz chipotle peppers in adobo sauce , chopped (use less if you dont like spicy)
1 tbsp canola oil
2 tsp cumin
2 tsp oregano
salt & pepper
yogurt/sour cream/cheese for topping (optional)

• “This is easily one of my favorite recipes to make in the Fall/Winter months; it's simple, comforting, and something I don't mind eating repeatedly for days because the flavor of chili deepens and it gets better with each day.”

Dixya Bhattarai from [Food, Pleasure, & Health](#)

• In a large sauce pan, saute onions until translucent and add garlic. Place turkey in the pan and let it cook until it is evenly brown. Stir in sweet potatoes for 5-7 minutes. Add tomatoes, beans, spices and chipotle pepper to the pot. Pour broth and bring it to boil, reduce the heat and let it simmer. Allow it to simmer for 45-50 minutes or until it reaches thick consistency. Adjust the taste & remove from heat. Serve it with a dollop of sour cream or yogurt or sprinkle cheese on top.

For Slow Cooker:

• Sautee onion for few minutes until translucent and add turkey until it browns. Then add the remaining ingredients in the slow cooker in high heat for 4-6 hours or for low for 8-10 hours.

Dixya's ultimate passion lies in the kitchen where she can chop vegetables, stir the pot, and feed delicious and nutritious meals to everyone around me, including herself. Her mission is to convince you that food is the pathway to better health, happiness, and overall well-being.





creamy chicken & gnocchi soup

serves 12

4 slices bacon, cut into bite size pieces
1 large onion, diced
1 large carrot, shredded
2 stalks celery, diced
4 cloves garlic, minced
1 tbsp chicken better than bouillon
1 tsp basil
1 tsp oregano
1/2 tsp thyme
1 can (354g) chicken, drained (I recommend Kirkland brand from Costco) or 1 cup leftover cooked chicken, chopped
1/2 package frozen spinach (150g)
2 cans (370 ml each) evaporated milk
2 tbsp cornstarch
1 (750g) package gnocchi
1/2 tsp salt (see note)

• "This recipe uses evaporated milk to add creaminess.... Full fat evaporated milk has a 7.8% milk fat content. Compare that to half and half, which is 10%. Full on whipping cream (heavy cream) has 35%. Therefore, fat content wise, the evaporated milk is similar to half and half. But since evaporated milk is literally milk that has about half of the water content removed, it retains all the other components of milk such as protein."

•

Jessica Penner from [Smart Nutrition](#)

• In a large soup pot heat the bacon, onion, carrot, and celery over medium low heat until onion is soft. Add in the garlic, bouillon, basil, oregano, and thyme. Cook one minute. Add in the chicken and spinach. Stir occasionally until spinach is defrosted. Add in the evaporated milk. Refill each can two times with water and add to pot. That's an additional 4 cans of water (or approximate 1400 ml). Mix the cornstarch with a few tablespoons of water in a small bowl (or one of the empty cans to save on dishes!). Stir cornstarch/water mixture into the soup. Turn heat up to medium high and heat to boiling. Stir occasionally. Once the soup is boiling, add the gnocchi and cook one minute.

• NOTE ABOUT SALT: taste the soup at this point for level of saltiness. I found that the soup needed a bit of salt so I added 1/2 a tsp. But when I ate the soup the next day I found it too salty. I think the salt from the gnocchi had leached out. Therefore, if you know you'll have leftovers, don't add the salt in. Serve in bowls and allow each person to salt their bowl to taste. The leftovers will probably be salty enough.

Jessica is a registered dietitian, recipe creator, nutrition counselor, and a hopeless gardener. She is passionate about helping people get the most nourishment, health, and enjoyment from the food they eat. She created the exclusive program, I Quit Overeating, to help people across the world rediscover a rewarding, joyful relationship with food.





GF
creamy broccoli & bean soup

serves 6

1 tbsp extra virgin olive oil
3 green onions, trim 1 inch off ends and then cut into thin rounds (about $\frac{3}{4}$ cup)
1 clove garlic, minced
16-ounce frozen broccoli florets
15-ounce can cannellini beans, drained and rinsed
32-ounce carton all-natural vegetable broth
1 cup frozen petite peas, thawed
2 tbsp fresh mint
2 tbsp fresh tarragon
Optional Toppers: Croutons, shredded cheese, plain Greek yogurt, additional chopped herbs and green onion

- “Rich, flavorful, and light in calories, this healthy cream of broccoli soup makeover gets its creaminess from beans and no actual cream at all. It’s made with frozen broccoli and peas, so it’s oh-so convenient, and each serving has 50% of your daily requirement for vitamin C.”

Liz Weiss from [Meal Makeover Moms](#)

- Heat the oil in a saucepan over medium-low heat. Add the onion and cook, stirring frequently until golden, 4 to 5 minutes. Add the garlic and cook, stirring constantly, until golden and fragrant, 30 to 60 seconds.
- Add the broccoli, beans, and broth; cover, and bring to a boil. Reduce the heat and simmer, covered, 10 minutes.
- Add the peas and herbs, and use an immersion blender to puree the soup. If you don’t have an immersion blender, let cool slightly, transfer to a blender, and puree in batches until very smooth. Re-heat the soup until warmed through.
- Season with salt and pepper to taste, and serve in individual bowls with optional toppers.

Registered Dietitian Nutritionist, Liz Weiss, is on a mission to help busy families eat a healthy and delicious diet. Liz has co-authored two family cookbooks, and she blogs about her favorite recipe “makeovers” on the award-winning blog, Meal Makeover Moms’ Kitchen. Liz and her coauthor, Janice Newell Bissex, host Cooking with the Moms, a fun and flavorful food podcast on iTunes ... so stop by and tune in.



GF

creamy cabbage soup

serves 6

2 tbsp canola oil
1 medium onion, diced
7 – 8 cups cabbage, roughly chopped
5 cups vegetable broth, preferably low sodium
1 medium potato, cubed (keep skin on)
2 bay leaves
1 tbsp dried parsley
1 – 2 tbsp soy sauce
1 tsp chilli flakes
1 tsp each black pepper and salt
1 can (370 ml) 2% MF evaporated milk

• “I love making this soup as the cold months start to approach.
• It’s just the right amount of thickness and feels comforting without all of the excess sodium and fat. The flavours are kept really simple but you can really jazz it up which ever way you like. I know my husband enjoys sprinkling some leftover ham or bacon into his bowl! What’s better? If freezes really well which makes for a super-awesome microwavable lunch during busy work weeks.
• Enjoy!”

