

## Chilled Tomato-Basil Soup

- ½ 14.5-ounce can artichokes, rinsed and drained
- 8 olives
- 2 medium tomatoes, quartered
- 1 cup low-sodium mixed-vegetable juice
- 4 medium green onions, cut into big pieces
- 2 tablespoons cider vinegar
- 2 teaspoons paprika
- ½ medium garlic clove
- ¼ cup finely chopped fresh basil leaves or 2 tablespoons dried basil crumbled, and 2 tablespoons finely snipped fresh parsley
- ¾ teaspoon olive oil (extra-virgin preferred)
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon salt

In a food processor or blender, coarsely chop the artichokes. Add the olives. Finely chop. Transfer to a medium bowl. Process the tomatoes, vegetable juice, green onions, vinegar, paprika, and garlic until smooth. Add to the artichoke mixture. Stir in the remaining ingredients. Cover with plastic wrap and refrigerate for 30 minutes to allow the flavors to blend.

Nutrition Information: ¾ cup per serving; 64 calories; 3.0 total fat; 0.5 g saturated fat; 0 mg of cholesterol; 393 mg sodium; 3 g fiber; 6 g sugar; 2 g protein

Source: American Heart Association (2005). *No-Fad Diet: A Personal Plan for Healthy weight Loss*.

## Quick Mexican-Style Soup

- 14- ounce can fat-free, low-sodium chicken broth
- 1 large tomato, seeded and diced
- 4- ounce can chopped mild green chiles
- ¼ cup snipped fresh cilantro
- 2 tablespoons fresh lime juice
- ½ tablespoon olive oil (extra-virgin preferred)
- ¾ teaspoon ground cumin

In a medium saucepan, bring the broth to a boil over high heat. Stir in the tomato and green chiles. Return to a boil. Remove from the heat. Stir in the remaining ingredients. Let stand, covered, for 5 minutes to allow the flavors to blend.

Nutrition Information: ¾ cup per serving; 35 calories; 12.0 total fat; 0.0 g saturated fat; 0 mg of cholesterol; 132 mg sodium; 2 g fiber; 1 g sugar; 1 g protein

Source: American Heart Association (2005). *No-Fad Diet: A Personal Plan for Healthy weight Loss*.

## Clear Spinach and Tomato Soup

1 onion, diced  
2 teaspoons garlic, minced  
1 tablespoon extra virgin olive oil  
4 cups chicken broth (recipe calls for defatted chicken stock)  
1/2 cup orzo pasta (or other tiny pasta-couscous?)  
1 lb spinach, chopped into bite-size pieces  
3 tomatoes, peeled, seeded and diced  
1 tablespoon fresh basil, minced (or 1 1/2 tsp dried)  
1/2 teaspoon ground black pepper  
grated parmesan cheese, is (optional)

6 servings  
40 minutes 20 mins prep

In a 3-quart saucepan over medium heat, sauté the onions and garlic in the oil for 3 minutes, or until the onions look translucent. Add the broth (stock) and bring to boil. Reduce the heat to medium low, add the pasta and simmer for 10 minutes.

Stir in the spinach and tomatoes. Simmer for 5 minutes. Stir in the basil and pepper. Serve with the Parmesan if desired.

Nutrition Information: Calories 135 Calories from Fat 34 (25%) Amount Per Serving %DV Total  
Fat 3.8g 5% Saturated Fat 0.7g 3% Polyunsat. Fat 0.7g Monounsat. Fat 2.1g Trans Fat 0.0g  
Cholesterol 0mg 0% Sodium 573mg 23% Potassium 763mg 21%  
Total Carbohydrate 18.5g 6% Dietary Fiber 3.2g 12% Sugars 3.4g Protein 8.0g 16%

Source: <http://www.recipezaar.com>

## Egg Drop Soup

2 (10 3/4 ounce) cans chicken broth, diluted  
1 (2 1/2 ounce) jar sliced mushrooms, undrained  
2 green onions, chopped  
2 garlic cloves  
1/8 teaspoon white pepper  
1 egg, slightly beaten  
1 teaspoon sesame oil or vegetable oil

5 cups  
25 minutes 10 mins prep

Combine first 5 ingredients in a Dutch oven. Bring to a boil; cover, reduce heat and simmer 10 minutes. Remove garlic. Combine egg and oil, stirring well. Slowly pour egg mixture into soup, stirring constantly. (The egg forms lacy strands while cooking). Serve right away.

