Healthy and Tasty Soup

If you want to make warm soup to fill your family’s bellies with warmth and happiness, there are an almost endless amount of options. To get away from the traditional soups, the following recipes can give you some inspiration. Not only are they delicious, but they are on the healthier side as well.

**Asparagus soup**

For a healthy and light soup, you can try making an asparagus soup. This has a lot of great seasonings and flavors, so it won’t be as plain tasting as you might think. This is a different take on a traditional cream-based soup. For asparagus soup, you want to use a good amount of asparagus since that is the only vegetable being added. Also have roasted garlic, salt, pepper, and garnish herbs like parsley. Low-sodium vegetable broth makes up a good amount of the liquid, but you can thicken it up by adding milk and a little flour as well.

**Quinoa Soup With Chicken and Squash**

Not only is this a healthy soup with some great veggies and quinoa, but it is hearty and filling as well. It is great for the holidays since it is going to use butternut squash as a major component. Some other ingredients include cooked chicken that has been chopped into small pieces, quinoa, kidney beans, corn, and tomatoes. Season it with some garlic, fajita seasoning mix, salt, and pepper. Use either vegetable or chicken broth. What’s great is that this can be a soup you make in the slow cooker.

**Couscous Chicken Soup**

This is a good alternative to traditional chicken noodle soup by using couscous. It is still excellent to have when you want comfort food or if someone is struggling with a cold during the fall or winter season. Just like a traditional chicken noodle soup, you will add your diced and cooked chicken, celery, carrots, and onions. Add in chicken stock and go with pearl couscous instead of noodles. For the seasonings, it is going to be a bit different by adding in some ginger, lemongrass, and turmeric. Then add in garlic, salt, pepper, and some lemon juice.

**White Bean Soup**

For a healthy soup that incorporates beans and leafy greens, you can make this white bean soup and add in either spinach or kale to it. The greens are really going to add to the nutrition of the soup. To make it a vegetarian soup, you can use vegetable stock, then add herbs like garlic, thyme, and basil. Cannellini beans are perfect for a white bean soup, and you can go ahead and add some cooked orzo pasta to it as well.

**PRINT RECIPE**