Nita Sharda from [Carrots & Cake](#)

• In a large pot, cook onion in canola oil over medium heat until onion is translucent. Add cabbage and potato. Cook until cabbage is softened. Add bay leaf, parsley, soy sauce, chili flakes, salt and pepper. Pour in vegetable broth. Cover pot with a lid and allow soup to come to a gentle simmer for 25 – 30 minutes. Remove the bay leaves. Transfer the soup mixture into a blender and puree the soup until it is at your desired consistency. Place blended soup back into pot over medium heat and add in evaporated milk. Heat through.
• When serving, top with 3 – 4 croutons.



Nita is a Registered Dietitian, an absolute foodie, and owner of [Carrots and Cake Balanced Nutrition Consulting](#). Her interest in food was sparked when she was a little girl. She would often spend time in the kitchen admiring my mother's touch with Indian cuisine. Nita supports a balanced approach to nutrition (with room to play) and encourages her clients to take joy in preparing simple and tasty meals.





VG

GF

delicata squash soup with chinese five spice

serves 4

2 Delicata squash
1 tbsp virgin olive oil
½ onion, chopped
1 clove garlic, minced
1 ½ cups almond (or soy) milk, plain, unsweetened
1 tsp Chinese 5 spice
Salt and pepper to taste
¼ cup almonds, chopped

• “A bold and spicy take on the classic wild rice soup, a favorite among Minnesotans. I mixed the smoky flavor of chipotle pepper with roasted chicken, sweet butternut squash, and nutty wild rice”

Sharon Palmer from [The Plant Powered Blog](#)

• Slice the squash in half horizontally, scoop out seeds, and slice into large pieces. Place in a large pot of boiling water, cover, and cook for about 15 minutes, until pierces easily with a fork but it still firm. Meanwhile, heat olive oil in a small skillet or sauté pan and sauté onion and garlic for about 9 minutes, until tender. Transfer onions and garlic to a one quart blender container. Add almond milk and Chinese 5 spice. When squash is tender, drain pot into a strainer and cool squash. Scoop out cooked squash with a spoon, removing from peel, and place in the blender container. Process blender for a minute or two until mixture is smooth and creamy. Pour blended soup into the pot and reheat for a few minutes until bubbly. Season with salt and pepper as desired. Pour into soup bowls and garnish with chopped almonds and additional Chinese 5 spice, if desired.

Sharon has created an award-winning profession based on combining her two great loves--food and writing. As a registered dietitian with 16 years of health care experience, she channels her nutrition experience into writing features covering health, wellness, nutrition, and cuisine.





GF

easy thai shrimp soup

serves 5-6

1 cup uncooked basmati rice
2 tbsp unsalted butter
1 lb medium shrimp, peeled and deveined
Kosher salt and freshly ground black pepper, to taste
2 cloves garlic, minced
1 onion, diced
1 red bell pepper, diced
1 tbsp freshly grated ginger
2 tbsp red curry paste
2 (12-ounce) cans unsweetened coconut milk
4 cups vegetable stock
Juice of 1 lime
2 tbsp chopped fresh cilantro leaves

“ This soup is so easy to make, and it doesn’t require ingredients that are hard to find. And if you’re not a fan of shrimp, you can easily swap that out for chicken, pork or even tofu for a vegetarian option. Either way, you’ll be sure to skip your usual Thai take-out and indulge in this budget-friendly version instead!”

Chungah An from Damn Delicious

In a large saucepan of 1 1 /2 cups water, cook rice according to package instructions; set aside. Melt butter in a large stockpot or Dutch oven over medium high heat. Add shrimp, salt and pepper, to taste. Cook, stirring occasionally, until pink, about 2-3 minutes; set aside. Add garlic, onion and bell pepper to the stockpot. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in ginger until fragrant, about 1 minute. Whisk in curry paste until well combined, about 1 minute. Gradually whisk in coconut milk and vegetable stock, and cook, whisking constantly, until incorporated, about 1-2 minutes. Bring to a boil; reduce heat and simmer until slightly thickened, about 8-10 minutes. Stir in rice, shrimp, lime juice and cilantro. Serve immediately.

Most of the recipes found on [Damn Delicious](#), Chungah’s website, focus on quick and easy meals for the everyday home cook. Using simple, fresh ingredients, her recipes will create a sophisticated, elegant dish for your family in 30 minutes or less, which is much needed for those busy weeknights.





freekh cabbage soup

serves 6

1lb of boneless, skinless chicken thighs
1 tbsp of olive oil
1/2 tsp kosher salt, divided
1/2 tsp black pepper, divided
4 sprigs of fresh thyme, stems removed
3 medium white onions
4 cloves of garlic
1 head of green cabbage
6 stalks of celery
2 tbsp of butter
6 cups culinary chicken stock
2 cups dry Freekeh
1/2 tsp chicken base (optional)

- “This soup is a delicious way to incorporate nutritious whole grains, a serving of vegetables and lean protein into your day.
- Made with homegrown cabbage, this soup is a perfectly warm addition to any fall menu! ”

Emily Cope from [RDN Mommy](#)

Preheat the oven to 375 degrees. Line a baking sheet with tin foil, set aside. Cut the chicken into 1/2 inch pieces and place inside a 1 gallon plastic bag. Add the olive oil, 1/4 teaspoon kosher salt, 1/4 teaspoon black pepper and thyme. Seal the bag and shake well to ensure the chicken is well coated. Pour onto the foil lined baking sheet and arrange into a single layer. Place the chicken in the oven to roast for 15 minutes. While the chicken is roasting, chop up the onion, garlic, celery and cabbage. After 15 minutes remove the chicken from the oven and set aside. *Note, the chicken will not be cooked all the way through but that is OK because it will continue to cook when added to the soup. In a large soup pot on the stove, add the butter, onion, garlic, celery, 1/2 teaspoon salt and 1/2 teaspoon black pepper. Turn the heat to low and let cook slowly, stirring occasionally. This should cook for approximately 10 minutes, or until the celery is soft. Add 1 cup of chicken stock to the pot and turn the heat to medium-high. Add the cabbage by the handful, stirring constantly, until all of the cabbage can fit into the pot. It will cook down over the next 10 minutes. When the cabbage is cooked down and there is room left in the pot, reduce the heat to low and place on a simmer burner if you have one. Add the rest of the chicken stock and the cooked chicken. Turn the heat to high and once the soup is boiling, reduce the heat back to low. Let simmer on the stove until the freekeh is cooked. While the soup is simmering, it is time to cook the Freekeh. Place the Freekeh, 5 cups of cold water, a dash of salt and pepper into a sauce pan on the stove. Turn the heat to high and bring the water to a boil. Once boiling, reduce the heat to low, add a lid to the pot, and allow to simmer for 45 minutes, or until all of the water is absorbed.

