Healthy Fall Soups to Try

Soup is the ultimate food to have when it is cold outside, but many soups are cream or cheese-based, to where they are a little high in fat and calories. However, it is possible to have warm soup that fills you up, but doesn’t add too many fat, calories, or carbs. Consider some of these yummy healthy soups for the fall season.

**Tomato Soup With Grilled Cheese Croutons**

The first fall soup you might want to try is tomato soup, but instead of making full-size grilled cheese sandwiches, you will make little croutons out of them. For your soup, you can use any tomato soup recipe you like. There are low-fat versions, creamier versions, and more of a tomato bisque as well. You can then make a grilled cheese sandwich, but cut it up into small, bite-size pieces. One sandwich should make grilled cheese croutons for 2-3 people, so you are reducing your overall fat and calories with this meal.

**Broccoli Cheese Chowder**

Clam chowder is a popular soup, but it isn’t always the best soup for fall when you want to make it with fresh ingredients. However, broccoli is a fall vegetable, and cheese is the perfect component for a warm soup on a cold night. You can make a broccoli cheese chowder soup that uses just a little bit of cream. You can add in some quinoa or other whole grain to break up the amount of cream that is needed in your soup to make it healthier.

**Mushroom Quinoa Soup**

Both mushrooms and quinoa are great to have for your fall meals. This is also perfect for many different dietary options, including being gluten-free, vegetarian, and vegan. While the exact ingredients you add are up to you, you want to make sure you use white mushrooms, but you can add in some other types as well. You should use a low-sodium vegetable broth to cut down on the salt, and plenty of vegetables, such as onion, celery, and carrots. Seasonings and herbs that are good with this soup are garlic, bay leaves, thyme, salt and pepper. Also don’t forget your quinoa!

**Squash and Bacon Soup**

This soup combines the classic taste of butternut squash soup, with bacon, which everyone loves. You want to use chunks of butternut squash, which is ideal as a fall vegetable. The soup can then have as much bacon as you like, and vegetables like bell peppers, onions, celery, and plenty of herbs as well. Chicken stock works better as far as taste goes with this soup than using vegetable stock.