Nutrition Information: Calories 50 Calories from Fat 24 (48%) Amount Per Serving %DV Total  
Fat 2.7g 4% Saturated Fat 0.7g 3% Polyunsat. Fat 0.7g Monounsat. Fat 1.1g Trans Fat 0.0g  
Cholesterol 42mg 14% Sodium 426mg 17% Potassium 190mg 5%  
Total Carbohydrate 1.9g 0% Dietary Fiber 0.3g 1% Sugars 0.8g Protein 4.5g 8%

Source: <http://www.recipezaar.com>

## Red Pepper Soup

2 tablespoons butter  
4 red bell peppers, chopped  
1 onion, chopped  
24 fluid ounces chicken broth or vegetable broth  
1/2 cup heavy cream  
1/8 teaspoon ground pepper

4-6 servings  
1 hour 15 mins prep

Melt the butter in a large saucepan over medium heat. Place the red bell pepper, onion and garlic in the saucepan and sauté for 5 to 10 minutes.

Pour in the broth, stirring well. Reduce heat to low and simmer for 30 minutes.

Puree using a hand held immersion blender, or transfer to a blender and puree until smooth. Pour the soup through a strainer and return the liquid to the saucepan over medium low heat. Stir in the heavy cream and the ground black pepper and allow to heat through, about 5 to 10 minutes.

Nutrition Information: Calories 225 Calories from Fat 163 (72%) Amount Per Serving %DV  
Total Fat 18.2g 27% Saturated Fat 10.9g 54% Polyunsat. Fat 1.0g Monounsat. Fat 5.1g Trans  
Fat 0.0g Cholesterol 56mg 18% Sodium 627mg 26% Potassium 470mg 13% Total  
Carbohydrate 11.5g 3% Dietary Fiber 2.8g 11% Sugars 6.7g Protein 5.7g 11%

Source: <http://www.recipezaar.com>

## Red Lentil Soup

6 cups chicken broth  
1 1/2 cups red lentils, cleaned  
1 small onion, grated  
1/4 teaspoon cumin  
1/4 teaspoon cayenne

6 servings 1 hour 15 mins prep

Place all ingredients in medium saucepan and simmer, partially covered, until lentils are soft (about half an hour). Puree soup until smooth. Simmer until soup is of desired thickness, stirring frequently to prevent burning.

Nutrition Information: Calories 209 Calories from Fat 21 (10%) Amount Per Serving %DV Total  
Fat 2.4g 3% Saturated Fat 0.6g 2% Polyunsat. Fat 0.8g Monounsat. Fat 0.8g Trans Fat 0.0g  
Cholesterol 0mg 0% Sodium 767mg 31% Potassium 502mg 14%  
Total Carbohydrate 30.5g 10% Dietary Fiber 5.4g 21% Sugars 1.2g Protein 16.9g 33%

Source: <http://www.recipezaar.com>

## Vegetarian Chili

1 (8 ounce) can diced tomatoes  
1 green bell pepper  
1 medium sized onion  
1 (15 ounce) can kidney beans  
1 (15 ounce) can pinto beans  
1 (15 ounce) can tomato sauce, unseasoned  
Olive oil  
3/4 cup sliced mushrooms  
1/2 teaspoon cumin  
1/2 teaspoon chili powder  
1 dash cayenne pepper

4 servings  
25 minutes 10 mins prep

Chop up the onion, mushroom (if not canned), and bell pepper. You can chop them in big chunks, which is preferable because it adds eye appeal and makes the chili heartier. Or you can chop them more finely; it is completely up to you. Sauté those in a big sauce pan with the olive oil. Once the onions become somewhat soft and translucent, add in diced tomatoes (if using canned, reserve the liquid, if using fresh, seed the tomatoes). Add in tomato sauce and allow the sauce to clean the bottom of the pan, in order to keep all of the great flavors. Turn the burner down to medium or medium-high and let it simmer for a while, to thicken the sauce. Add in beans, reserving the liquid, and add in crumbles. Stir well and add seasoning, combining them completely into the chili. Cook it for longer at this point to thicken it, serve it as is, or add the reserved liquid to thin it a bit, it is all personal preference.