Emily Cope, MS, RDN is a NY based Registered Dietitian Nutritionist who provides health and wellness nutrition counseling through her private practice website: [RDN Mommy](#). Emily is passionate about helping individuals to make positive and sustainable lifestyle changes. She strives to empower and enable individuals to develop the healthy and happy life they have always dreamed of.





GF

hearty vegetable & white bean soup

serves 5-6

- 2 tbsp butter
- 3 carrots, chopped
- 2 stalks celery, chopped
- 1 onion, chopped
- 2 red skin potatoes, chopped
- 2 parsnips, chopped
- 8 cups vegetable broth
- 1 (14 oz.) can diced tomatoes
- 1 (6 oz.) can tomato paste
- 1 dried bay leaf
- ½ teaspoon dried thyme
- 2 cloves garlic, minced
- 1 small bunch lacinato kale, chopped
- 1 (15 oz.) can great Northern beans, drained and rinsed
- 1 tbsp dried parsley
- Salt and ground black pepper to taste
- Shredded parmesan cheese for serving

This hearty vegetable and white bean soup is a great example of a simple, healthy dish. Lots of vegetables are combined with a few cans of basic pantry staples and you have a hearty dish to warm you up on the coldest of days. Root vegetables and kale provide a healthy dose of vitamins A, E, and K while beans fill you up with protein and fiber.

Debbie Davis from [Dietitian Debbie Dishes](#)

In a large stock pot, melt the butter. Add 1 of the chopped carrots, 1 stalk chopped celery, and the onion. Stir and cook for 5-7 minutes or until onion is translucent. Add the rest of the carrots and celery, potatoes, and parsnips. Stir to coat in butter. Let cook for 5 minutes. Add the broth, tomatoes, tomato paste, bay leaf, and thyme. Bring to a simmer and continue to stir every 5 minutes or so. Simmer soup for ~20-25 minutes or until vegetables begin to soften. Stir in garlic, kale, beans, and parsley. Season with salt and black pepper. Simmer another 5-7 minutes. Serve hot with shredded parmesan cheese.

Debbie believes a healthy diet should be approached like a minimalist would approach a cluttered home. Pare down to the basics of simple, wholesome, unprocessed or minimally foods. Clear out all the clutter (ie. junk food, refined grains, and sugar). Limit things that come in boxes and bags and incorporate more fresh fruits, vegetables, whole grains, nuts, seeds, and vegetarian protein.





homemade tomato soup

serves 4

4 slices bacon, cut into small pieces
2 carrots, chopped
half of a yellow onion, chopped
4 cloves garlic, minced
1 ½ tbsp tomato paste
1 tbsp flour
4 cups chicken broth (more to thin out the soup at the end as needed)
½ tsp dried thyme
1 bay leaf
1 28-ounce can whole San Marzano tomatoes
cream (optional - to add at the end as desired)

“Can I blow your mind for a second? This homemade tomato soup starts with bacon. B-a-c-o-n. Tomato soup // bacon // it just works. The base is made with smoky, rich bacon pieces plus the addition of carrots, onions, and garlic – and then we get the tomato paste, a pinch of flour, the broth, and the tomatoes themselves simmering all up in the pot. Ohhhmygosh, the smells that will happen. I am having a hard time imaging anything more comforting than being in my kitchen experiencing the simmer-smells of this simple homemade tomato soup in progress. It’s smoky, a little bit sweet, and just as creamy or not-creamy as you want it to be.”

Lindsay Ostrom from [Pinch of Yum](#)

Fry the bacon in a large soup pot over medium low heat until bacon starts to get crispy and browned, about 5-8 minutes. Add the carrots, onion, and garlic to the bacon in the pan; saute for 5-10 minutes until the vegetables are very aromatic and tender. Add the tomato paste - stir for a few minutes until you can see/smell the tomato paste starting to brown and caramelize. Add the flour and stir for a minute or so. Pour the tomatoes and their juice into a bowl and crush them with your hands. Add the broth, thyme, bay leaf, and tomatoes to the soup pot. Simmer for 30 minutes. Puree in batches and return to the pot. Add cream if you want.

Lindsay Ostrom is the founder of [Pinch of Yum](#). What started as a casual hobby for nights and weekends while has now grown into a profitable business that reaches millions of people each month. [Pinch of Yum](#) is known for its flavorful and healthy recipes, beautiful photography, blogging resources, and strong personal connection. Lindsay's favorite things in life are photography, sunny days, Sage the dog, and a big plate of Pad Thai.



GF

kale, white bean, & sorghum soup

serves 5

1/2 cup whole grain sorghum, uncooked
7 cups low sodium chicken broth, divided
1 tbsp Extra Virgin olive oil
2 large cloves garlic, finely chopped, not minced
1 small-medium onion, chopped
1/4 tsp Kosher salt
1/4 tsp black pepper
12 ounces kale, chopped into 1-2 inch pieces with thick stems removed
1 tsp Sriracha or hot sauce
2 (15 ounce) cans white cannellini or white kidney beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes in juice
Pecorino Romano cheese for topping

• "This soup can serve as a filling appetizer or hearty entree. The fiber packed veggies, beans and sorghum will keep you satisfied for hours with 10 grams of protein and 9 grams of fiber per cup!"
• Heat up one serving as appetizer or light lunch, or two cups for an entree."

• Lauren Harris-Pincus from [Nutrition Starring You](#)

• Bring 3 cups of broth to a boil, add 1/2 cup sorghum and allow to boil gently for approximately 20-25 minutes (liquid will remain, that's fine). Meanwhile, heat a large saucepan with lid over medium/medium-high heat. Add olive oil and sauté garlic, onion, salt and pepper until the onion softens, approximately 6-8 minutes. Add kale and Sriracha, cook until wilted, about 4 minutes. Take 1/2 cup of white beans and either blend in a blender/small food processor, or mash well with the back of a spoon or fork. Add blended beans, remaining whole beans, canned tomatoes, sorghum/broth mixture and additional 4 cups low sodium chicken broth to kale mixture. Bring to a boil, cover and reduce heat to simmer for approximately 20 minutes. Top with grated Pecorino-Roman or parmesan cheese (approximately 1 teaspoon per bowl) and serve.

