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10 Healthy Soup Recipes

Are you thinking of preparing some soup for your dinner? Then check these 10 healthy and sumptuous soup recipes for your next meal.

The principal art in composing good rich soup is with the proper proportion of several ingredients that the flavor of one shall not predominate over another and that all the components of which it is composed, shall form an agreeable whole.

To accomplish this, care must be taken that the roots and herbs are perfectly well cleaned and that the water is proportioned to the quantity of meat and other ingredients.

Generally, a quart of water may be allowed to a pound of meat for soups, and half the quantity for gravies.

In making soups, gentle stewing or simmering is incomparably the best. It may be noted, that a really good soup can never be made but in a well-closed vessel, although, perhaps, greater goodness is obtained by an occasional exposure to the air.

Soups might take around one to six hours of preparation, and are much better prepared the day before they will be set on the table.

When the soup is cold, the fat may be much more easily and completely removed. When it is poured off, care must be taken not to disturb the settlings at the bottom of the vessel, which are so fine that they will escape through a sieve.



Turkey Meatball Soup

Ingredients

1 lb ground turkey

1 clove garlic, minced

1/2 cup parmesan cheese

3 cup spinach, finely chopped

1 cup diced tomatoes

1 cup Italian seasoned chicken broth

2 eggs

Instructions

1. Mix the ground turkey with minced garlic, parmesan cheese, eggs and finely chopped spinach.

2. Shape them to look like meatballs.

3. Brown them and add tomatoes and Italian seasoned chicken broth.

4. Add water whatever seems right.

5. Add fresh 2 cups fresh spinach leaves and let them wilt.

6. Sprinkle more parmesan cheese on top.

(It's about 31 protein, 25 fat, 14 carbs, and 4 fibre.)

Curried & Creamed Red Pepper Soup

Ingredients

6 red, yellow, or orange sweet peppers

½ cup chopped red onion

2 tsp. chicken bouillon granules

2 tbsp curry powder

½ tsp dried thyme, crushed

½ tsp dried marjoram, crushed

1 tsp garlic powder

3 oz cream cheese

½ cup whipping cream

1 cup water

sour cream (optional)

Instructions

1. Halve peppers, seed, and remove internal membranes.
2. Place on aluminum foil covered cookie sheet and roast at 450 degrees for 10 – 15 minutes until skins start to turn black and bubble.
3. Place in paper bag to steam and cool.
4. When the peppers can be handled, remove skins and slice peppers into strips and place in a pan with onion, water, bouillon granules, curry powder, thyme, marjoram, and garlic.
5. Simmer for 15 minutes.
6. Add cream cheese cut into chunks.
7. Puree mixture in blender or food processor until smooth.
8. Stir in the cream. To serve, swirl a teaspoon of sour cream on the top of each bowl. Make 6 serving.

