

# Healing Soups

Provided by:  **lauramangum**rd,Id  
eat right. be fit. live well.

## Minestrone Soup

- 4 oz dried lima beans or kidney beans, soak overnight, cooked until tender, and drained
- 1 lg onion, chopped
- 1 stalk celery, chopped
- 1 carrot, chopped
- ¼ head green cabbage, shredded
- 4 oz fresh peas
- 1 cube chicken or vegetable bouillon
- 2 cups Newman's Own Cabernet Marinara or Sockarooni Pasta Sauce

Simmer the beans, onion, celery, carrot, cabbage, and peas in 3 cups of water with the bouillon cubes until the vegetables are tender, about 12 or 15 minutes. Add the pasta sauce and simmer gently 5 minutes more. Serve hot.

## Roasted Red Pepper Lentil Soup

- 1 each roasted green, red and yellow pepper
- ½ c dried green/brown lentils
- 1 ½ tsp chili powder
- 1 can tomato sauce, organic (or homemade)
- 3 cups water
- ¼ tsp salt

To roast peppers: Core and seed peppers. Cut in quarters. Place pieces, skin side up on baking sheet. Broil one side until skin blisters and blackens about 5-8 minutes. Or bake in oven @ 500 degrees for 15 – 20 minutes. Place in plastic bag and seal. Let it stand for 15 minutes. Peel off blackened skin. Rinse lentils. In large saucepan, place lentils and 3 cups water. Simmer, covered for 25 min. Cut peppers in strips ½ inch long. Add tomato sauce, chili powder, salt and peppers. Simmer another 10 minutes.



# Healing Soups

Provided by:  **lauramangum**rd,Id  
eat right. be fit. live well.

## Tortilla Soup

---

- 3 cups chicken broth
- 1 can stewed tomatoes, Mexican recipe, coarsely chopped
- 1 medium onion, chopped
- 1 clove garlic, minced
- ¼ tsp ground cumin
- 2 cups cooked chicken
- 1 ½ cups baked tortilla chips
- cilantro
- ¼ cup Monterrey jack cheese, shredded

Combine tomatoes with juice, broth, onion, garlic, and cumin in a large pot, simmer 10 minutes. Add chicken, simmer 3 to 5 minutes. Top individual servings with tortilla chops, cilantro and cheese.

## Vegetable Soup

---

- 1 carton vegetable juice
- 1 package onion soup mix
- 1 can low fat cream of mushroom soup
- 1 package baby carrots, chopped
- 3 stalks celery, chopped
- 1 package frozen green beans
- 1 can lima beans (or another type of bean)
- 1 can green peas
- 2 potatoes, cubed
- 1 cup water
- 1 lb sirloin, cubed (optional)

Pour all ingredients into the slow cooker and cook for 6 hours



# Healing Soups

Provided by:  **lauramangum**rd,ld  
eat right. be fit. live well.

## Black Bean Soup

- 1 lb black beans, cooked overnight
- 4 tsp diced jalapeños
- 6 cups chicken broth
- ½ tsp garlic powder
- 1 tbs chili powder
- 1 tsp ground cumin
- 1 tsp cayenne pepper
- ¾ tsp ground black pepper
- ½ tsp hot pepper sauce

### Nutrition info:

Servings per recipe: 6  
Calories: 295  
Fat: 3.5 g  
Total carbs: 49 g  
Fiber: 12 g  
Protein: 18 g

Drain black beans and rinse. Combine all ingredients in a slow cooker and cook for 4 hours on high. Reduce to low and cook for an additional 2 hours.