Lauren Harris-Pincus is a nutrition communications specialist, social media consultant, spokesperson, brand ambassador, and registered dietitian in private practice. Formerly an obese child, Lauren specializes in weight control and dedicates herself to combating the growing adult and childhood obesity epidemic. She loves to play around in the kitchen creating waistline friendly recipes.





lemon fish soup with broccoli & pasta

serves 4-6

- 2 tsp canola oil
- 2 stalks celery, sliced
- 1 cup onion, diced
- 2 cloves garlic, finely diced
- 6 cups low sodium chicken or vegetable broth
- 1 lb white fish (I like using Dover Sole. I've also used Cod)
- ¾ cup small shell pasta
- 2 cup fresh or frozen broccoli florets
- 1 tsp dry whole Mexican oregano
- ½ tsp ground cumin
- Juice of 1 or 2 lemons—depending how lemony you like it!
- Salt and pepper to taste
- 3 tbsp chopped cilantro (adjust to flavor preference)
- 1 diced avocado

“Over the years, I’ve learned a lot about the health and environmental benefits of eating less meat and I’ve had fun experimenting in the kitchen with meatless dishes. Medical research has shown that natural omega-3 fatty acids in foods like fatty fish (like salmon, sardines and tuna) and certain plant sources (like walnuts and flaxseed) have mental, heart health and anti-inflammatory benefits”

Christy Wilson from [Christy Wilson Nutrition](#)

In a large pot heat oil over medium heat. Add celery and onion to the pot and heat for 2-3 minutes until softened, then add in garlic. Mix ingredients for about a minute until fragrant. Pour in broth and increase burner setting to high. Once broth comes to a gentle boil, add in fish. Cook for a few minutes then add in pasta. Simmer until pasta is al dente (about 5-7 minutes). Stir in broccoli and cook 3 to 5 minutes, until pasta and broccoli are tender. Fish will break apart. Add in dry seasonings and lemon juice, to taste. Serve into bowls and garnish with cilantro and diced avocado.

Christy's recipes are influenced by her border town roots, her passion for health and her love of food. Her culinary nutrition specialty comes from 15 years of teaching nutrition-focused cooking classes to people of all ages and cultural backgrounds. Discover how simple cooking techniques, whole food ingredients and nutrition knowledge can create nourishing meals and a lifetime of health.





VG

GF

moroccan root vegetable stew

serves 6-8

- 2 tbsp olive oil
- 1 yellow onion, diced
- 2 garlic cloves, minced
- 2 carrots, peeled, cut into 1 inch pieces
- 1 turnip, peeled, cut into 1 inch pieces
- 2 cups butternut squash, peeled, cut into 1 inch pieces
- 1 medium sweet potato, peeled, cut into 1 inch pieces
- 1 tsp paprika
- 1 tsp ground cumin
- 1/4 tsp cayenne
- 1/2 tsp ground coriander
- 1/2 tsp cinnamon
- 4 cups vegetable stock plus 2 cups water
- 1 15 oz can, crushed tomatoes
- 1 15-ounce can garbanzo beans (chickpeas), drained, rinsed
- 2 tbsp chopped fresh Italian parsley
- 2 tbsp chopped fresh mint
- salt and pepper
- Lemon juice to taste
- plain Greek yogurt for garnish (optional)

• "This stew speaks to me in so many ways. It's a one pot meal which means simple to cook and easy to clean up. The hearty root vegetables are comforting, filling and nutritionally dense. Earthy, savory spices like cumin and cinnamon provide warmth and soul."

Katie Cavuto from [Katie Cavuto, RD](#)

• Heat oil in a large pot over medium heat. Add onion and garlic and cook for 5 minutes. Add remaining ingredients through chickpeas and simmer for 30-45 minutes until vegetables are tender and liquid reduced. Season with salt, pepper and fresh herbs and lemon to taste. Divide stew among bowls. Spoon dollop of yogurt on top and serve.

Katie's mission is to use her unique background as a chef and integrative dietitian to teach others how easy it can be to live a healthy lifestyle. Her goal is to inspire and empower people to rebuild their relationship with food and improve their food and wellness confidence using a foundation of self-love.





GF

parmesan mushroom soup

serves 4-6

2 tbsp butter
1 lb mushrooms
1 onion
1 tsp poultry seasoning
½ tsp garlic powder
5 cups milk
1 tbsp beef Better Than Bouillon
2 tbsp cornstarch
1/4 cup water
¼ cup parmesan

• “Sweet potatoes are a great source of soluble fibre (which can help maintain healthy cholesterol levels), beta carotene (a form of vitamin A), quercetin (an anti-inflammatory), and chlorogenic acid (an anti-oxidant). Despite their sweet taste, sweet potatoes are low on the Glycemic Index, which means they don’t cause a huge spike in blood sugar.”

•

• Heat butter in a large pot over medium high. Saute the mushrooms and onion until soft. Add in poultry seasoning and garlic powder. Cook and stir one minute. Add milk and bouillon. Heat until it starts to simmer. Combine the cornstarch and water in a small bowl. Pour into soup and stir thoroughly until soup starts to thicken. Add in the parmesan cheese and remove from heat.

Jessica Penner from [Smart Nutrition](#)

Jessica is a registered dietitian, recipe creator, nutrition counselor, and a hopeless gardener. She is passionate about helping people get the most nourishment, health, and enjoyment from the food they eat. She created the exclusive program, I Quit Overeating, to help people across the world rediscover a rewarding, joyful relationship with food.





VG GF

pumpkin soup

serves 4-6

2.2 lbs of pumpkin
2 potatoes
1 onion
2 spoons of olive oil
2 3/4 cup water
1/2 cup cream (optional)
salt, pepper, thyme

• “When I lived in Cracow, Poland one evening I visited my favourite Italian restaurant. It was a very cold autumn and I wanted something that would warm up my soul. This particular day there was just one soup: from pumpkin. So I decided to give it a try. And I loved it! :) A few days later I found a nice pumpkin in the supermarket and I brought it home. I wanted to prepare a soup very similar to what I had at the restaurant. So I started to experiment a little bit. This is how this recipe was born.”

Gabriela Farkasova from [How to Feel Like a Catalan](#)

• First cut the onion to little pieces (of course, peel it before this). Peel the potatoes and the pumpkin as well (take care, because I cut my finger) ;) After this carve out the seeds from the pumpkin (you can use a normal spoon for this). If you are ready, put the oil to a bigger pot. Throw in the onion and wait a few minutes until it has a golden color. After this put the diced potatoes, the diced pumpkin and the water inside the pot. Add the salt, pepper and thyme. Cook the soup 20 minutes. Wait a few minutes until the soup gets colder. Then use the blender. If you want, you can add 125 ml (1/2 cup) of cream.