Nutrition Information: Calories 304 Calories from Fat 16 (5%)  
Amount Per Serving %DV Total Fat 1.9g 2% Saturated Fat 0.3g 1%  
Polyunsat. Fat 0.6g Monounsat. Fat 0.5g Trans Fat 0.0g  
Cholesterol 0mg 0% Sodium 955mg 39% Potassium 1316mg 37%  
Total Carbohydrate 58.0g 19% Dietary Fiber 17.3g 69% Sugars 10.5g  
Protein 17.9g 35%  
Source: <http://www.recipezaar.com>

## Tomato, Pasta, and Spinach Soup

1 medium onion, sliced thin  
1 garlic clove, minced  
2 tablespoons olive oil  
7 cups water  
6 chicken bouillon cubes  
28 ounces crushed tomatoes, undrained  
1/4 teaspoon dried sage  
1/2 teaspoon dried basil  
1 cup ditalini  
10 ounces frozen chopped spinach  
15 ounces cannellini beans

10 cups  
30 minutes 5 mins prep

In a large Dutch oven, sauté onions and garlic in oil for 5 min over med heat. Add water, chicken bullion, crushed tomatoes, sage and basil; bring to a boil and stir in ditalini and frozen spinach. Bring back to a boil and cook 5 min; stirring often to break up spinach. Add beans and cook an additional 5 min or until pasta is done.

Nutrition Information: Calories 162 Calories from Fat 33 (20%) Amount Per Serving %DV Total  
Fat 3.7g 5% Saturated Fat 0.6g 3% Polyunsat. Fat 0.6g Monounsat. Fat 2.2g Trans Fat 0.0g  
Cholesterol 0mg 0% Sodium 644mg 26% Potassium 583mg 16%  
Total Carbohydrate 26.4g 8% Dietary Fiber 5.2g 20% Sugars 4.4g Protein 7.8g 15%

Source: <http://www.recipezaar.com>

## **Tortellini Soup**

8 cups low sodium chicken broth  
Fresh ground black pepper  
2 (9 ounce) packages cheese tortellini  
2 tablespoons chopped fresh Italian parsley

8 servings  
20 minutes 10 mins prep

Pour the broth into a heavy large saucepan. Cover and bring to a boil over high heat. Season the broth with pepper, to taste. Add the tortellini. Simmer over medium heat until al dente, about 7 minutes. Ladle the broth and tortellini into soup bowls. Serve.

Nutrition Information: Calories 234 Calories from Fat 54 (23%) Amount Per Serving %DV Total  
Fat 6.1g 9% Saturated Fat 2.7g 13% Polyunsat. Fat 0.6g Monounsatur. Fat 2.0g Trans Fat  
0.0g Cholesterol 26mg 8% Sodium 291mg 12% Potassium 268mg 7%  
Total Carbohydrate 32.9g 10% Dietary Fiber 1.2g 4% Sugars 0.9g Protein 13.4g 26%

Source: <http://www.recipezaar.com>

## Coconut Curried Pumpkin Soup

2 tablespoons unsalted butter  
1 small onion, chopped  
1 garlic clove, minced  
2 teaspoons curry powder  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 (14 1/2 ounce) can chicken broth, plus  
1 (14 1/2 ounce) can water  
1 (15 ounce) can pumpkin puree  
3/4 cup unsweetened coconut milk

6 servings  
45 minutes 15 mins prep

Melt butter in a large saucepan over medium heat.  
Cook onion until softened, about 5 minutes.  
Add garlic, curry, salt, and pepper and cook 1 minute more.  
Add broth, water and puree; mix well. Reduce heat to low.  
Cook, stirring occasionally, for 20 minutes.  
Stir in coconut milk.  
Puree soup in blender in several batches until smooth. Return to saucepan.  
Reheat and serve.

Nutrition Information: Calories 127 Calories from Fat 94 (73%) Amount Per Serving %DV Total  
Fat 10.5g 16% Saturated Fat 7.9g 39% Polyunsat. Fat 0.3g Monounsat. Fat 1.5g Trans Fat  
0.0g Cholesterol 10mg 3% Sodium 431mg 17% Potassium 398mg 11% Total Carbohydrate 7.5g  
2% Dietary Fiber 0.8g 3% Sugars 1.7g Protein 3.0g 6%

Source: <http://www.recipezaar.com>

## Broccoli-Cheddar Chowder

1 1/2 cups milk  
1 (11 ounce) can condensed cheddar cheese soup  
1 cup frozen chopped broccoli  
1/2 cup frozen hash brown potatoes  
1/2 cup frozen whole kernel corn  
2 tablespoons chopped pimiento

6 servings  
1 hour 15 mins prep

In a medium saucepan stir together milk and soup. Cook and stir over medium heat till bubbly. Remove from the heat. Stir in broccoli, hash browns, corn, and pimiento; cool. Pour mixture into a 1-quart freezer container.