## 10 Bean Soup

- 1 16 oz package dry mixed beans
- 1 (15 oz) can tomato sauce
- 1 (14.5 oz) can diced tomatoes with green chili peppers
- 3 stalks celery, diced
- 4 carrots, diced
- 16 oz smoked turkey sausage, diced
- ground pepper and sea salt to taste
- ¼ tsp poultry seasoning
- ¼ tsp onion powder
- 2 ½ tsp minced garlic

### Nutrition info:

Servings per recipe: 8  
Calories: 305  
Fat: 2.5 g  
Total carbs: 48 g  
Fiber: 17 g  
Protein: 21 g

Soak beans overnight and then drain. Place drained beans, tomato sauce, tomatoes, chilies, celery, carrots and sausage in slow cooker. Add enough water to cover all ingredients and season soup to taste with salt and pepper. Add poultry seasoning, onion powder, and garlic. Simmer on low for 6- 10 hours until beans are tender.



# Healing Soups

Provided by:  **lauramangum**rd,ld  
eat right. be fit. live well.

## Vegetable Chili

- 1 (28 oz) can whole peeled tomatoes with juice
- 1 (15 oz) can garbanzo beans, drained
- 2 zucchini, thinly sliced
- 1 onion, chopped
- 2 carrots, slice
- 2 stalks celery, sliced
- 1 red bell pepper, chopped
- 1/3 cup chili powder
- 1 (4 oz) can chopped green chile peppers
- 2 cloves garlic, minced
- 1 tbsp dried oregano
- 2 tsp ground cumin
- 1 tsp salt

### Nutrition info:

Servings per recipe: 6  
Calories: 174  
Fat: 2.6 g  
Total carbs: 35 g  
Fiber: 10 g  
Protein: 7.5 g

In a slow cooker, combine the tomatoes, chickpeas, zucchini, onion, carrots, celery, red bell pepper, chili powder, green chile peppers, garlic, oregano, cumin and salt. Cover and cook on low for 6 to 8 hours or high for 3 to 4 hours.

## Pasta Fagioli Soup

- |                           |                              |                                   |
|---------------------------|------------------------------|-----------------------------------|
| 1 tbs olive oil           | 1 tsp oregano                | 1 cup pasta<br>(use rice noodles) |
| 1 onion (chopped)         | ½ tsp rosemary               | 1 cup white beans                 |
| 1 rib celery (chopped)    | 1 can diced tomatoes         | 1 can kidney beans                |
| 2 carrots (grated)        | 2 cans chicken stock (16 oz) | ¼ cup parsley (chopped)           |
| 1 zucchini (sliced)       | 2 cups water                 |                                   |
| 4 garlic cloves (chopped) | 1 tsp salt and pepper        |                                   |

Heat oil in pot over medium heat. Add onion, celery, carrots, zucchini and garlic & cook for 4 minutes. Add oregano and rosemary and cook for 1 minute. Add tomatoes and stir for 1 minute. Add stock, water, salt, pepper and pasta. Bring to a boil. Reduce heat and simmer 10 minutes or until pasta is tender. Stir in beans and parsley until heated through; then serve.  
Serves 8



# Healing Soups

Provided by:  **lauramangum**rd,ld  
eat right. be fit. live well.

## Chicken Gumbo

2/3 cup cooked brown rice  
2 tsp olive oil  
1/2 cup chopped onion  
2 cloves garlic  
1 lb boneless chicken breast  
4 cups chicken broth  
28 oz chopped tomatoes  
10 oz frozen okra  
2 dried bay leaves  
1 tsp oregano  
1 tsp thyme  
1/4 tsp sea salt  
1/4 tsp ground pepper  
2 cups kale  
1/2 cup corn

### Nutrition info:

Serving size: 2 Cups  
Calories: 330  
Fat: 6 g  
Total carbs: 34 g  
Fiber: 10 g  
Protein: 37 g

In a large pot, heat olive oil and add onion and garlic (chopped) and cook until soft for 2 minutes. Add chicken, cubed, and stir frequently for 3 minutes until golden brown. Add broth, tomatoes, okra, and bay leaves. Add oregano, thyme, salt and pepper. Bring to a simmer and cook for 5 minutes. Add kale, brown rice, and corn. Cook for 1-2 minutes until heated through. Discard bay leaves and serve.