Gabriela was born in Slovakia with a Hungarian background. Throughout her career she has worked as an assistant and as a Customer Support Professional. She's the creator of "How to feel like a Catalan", one of the best travel blogs for foreign tourists in Spain (according to the company AlldayInternetSpain). She writes about the Catalan culture, everyday life, food, and traveling.





VG

GF

red lentil sweet potato soup with moroccan chermoula

serves 8

Soup:

- 2 tbsp olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 4 carrots, peeled and chopped
- 1 sweet potato, peeled and chopped
- 2 tsp cumin
- 2 tsp turmeric
- 2 tsp coriander
- 1 tsp paprika
- 1 ½ cups red lentils, dry and rinsed
- 1 (15 oz) can of diced tomatoes
- 5 cups vegetable broth
- Salt and pepper

Chermoula:

- 1/4 cup parsley
- 1/4 cup cilantro
- Juice from 2 lemons
- 6 garlic cloves
- 2 Tbsp Vegannaise

- “Would you like chermoula with that? Yes that’s a real thing.
- Chermoula is a classic Moroccan sauce that is traditionally used to top fish and chicken. I used the sauce to garnish my vegan red lentil soup and it certainly did not disappoint! Bring on the garlic breath.”

Amari Thomsen from [Eat Chic Chicago](#)

In a large saucepan, combine olive oil, onion, garlic, carrots and sweet potatoes. Cook over medium-high heat until vegetables are soft and onion are translucent. Add the spices and cook another minute or two. Add the red lentils, diced tomatoes and vegetable broth. Bring mixture to a boil and then reduce heat to low. Cover and simmer for 30-35 minutes or until lentils are tender. Using a traditional blender or immersion blender, carefully blend mixture until pureed. Season with salt and pepper to taste. Top with Moroccan Chermoula. To make the Chermoula, combine all ingredients in a food processor or high-speed blender. Process until smooth.

Amari is a holistic-minded dietitian who integrates modern and traditional techniques to promote real food nutrition. Amari's big picture approach encourages a healthy relationship with food beyond calorie counting and dietary restrictions. She understands how wholesome natural food choices have the power to heal the body inside and out.





VG

GF

roasted butternut squash & sweet potato soup

serves 6

- 1 large butternut squash, peeled and cubed
- 2 large or 3 smaller sweet potatoes, peeled and cubed
- ½ large yellow onion or 1 whole small one, peeled and cut into 8ths
- 2 large or 3 smaller garlic cloves, peeled
- 6 cups vegetable broth
- 1tsp coriander seed
- 1.5 inches of fresh turmeric rhizome, peeled and microplaned
- Olive oil for roasting
- Chives and pomegranate for garnish
- Optional: Toasted hazelnut oil and chopped, toasted hazelnuts

• “The squash is full of vitamin A and fiber, as well as antioxidants like carotenoids that help prevent disease and, get this: aging! So eat lots of my soup, and maybe you’ll stay young forever. Well, it’s worth a try, right? “

Abby Langer from [Abby Langer Nutrition](#)

• **First, roast the squash and potatoes.**

Preheat the oven to 350F. On a parchment-lined baking sheet (or 2, because it's a lot of vegetables), arrange the squash, sweet potato, onion, and garlic in a single layer. Drizzle generously with olive oil. Roast at 350F for around an hour until the pieces of vegetable are browned. Watch them carefully, because one burned piece of potato will ruin your soup. Remove from the oven.

• **While the vegetables are roasting, toast the coriander seed in a dry frying pan.**

Heat a small frying pan on the stove and add the coriander seed. Toast on medium-high heat, shaking the pan frequently, until the seeds become fragrant and look a bit browned. Remove from the pan and grind in a spice grinder (or as I did, place between sheets of folded paper towel and whack on them with a hammer until they're 'ground'). In a high-speed blender, puree the roasted vegetables, ground coriander, and turmeric together with the vegetable broth. You'll probably need to do this in at least 2 batches. If you're using the toasted hazelnut oil, you can add 1-2 tablespoons to the finished soup, or carefully add 1teaspoon as a garnish to each bowl before serving, and sprinkle with toasted hazelnuts. If you're not doing the hazelnut thing, garnish the finished soup with chives and pomegranate arils, and serve.

Abby Langer is both a media and clinical Registered Dietitian based out of Toronto, Ontario. She holds to the following philosophy about nutrition: Eat real food, not diet junk. Learn how to cook, and do it often. Quality, not calories, is what matters. Eat more plants. Revel in the beauty of food. Choose food that you love, and listen to your body.



VG

GF

roasted red pepper tortilla soup

serves 4

7 medium to large red bell peppers (around 3½ pounds), halved, seeded, membranes removed

6 cloves garlic, in peel

2 tbsp olive oil

1 large yellow onion, chopped

3 tbsp tomato paste

2½ tsp ground cumin

1½ tsp smoked paprika

1½ tsp salt

¼ tsp cayenne pepper (optional, skip if you're sensitive to spice)

4 cups vegetable stock with peppers

½ cup water (optional)

1 tbsp arrowroot starch or cornstarch (optional but recommended for super creamy soup)

Garnishes

3 corn tortillas, sliced into thin, 2-inch long strips

1 avocado, pitted and diced

Handful cilantro leaves, chopped

Feta, crumbled (optional)

Freshly ground black pepper

- “Homemade roasted red pepper soup with a Tex-Mex twist. This soup is creamy yet cream-less and thoroughly delicious. It’s gluten free, as long as your tortillas are gluten free, and easily made vegan (just skip the feta).”

Kate Taylor from [Cookie and Kate](#)

- Roast the peppers: Preheat oven to 450 degrees Fahrenheit with racks in the upper third and lower third of the oven. Arrange your halved peppers, cut side down, in a single layer on a large, rimmed baking sheet (use two sheets if necessary). Place the whole cloves of garlic in between the peppers. Roast on the upper rack (and lower rack, if you’re using two baking sheets) until peppers are blackened across the top, around 20 minutes. Steam and peel the peppers: Once the peppers are deeply blackened, remove them from the oven and use kitchen tongs to transfer the peppers to a medium-sized bowl and cover (or transfer them to a plastic bag and seal). Let the peppers steam for at least 10 minutes. Remove the cover and let them cool until they are manageable. Use your fingers to peel off the charred top layer of skin and discard (you may want to wear kitchen gloves for this). Peel the skin off the garlic, too. In a 3½ quart or larger Dutch oven or heavy-bottomed pot, warm 2 tablespoons of olive oil, then add the chopped onion, peeled whole garlic cloves and a sprinkle of salt. Sauté, stirring occasionally, until the onions are softened and turning translucent, about 5 to 8 minutes.