Nutrition Information: Calories 135 Calories from Fat 60 (44%) Amount Per Serving %DV Total  
Fat 6.8g 10% Saturated Fat 4.1g 20% Polyunsat. Fat 0.3g Monounsat. Fat 1.9g Trans Fat  
0.0g Cholesterol 20mg 6% Sodium 468mg 19% Potassium 292mg 8%  
Total Carbohydrate 14.4g 4% Dietary Fiber 1.8g 7% Sugars 0.7g Protein 5.7g 11%

Source: <http://www.recipezaar.com>

## Clam Chowder

5-6 1/2 ounces chopped clams, liquid reserved  
24 ounces bottled clam juice  
1 large yellow onion  
2 tablespoons all-purpose flour  
3 medium red potatoes cut into 1/2-inch dice  
1 large bay leaf  
1/4 teaspoon dried thyme  
1 cup heavy cream  
2 tablespoons minced fresh parsley leaves  
salt  
white pepper, to taste

4 servings  
30 minutes 30 mins prep

In a large soup pot, add the onion and cook until softened.  
Add the flour and stir until lightly colored, about a minute.  
Slowly whisk in the clam broth, reserved clam liquid, potatoes, bay leaf and thyme. Simmer until the potatoes are tender, about 10 minutes.  
Add the clams, cream, fresh parsley, salt and white pepper.  
Bring to a simmer and serve immediately.  
(You may substitute any type of shellfish, or even fish for the clams in this recipe.).

Nutrition Information: Calories 387 Calories from Fat 203 (52%)  
Amount Per Serving %DV Total Fat 22.6g 34% Saturated Fat 13.8g 69%  
Polyunsat. Fat 1.0g Monounsat. Fat 6.4g Trans Fat 0.0g Cholesterol 98mg 32%  
Sodium 422mg 17% Potassium 1151mg 32% Total Carbohydrate 37.5g 12% Dietary Fiber 4.2g  
16% Sugars 2.9g Protein 10.4g 20%

Source: <http://www.recipezaar.com>

## Corn and Carrot Soup

2 cups water  
1/3 cup red lentils  
1 cup frozen corn  
1 cup carrots (chopped)  
1/2 red pepper (chopped)  
1/2 teaspoon salt  
1/8 teaspoon curry powder  
1/8 teaspoon cinnamon  
1/8 teaspoon cardamom  
black pepper

4 servings  
40 minutes 10 mins prep

Put water, lentils, corn, carrots, and red pepper in a saucepan and boil for 30 minute.  
When carrots are tender and lentils have split, pour soup into a blender.  
Add salt and spices. Blend until smooth.

Nutrition Information: Calories 106 Calories from Fat 7 (6%) Amount Per Serving %DV  
Total Fat 0.8g 1% Saturated Fat 0.1g 0% Polyunsat. Fat 0.4g Monounsat. Fat 0.2g  
Trans Fat 0.0g Cholesterol 0mg 0% Sodium 314mg 13% Potassium 299mg 8%  
Total Carbohydrate 21.7g 7% Dietary Fiber 3.9g 15% Sugars 1.9g Protein 5.6g 11%

Source: <http://www.recipezaar.com>

## Chicken Noodle Soup

1 (3-4 lb) broiler-fryer chickens  
8-10 cups water  
1 bay leaf  
1 tablespoon chopped fresh parsley  
1 1/4 teaspoons salt  
1/4 teaspoon pepper  
1/4 teaspoon dried basil  
1/8 teaspoon celery seeds  
1/8 teaspoon garlic powder  
4 medium carrots, chopped  
1 small onion, chopped  
1 cup uncooked fine egg noodles

10 cups

2 hours 35 minutes 20 mins prep

Combine first 9 ingredients in a large Dutch oven. Bring to a boil, cover, reduce heat and simmer 1/2 hours or until tender. Remove chicken from broth, discard bay leaf. Remove skin, bone chicken, and dice meat; set aside. Add carrot and onion to broth; cover and simmer 30 minutes. Add chicken and noodles, cook an additional 15 minutes.

Nutrition Information: Calories 320 Calories from Fat 186 (58%) Amount Per Serving %DV  
Total Fat 20.8g 31% Saturated Fat 5.9g 29% Polyunsat. Fat 4.5g Monounsat. Fat 8.6g Trans  
Fat 0.0g Cholesterol 105mg 35% Sodium 407mg 16% Potassium 359mg 10% Total  
Carbohydrate 5.9g 1% Dietary Fiber 0.9g 3% Sugars 1.5g Protein 26.2g 52%

Source: <http://www.recipezaar.com>