Vegetarian Soup Recipes

Many people think of chicken noodle and meat and vegetables when they think of soup, but there are also a lot of vegetarian options. They consist of a lot of delicious veggies, so they can sometimes be healthier as well. Try out some of these vegetarian soup recipes.

**Tortellini Vegetable Soup**

This is a great soup that combines complex flavors, tortellini pasta, and lots of different vegetables. The vegetables listed are classic Tuscan-style soup veggies, but of course you can add more if you like. This soup can also turn into a meal you make when you have leftover vegetables. Some vegetables that taste good with this type of soup are zucchini and any squash that you have, corn, celery, green beans, onions, and bell peppers. You can also add some freshly-diced tomatoes ro go with canned tomatoes. Other ingredients that made a good vegetable soup include broth, herbs, seasonings, olive oil, parmesan cheese, and of course your tortellini.

**Vegetable and Rice Soup**

Another vegetarian soup recipe you can try combines your favorite veggies and rice. The best type of rice to use for this type is wild rice, though if you want to make it a bit healthier, you can make it with brown rice as well. To further make it healthier, use organic vegetable broth, or at least low-sodium vegetable broth. With this type of recipe, traditional vegetables for the soup are best, such as carrots, celery, and onions. You can also add some spinach to it if you want extra greens. Some recommended seasonings for this soup are parsley, oregano, thyme, garlic, salt, and pepper. Some dry ground mustard also tastes great.

**Chickpea and Cauliflower Soup**

For a vegetarian soup that offers something a little bit different you can go with this soup that uses chickpeas and cauliflower. This is great for all since both of these healthy vegetables are in season during this time. You can use canned chickpeas if you want, just make sure you rinse and drain them to get rid of all the extra sodium. Some other ingredients that make this a delicious soup include vegetable broth, gold potatoes, salt, paprika, olive oil, garlic, and cumin.

**Bean Vegetable Soup**

Beans are an excellent protein to add to your vegetarian soup. Toa void turning this into a chili, try to keep the beans light and only one or two types of beans, such as white beans and cannellini beans. Add lots of seasonings like rosemary, basil, and thyme, along with garlic, salt and pepper. Kick it up a bit with some red pepper flakes, and don’t forget the veggies. Onions, celery, carrots, and zucchini are all good options.