Kate believes that cooking should be fun and recipes, flexible. She chooses not to cook meat, so all of the recipes on [Cookie and Kate](#) are vegetarian. She believes in eating whole foods, which are foods that are as close to their source as possible. Kat is also an avid supporter of the occasional indulgence, and laughs with friends over drinks as often as possible.





VG

GF

roasted tomato basil soup

serves 4-6

- 20-22 (about 3 pounds) ripe plum tomatoes, cut in half lengthwise
- 1/4 cup plus 2 tbsp good olive oil
- 1 tbsp kosher salt
- 1 1/2 tsp freshly ground black pepper
- 2 cups chopped yellow onions (2 onions)
- 6 garlic cloves, minced
- 1/4 tsp crushed red pepper flakes
- 2 cans diced tomatoes
- 2 cups fresh basil leaves, packed
- 3 sprigs fresh rosemary, leaves removed and finely chopped
- 1 tsp fresh thyme leaves
- 4 cups stock (chicken or vegetable) water

• “To me there is nothing more comforting than a bowl of tomato soup. I love making homemade soups and this is one of my favorite recipes. Roasted tomatoes give this soup a wonderful deep flavor. Served alongside a sandwich or salad, this roasted tomato soup is sure to please any crowd.”

Amy Getman from [Happy Healthy RD](#)

• Preheat the oven to 400 degrees F. After tomatoes are cut, mix the tomatoes, 1/4 cup olive oil, salt, and pepper. Place on baking sheet and bake for 35-45 minutes until tomatoes are starting to caramelize. I suggest rotating the pan about 20 minutes through to ensure even roasting.
• Heat a soup pot over medium heat, add 2 tablespoons olive and sauté the onions until soft and translucent. Turn heat to low and add in garlic and red pepper flakes and continue to cook for about 5-6 minutes. Watch closely so garlic does not burn. Add in diced tomatoes, basil, thyme, rosemary and stock. Remove roasted tomatoes from oven and add to soup pot. Bring soup to a boil and simmer uncovered for 60 minutes. Process about 4 cups of the soup with a food mill and incorporate back into unmilled soup for a slightly chunkier soup. Process all the soup for a very smooth soup. Add salt and pepper to taste.
• Recipe adapted from The Food Network courtesy of Ina Garten

Amy is a registered dietitian who believes homemade cooking can lead to health and happiness. Amy enjoys sharing recipes on her blog, [Happy Healthy RD](#). Her focus is cooking with seasonal local foods and simple ingredients which result in delicious healthy eats.





VG

GF

slow cooker pumpkin stew

serves 6

3 cups cubed pumpkin
3 red potatoes, cubed
2 medium carrots, peeled and diced
1 small green bell pepper, diced
½ medium yellow onion, diced
1 can white beans, drained and rinsed
1 can diced tomatoes, no salt added
2½ cups water (or broth)
3 cloves garlic, minced
½ tsp black pepper
1 tsp ground cumin
¼ - ½ tsp chili powder (depending on how spicy you want it)
Optional:
¼ cup water
3 Tablespoons corn starch

• “Pumpkin is a popular fall ingredient, and for good reason! This winter squash boasts quite a bit of nutrition. One cup of cooked pumpkin (fresh or canned) contains: 2 grams of protein, 3 grams of fiber, just 49 calories, over 550 mg of potassium, and 22,650 IU (international units) of vitamin A!”

• Brittany Poulson from [Your Choice Nutrition](#)

• To cube your pumpkin, start by cutting ½-1 inch off the top and bottom of your pumpkin. Scoop out the inside of the pumpkin (seeds and membranes), reserving the seeds to bake later, if desired. Then peel the sides with a sharp knife or vegetable peeler. Alternatively, after cleaning out the inside, quarter the pumpkin and then peel the outside. (Use whichever method is easier for you). Cube into 1-inch pieces and place in the slow cooker.
• Dice the potatoes, carrots, bell pepper and onion. Add to the slow cooker.
• Drain and rinse the beans and add to the diced veggies. Add the canned diced tomatoes (do not drain) and water. Stir to mix everything together.
• Stir in the seasonings (garlic, pepper, cumin and chili powder).
• Turn the slow cooker on high and leave for 6 hours.
• Optional: For a thicker stew, during the last 30 minutes of cooking, take a cup and combine ¼ cup water and 3 Tablespoons cornstarch. Stir until smooth.
• Add to the stew, stirring until combined. Continue cooking on high for the remaining 30 minutes, or until the liquid is thickened. Adjust seasonings as needed.
• Serve with crackers and enjoy!

Brittany Poulson is a Utah Registered Dietitian Nutritionist (RDN) and Certified Diabetes Educator (CDE) with a Master of Dietetics Administration. Brittany truly believes in an “everything in moderation” approach and encourages clients to ditch the diet mentality and enjoy real, whole foods – and yes, that includes dessert! Brittany aims to show people that it doesn’t have to be complex or expensive to be healthy – and in fact, it can even be fun!





GF

smoky corn chowder

serves 12

2 tbsp canola oil
2 tbsp butter
3 medium onions, diced
4 stalks celery, sliced
4 cloves garlic, minced
1 tsp thyme
6 slices bacon, cut in bite-sized pieces
2 lbs potatoes, diced
2 cans (370ml each) evaporated milk
3 cups cooked (or 2 cans drained and rinsed) chickpeas
4 cups water
4 cups corn
2 tbsp Chicken Better Than Bouillon (or other bouillon)
½ tsp salt
1 tsp liquid smoke

• “Healthy without sacrificing flavour and that comfort factor! This recipe is thick and creamy but has no cream! You can thank the blended chickpeas and the evaporated milk.”

Jessica Penner from [Smart Nutrition](#)

• In a large soup pot, melt the oil and butter over medium low. Add in the onion, celery, garlic, and thyme. Cook until the onions are soft. Next add the bacon and cook for 2 minutes. Slide in the potatoes and pour in the evaporated milk. Meanwhile blend the chickpeas and the water in a blender until very smooth. In a high powered blender, this will take about 1 minute. Add the chickpea puree to the soup. Then add the corn, bouillon, salt and liquid smoke. Simmer until the potatoes are cooked, about 20 minutes. Can be served immediately, but like most soups, this recipe tastes even better after it has been sitting a day in the fridge.

