Soothing Soups to Help You On a Bad Day

There is nothing better than hot soup when you are having a bad day, whether it was a stressful day in the office, the weather is all cold and miserable, or someone in the house isn’t feeling well. Here are some different soothing soups you can cook.

**Ham and Potato Soup**

The combination of ham and potato is perfect for a healthy and satisfying soup. Many potato soups are cream-based, and this one is no exception. The liquid is going to come from milk, as well as some chicken broth for added flavor. You want to have your ham cooked already so that all you need to do id cut it up into small cubes. Consider using a honey ham with all those added flavors. Russet potatoes are a good option, skinned and also cut into small pieces. Add in celery, onion, and some flour to thicken up your soup.

**Chicken and Rice Soup**

This is a good alternative to a chicken noodle soup, providing sustenance, warmth on a cold day, and a satisfying feeling of doing something good for yourself. Use chicken breasts that have been cooked and cut into small pieces. For the rice, you can use whatever rice you like, such as long grain white rice, brown rice, or even wild rice. Use chicken broth in your soup, along with salt and pepper, carrots, onions, and plenty of garlic as well.

Hamburger Soup

You may also want to try a soup that has more meaty goodness in it, but is a little different from traditional soups. That is where the hamburger soup comes in. This is very hearty and has a long list of ingredients, but that is because it has a lot of complex flavors. Make a big batch of it so you can save the leftovers for future meals. With hamburger soup, naturally you want ground beef, along with beef broth and chicken broth. You should have seasonings like garlic, salt, pepper, dry onion soup mix, and ranch dressing mix. Also mix in some veggies, such as peppers, onions, green beans, and celery. Add in some tomatoes and soy sauce as well.

**Tomato Soup**

This is a classic that many people enjoy with their grilled cheese sandwiches. Another alternative to serving your creamy tomato soup with grilled cheese is to make grilled cheese croutons. These are grilled cheese sandwiches cut into small squares that are also cooked on the pan a little bit longer so they are crispier.