Total calories – 1,351 total grams Carbohydrate – 46.1

Per serving – 226 Calories 7.7 grams Carbohydrate

Gourmet Cream of Almond Soup

Ingredients

6 cups chicken stock

1/2 lb. ground toasted almonds

1/2 c heavy whipping cream

1/2 cup water

4 egg yolks

chopped parsley

sliced almonds

salt and pepper to taste

Ingredients

1. Bring the stock to a boil.

2. Add the almonds and simmer for fifteen minutes.

3. Beat the cream, water and the egg yolks together.

4. Whip the mixture into the stock and remove it from the heat.

5. Season to taste with salt and pepper.

6. Garnish with chopped parsley and sliced almonds.

Cream of Cauliflower Soup

Ingredients

1/2 sweet onion, sliced thin

1 small head of cauliflower florets

1 can Campbell's chicken broth

3 tablespoons olive oil

1 cup water

1 cup 15% cream

dried or fresh, parsley, salt, and pepper to taste

dash of Lite Soy Sauce

Instructions

1. Heat oil over low heat in large saucepan and sauté onions for 3 minutes.

2. Add cauliflower and parsley.

3. Cover partially and cook 8 to 10 minutes more.

4. Add water and stock and bring to a boil.

5. Cover partially and simmer 5 minutes.

6. Puree in blender , gradually adding cream or milk.
Garnish with chives

Makes 6-8 1/2 cup servings

Carbs 3 grams, Protein 2.5 grams

Cabbage and Ground Beef Soup

Ingredients

1 to 1 1/2 lbs. ground beef

1/2 onion

1 large head cabbage

salt, pepper, soy sauce, garlic to taste

Instructions

1. Fry up meat, with garlic and onion.
2. Add just enough water to cover the meat.
3. Add in shredded cabbage, soy sauce, salt, and pepper.
4. Cover and simmer. Check liquid level and add as needed.



Egg Drop – Tofu Soup

Ingredients

1 20oz. can salt-free chicken broth

4oz. firm tofu, cut into thin strips

1 scallion, chopped (green part only)

1 tbsp. Chinese parsley

1/2 tsp. each Chinese white pepper and mustard powder

Dash salt-free soy sauce

3 eggs

Instructions

1. Separate two of your three eggs.

2. Lightly beat the two yolks and one whole egg and set aside.

3. In a medium saucepan, whisk the egg whites into the *cold* broth.

4. Slowly raise broth to almost boiling.

5. “Drop” the beaten egg into the hot broth, a little at a time. It should cook immediately and each “drop” should hold together. Stir gently.

6. Add tofu, pepper, mustard and soy sauce and simmer five minutes.

7. Just before serving, stir in the Chinese parsley and scallion. Makes two big dinner portions.

New England Clam Chowder

Ingredients

the core of a fresh cauliflower (not the flowerets)

2 cups beef stock, bouillon or water

1 10-ounce can clams and broth

1 tablespoon butter

1 tablespoon minced onion

2 cups heavy cream

1 sprig or 1/2 teaspoon minced parsley

salt to taste

Instructions

1. Dice the cauliflower.
2. Heat the cream and stock together.
3. Add the cauliflower.
4. Simmer uncovered for 10 minutes, or until the cauliflower is the consistency of cooked potato.
5. Add the other ingredients and heat through.

Taco Soup

Ingredients

about 3/4 pound of leftover taco seasoned ground beef

half a chopped onion

half a chopped green pepper

about 3/4 cup of salsa

Instructions

1. Make about 6 cups of beef stock and chuck in all the above.
2. Simmer it for about half an hour.



Double Rich Cream of Mushroom Soup

Ingredients

1/2 pound fresh mushrooms, sliced

3 cups basic chicken stock or chicken bouillon

1 tablespoon finely minced fresh parsley

dash of freshly grated nutmeg

salt, pepper to taste

1/2 cup cream

1/3 cup powdered milk

1/4 cup butter

3 egg yolks

Instructions

1. Melt the butter in a saucepan.
2. Add the mushrooms and saute' until cooked (about 5 minutes).
3. Pour all but a few mushrooms into a blender container, add the broth and egg yolks.
4. Blend until smooth. Stir in the parsley and nutmeg and correct the seasoning.
5. Return to the heat, and stir in the cream and powdered milk.
6. Heat gently, stirring until thick and hot. Do not boil.
7. Pour into individual soup bowls and garnish with the remaining mushrooms.

Portuguese Soup

Ingredients

3 1/2 or 4 lb pot roast

2 onions – quartered

2 cloves of garlic

1 small can Tomato Sauce

1/2 c white vinegar or wine vinegar

2 tbsp. of picking spice (tie the cheesecloth, discard after cooking)

Instructions

1. Cut Pot Roast into 1-1 1/2 in. chunks, wash and put into a pot.
2. Cover meat with water and add all other ingredients.
3. Cook 1 1/2 – 2 hrs until very tender. Add water as needed.

Serving

1. Place slices of French bread on a plate and place a sprig of fresh peppermint on them.
2. Ladle the soup over the bread and peppermint.

NOTE: This was stressed as being very important in serving it in the traditional style. It tastes very different if served without this step.