Jessica is a registered dietitian, recipe creator, nutrition counselor, and a hopeless gardener. She is passionate about helping people get the most nourishment, health, and enjoyment from the food they eat. She created the exclusive program, I Quit Overeating, to help people across the world rediscover a rewarding, joyful relationship with food.





GF

spiced pork posole

serves 4

- 2 ½ tsp olive oil
- 1 cup diced onion
- 4 tbsp chopped fresh cilantro, divided
- 1 ½ tbsp minced garlic
- 1 lb lean boneless pork loin, diced
- 1 can (15.25 ounces) hominy, drained*
- 1 cup diced green poblano pepper
- 1 cup diced tomatillos**
- 1 tbsp cumin seed
- 1 tbsp chili powder
- 5 ½ cups chicken stock
- ½ tbsp ground coriander (optional)
- ½ tbsp oregano
- Salt and black pepper, to taste
- To garnish: lime wedges, sliced avocado, sliced radish

“Posole (po-sole-E) is a traditional Mexican stew made from pork (or poultry), maize, and chili peppers. Slow-simmered pork and chewy hominy make each spoon tender and full. Round out all that warm flavor and complex texture with cool avocado, fresh cilantro, and a squirt of bright lime and you’ve got yourself a healthy and hot supper.”

Danielle Cushing from [My Bottomless Ex-Boyfriend](#)

Heat oil in a large pan over medium-high heat. Saute onion, 1 tablespoon cilantro, and garlic in pan until onion softens, about 3 minutes. Add pork. Cook, stirring, until meat is browned on the outside, about 10 minutes. Add hominy, poblanos, tomatillos, cumin, chili powder, broth, coriander, and oregano. Cover and simmer until pork is tender and white, about 45 minutes. Garnish and serve.

NOTES

- *May substitute canned corn
- **May substitute red tomatoes

Danielle is a Registered Dietitian and a baking enthusiast. When she's not at work, you can find her in the kitchen....usually making chocolate chip cookies. Danielle believes that cooking should be experimental, fun, easy, healthy, occasionally indulgent, and that food should be shared in the company of others!





VG

GF

spicy three bean chili

serves 6-8

- 2 tsp grapeseed oil or other cooking oil
- 1 onion diced
- 2 carrots peeled and chopped
- 2 ears corn kernels
- 2 cloves garlic minced
- 1 heirloom tomato large, diced
- 1 28-oz can diced tomatoes
- 1 can black beans drained and rinsed
- 1 can pinto beans drained and rinsed
- 1 can kidney beans drained and rinsed
- 1 zucchini medium, chopped
- 1-2 jalapeño peppers chopped
- 1 tbsp chili powder
- 2 tsp cumin
- 1/2 tsp chipotle powder
- salt and pepper to taste
- 1/4 cup scallions chopped, for topping, optional
- 1/4 cup fresh cilantro chopped, for topping, optional
- 2 tbsp nutritional yeast for topping, optional

- “Who doesn’t love chili in the fall?! This vegan chili recipe uses three varieties of protein-packed beans, late-summer vegetables, and hot chili peppers for a lunch or dinner that’s packed with flavor. It’s also freezer and slow-cooker-friendly.”

Stephanie McKercher from [The Grateful Grazer](#)

Heat oil in a large pot over medium-high heat. Add onion and cook until translucent, about 4-5 minutes. Add remaining ingredients (except scallions, cilantro, and nutritional yeast), reduce heat to a simmer, and cook for an additional 15-20 minutes (veggies should be tender). Divide into bowls and top with scallions, cilantro, and nutritional yeast (if desired). Portion leftovers into freezer-friendly containers and store for up to 6 months.

If you’re a plant-based foodie, you’ll feel right at home at Stephanie’s blog: [The Grateful Grazer](#). If you’re just looking to eat more delicious food, there’s a place for you here too. Her recipes feature simple ingredients – mostly seasonal whole foods and pantry staples, along with some “superfoods” that she thinks you’ll want to learn about and try for yourself.





VG

GF

sweet potato curry & apple soup

serves 4-5

1 tbsp canola oil
2 tsp curry powder
1/4 tsp cinnamon
1 medium sweet potato, chopped
1 large apple, chopped (use gala or other sweet apple)
1 small yellow onion, chopped
3 cups low sodium vegetable broth
1/4 tsp salt
pepper to taste
1/3 cup coconut milk
1 tbsp honey
*optional garnishes: coconut cream, plain Greek yogurt, sweet potato chips

• “This creamy soup is simply beautiful. It’s full of flavor and is really satisfying (not to mention healthy!) It starts with heating curry powder and cinnamon in oil and letting the spices “wake up” before adding sweet potato, carrot, and onion. Once it’s cooked, this soup gets blended with a touch of honey and coconut milk, making it creamy and perfect. If you’ve got pumpkin or butternut squash on hand, feel free to use that in place of sweet potato.”

• Amber Ketchum from [Homemade Nutrition](#)

• Heat the oil in a medium saucepan over medium-high heat. Add the curry powder and cinnamon, and stir for 1-2 minutes. Add the sweet potato, apple, onion, vegetable broth, salt and pepper to the pan. Bring to a boil, then reduce heat to medium and cook for 15-20 minutes, or until the sweet potato is tender. Remove the soup from heat and let cool slightly. Carefully pour the soup into a blender and add the coconut milk and honey. Blend the soup until smooth or to desired consistency. Garnish with coconut cream, plain Greek yogurt, or sweet potato chips if desired.

• *To freeze for future meals, pour cooled soup into quart-sized zip lock bags in 1 or 1/2 cup portions. Lay the bags flat on a baking sheet and freeze. Once the soup is frozen, remove the bags from the baking sheet and the soup is ready to be stacked neatly in the freezer.

Amber is a Registered Dietitian from San Antonio, Texas and the owner of Homemade Nutrition, LLC. Her passion is helping people find a way to eat well that fits in with their lifestyle. She provides weight loss coaching and group nutrition classes, and loves creating healthy recipes for her blog: [Homemade Nutrition](#).



VG

GF

sweet potato soup

serves 8

1 onion, diced
3 stocks celery, diced
carrots, chopped (about 1/2 cup)
2 tbsp vegetable or coconut oil
5 sweet potatoes, peeled and
chopped
1 tsp salt
fresh ground pepper
1/2 tsp cayenne pepper
4 cups vegetable broth plus 1 cup
water
1 cup unsweetened almond milk
1 cup lite or regular coconut milk
Pepita seeds for topping (pumpkin
seeds, optional)

• “This soup gets me really excited because it is winning in both categories. Not only is it vegan, but its packed with calcium, healthy fats and vitamin A. Not to mention pepita seeds are the perfect vegetarian food! They are a great source of iron, magnesium, and protein!”

Heather Mason from [Nutty Nutrition & Fitness](#)

• Make mirepoix by dicing first three vegetables. Add oil to large soup pot. Add veggies when the oil is hot. Simmer on low while peeling and chopping sweet potato. Add chopped sweet potato and spices (salt, pepper, cayenne pepper). Add vegetable broth and water, turn heat to high and bring to a boil. Simmer for 30 minutes or until potatoes are tender. Check potatoes with a fork, if soft blend soup with an immersion blender or pour into regular blender. Add almond and coconut milk. Stir to combine. Serve hot topped with pepita seeds and coconut milk.

Heather is a Registered Dietitian, aspiring pastry chef, and semi-vegetarian (she has a weakness for bacon!). She blogs at [Nutty Nutrition & Fitness](#) in order to debunk nutrition myths and help people discover delicious and healthy foods.





thick 'n delicious chicken corn chowder

serves 6-8

- 1 tbsp canola oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 2 celery stalks, diced (save leaves for garnish)
- 2 carrots, diced
- 2 medium potatoes, diced
- 2 sprigs fresh thyme (1 tsp dried)
- 1/2 tsp basil
- 1/2 tsp oregano
- 3 tbsp flour
- 3 cups chicken stock
- 1/2 tbsp white or red wine vinegar
- 1 can (370ml or 12.5 oz) evaporated milk (2%)
- 2 cups cooked shredded or cubed chicken*
- 1 1/2 cups corn kernels (cooked, canned or frozen)
- 1/2 red pepper, diced
- 1/8 tsp cayenne pepper (as desired)
- salt and black pepper to taste
- 2 green onions, chopped
- 1 tbsp celery leaves, chopped (optional)
- parsley or green onions to garnish

“Loaded with veggies, this chowder is one of those hearty soups that serves as a meal. It was voted best soup in a recent soup making competition, but more importantly my kids love it! I hope you and your family enjoy it as much as we do”

Getty Stewart from [Getty Stewart](#)

Heat oil over medium high heat in a large soup pot. Sauté onions, celery and carrots until softened, about 3 to 5 minutes. Stir frequently. Add potatoes, thyme, basil and oregano. Cook for 1 minute until herbs become fragrant. Sprinkle flour over the mix and cook for 1 minute. Stir in soup stock and vinegar, stirring constantly until boiling and slightly thickened. Reduce heat, cover and simmer until potatoes are fork tender, about 10 to 12 minutes. Add evaporated milk and stir well. Add cooked chicken, corn and red pepper and heat through, about 3 to 5 minutes. Taste and adjust seasoning with cayenne pepper, salt and black pepper. Add chopped green onion and celery leaves (if available) to soup and stir just to distribute and gently heat. They'll add a lovely bright green color and a fresh taste to the soup. Garnish each bowl with parsley sprigs or chopped green onions.

Notes:

*If you don't have leftover, pre-cooked chicken cut 2 boneless chicken breasts or 3 boneless chicken thighs into bite size pieces and sauté in 1 Tbsp canola oil until cooked through.

Getty is a Professional Home Economist passionate about helping people use and enjoy seasonal food. Through workshops, TV appearances and her food blog ([GettyStewart](#)), Getty takes us from the garden to the kitchen table with tips, recipes and preserving information. When not in the kitchen, you'll find her in the garden, foraging for wild edibles or camping with her family.





GF

tomato carrot soup

serves 12

1 medium yellow onion, finely diced
2 cups carrots, finely diced
3 tbsp olive oil
2 (14.5oz) cans diced tomatoes
6 cups vegetable or tomato juice (low sodium)
2 tbsp chicken base (low sodium) or 3 bouillon cubes
3 tbsp granulated sugar
1 tsp black pepper
1 tbsp dried basil
½ tsp salt, more to taste
1 (12oz) can fat free evaporated milk

• “While I grew up on canned tomato soup and enjoyed it, home-made is SO much better. Trust me on this one! Adding carrots really helps balance out the acidic tomatoes, so don’t skip that step. It also adds some extra beta-carotene, which is always nice. Who couldn’t use some extra beta-carotene in their lives? It’s great for our eyes, skin, and immune system. ”

Kalee Lundmark from [The Crowded Table](#)

• Add olive oil to large pot over medium heat. Add onion and carrots, and cook until carrots are softened, about 15 minutes. Add tomatoes, juice, chicken base, sugar, and seasonings and stir together. Heat until the mixture comes to a boil. Remove from heat and stir in evaporated milk. Adjust seasonings to taste.* Enjoy!

• NOTES

• *If you prefer a smooth soup, puree with an immersion blender until all the tomato, onion and carrots are completely pureed. You could also add batches of soup to a blender and blend until smooth. Just be careful, it will be hot!

Kalee is a Registered Dietitian, wife, and mom of 3. She family loves simple, nourishing meals that she can enjoy with her little ones or with a table full of family and friends. She started [The Crowded Table](#) blog in 2015 as a way to share delicious, healthy recipes with others.





VG

GF

turkish red lentil soup

serves 8

4 tbsp olive oil
2 onions finely chopped (I puree them in a mini food-chopper until they're smooth)
1 tsp paprika
1 cup red lentils (rinsed)
½ cup bulgur (rinsed)
2 tbsp tomato paste
8 cups vegetable stock
1/8 tsp cayenne pepper
1 lemon

“A lentil recipe I really, truly love. It’s also inexpensive, uses staples I can keep in my pantry, and requires only about ten minutes of hands-on prep. Make a batch of this soup and a loaf of bread and you’ve got two easy, hearty (and healthy) meals—perfect for cold weather.”

Sally Kuzemchak from [Real Mom Nutrition](#)

Saute onions in olive oil. Add paprika, lentils, bulgur, and tomato paste. Add stock and cayenne pepper and cook about an hour, stirring occasionally. Squeeze a lemon wedge into each bowl before serving.

Sally is a Registered Dietitian. The goal for her blog [Real Mom Nutrition](#) is and always has been to share her triumphs (and tragedies) when it comes to feeding her kids and herself, to tell you what works for her (and what doesn’t), to admit her mistakes (and usually laugh about them)—and above all, to create a space where moms (and even a few dads) can feel understood and never judged.

