

SUSIE CAMPBELL

# SOUPING

A close-up photograph of a white ceramic bowl filled with a vibrant orange soup, likely carrot soup. The soup is garnished with finely chopped green chives. The bowl is placed on a dark wooden surface. In the foreground and background, several whole carrots and a bunch of fresh green chives are visible, creating a fresh and healthy aesthetic.

The New Juicing  
Detox, Cleanse & Weight Loss

Souping:

*The New Juicing -  
Detox, Cleanse &  
Weight Loss*

**© Copyright 2016 - All rights reserved.**

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of

any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

### **Legal Notice:**

This book is copyright protected. This is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part or the content within

this book without the consent of the author or copyright owner. Legal action will be pursued if this is breached.

### **Disclaimer Notice:**

Please note the information contained within this document is for educational and entertainment purposes only. Every attempt has been made to provide accurate, up to date and reliable complete information. No warranties of any kind are expressed or implied. Readers acknowledge that the author is not engaging in the rendering of legal, financial, medical or professional advice.

By reading this document, the reader

agrees that under no circumstances are we responsible for any losses, direct or indirect, which are incurred as a result of the use of information contained within this document, including, but not limited to, —errors, omissions, or inaccuracies.

## Introduction

### Chapter One – Souping: More Appealing than Juicing

#### Reasons Why Souping is the New Juicing

#### A Final Word

### Chapter Two - Cleansing and Detoxifying Your Body

#### What is Body Cleansing?

#### Detoxification History

#### Why Do I Need To Cleanse?

#### Types of Cleansing

#### Benefits and Disadvantages to Cleanses, Detoxes, and Fasts

### Chapter Three – Recipes

[Creamy Vegan Cauliflower Soup W/](#)

[Kale Garlic Drizzle](#)

[Beans and Greens Detox Soup](#)

[Diet Cabbage Soup](#)

[Diet Beetroot Soup](#)

[Diet Lentils Soup](#)

[Red Pepper and Edamame Soup](#)

[Mushroom Soup](#)

[Antique Grains Soup](#)

[Red Lentil, Sweet Potato and Coconut  
Soup](#)

[Watercress soup](#)

[Pumpkin and ginger soup](#)

[Spinach and Tortellini Soup](#)

[Summery Pea Soup with Turmeric  
Scallops](#)



[Tortellini in brodo](#)

[Timeless Minestrone](#)

[Baked Potato Soup](#)

[Caprese Soup](#)

[Caldo Verde](#)

[Hot Parsnip and Lentil Soup with Truffle Oil](#)

[Broccoli Soup](#)

[Super Noodle Ramen with Kale and BBQ Mushrooms](#)

[Easy and Delicious Miso Soup](#)

[Turkey and Coconut Milk Soup](#)

[Cold Cucumber Soup](#)

[Traditional Goulash Soup](#)

[Conclusion](#)

# Introduction

The juice cleanse has long been in the mainstream of modern health food, growing in bounds from its previous place in the secret caches of health gurus and yogis. These days everyone is aware of the virtues of fresh fruits and vegetables and the irreplaceable antioxidants they can supply. Even the corner gas station is today's supplier of fresh-pressed juices.

But now a new craze is quickly obsessing with the health virtuosos of America! The concept of souping is pretty basic — instead of consuming

versions of the kale and carrot and beet recipes, some ‘soupy’ additions are thrown into the mix, like chicken broth and broccoli puree. However, the entire ‘souping’ enterprise still ‘boils down’ to a basic liquid diet.

And of course the marketing behind it preaches nourishment and not deprivation. Instead of using plastic or glass bottles of juice, many of the soups are presented in appealing bowls and perhaps decorated with an attractive organic garnish. And the soups can be served hot or cold and can tout their organic ingredients. And instead of losing the vegetable pulp or the fiber you’re getting the entire vegetable.

Also it ends up being much more cost effective since there is no necessity to buy expensive and up-to-date juicers with all the bells and whistles. Another appeal of souping is the multitude of recipes available on the Internet or recipe books that can be replaced with organic veggies and fresh vegetable juices.

Five days of soup sounds more do-able and attractive than guzzling down green liquid kale and cauliflower for the same amount of time. But for folks who undoubtedly screw up their faces at the mere thought of drinking your vegetables but find warm savory soup to be infinitely more appealing plus still get

the benefit of the cleanse, the appeal of souping seems to make a lot of sense.

When you decide to heal yourself via juicing- hunger is a daily shadow and no matter how many jars of kale and carrot you end up consuming. And your uncomfortable stomach will torture you with its rumblings. It is used to nourishment in the form of solid food so, in this way, souping introduces some actual bulk into the mix including actual fiber and protein that should put a curb on that appetite for hours. If you have managed, in the past, to survive a five-day juice cleanse, souping may seem like a veritable breeze.

Winter invites the right feel for souping

as the thought of warmth from a bowl is very appealing. The brusque weather already dictates to our psyche to eat warm, comforting foods so the thought of making thick stews into thick and colorful bisques is not a stretch. In actual fact, the deliciousness of the cleanse definitely lessens the sacrifice and some people may actually look forward to it. Not many people will rush to do something if it is not appealing.

But the variety of soups now available from every day to the more exotic ones like curried lentil and kale, wild mushroom bisque and Moroccan chickpea and tomato might not sound like something that you'd look forward

to on a “cheat day” but they are superbly alluring in themselves. Plus, when you actually make the soup at home you can incorporate the flavors of your personal tastes, not to mention individual and flavor-inducing spices and therefore, customize the end product to your liking.

And more to the point is the undeniable fact that getting more vegetables into the diet is a super way to get a power punch of nutrients and antioxidants that you probably would never get otherwise. Plus the fact that Flu season is still here and those germs are on the lookout for any run-down soul with low resistance, it is of superb wisdom to probably get a little more vitamin C and manganese, B

vitamins, magnesium, etc. from all the vegetables. But keep in mind that souping is simply being used as a cleanse when it is incorporated singly into the diet. It is also a darn wonderful unit of gourmet food when eaten before a meal or with other food as well.



# **Chapter One – Souping: More Appealing than Juicing**

Just eating better is actually a viable alternative to depriving oneself of bulk and fiber, as it is in actual juicing. It's not our natural inclination to drink our meals, no matter how healthy the juice concoction is. As a quick cleanse it works well but the recipient quickly loses interest and goes into a “When will this be done? -mode.”

The truth is that if we eat a veggie-loaded, well-combined diet on a regular, daily basis and at the right times with no

late night binges or bags of cookies, our bodies will be able to actually go through its own natural cleanse without all the liquid.

To accelerate from eating no or very little vegetables to eating a load of them is almost a natural cleanse on its own. That is a good first step. Fine tuning it to eating so much more vegetables as you incorporate other healthy habits, raises the bar to a cleanse.

It has been said that everyone needs to detox and rest their body occasionally, but the select few who always eat a balanced diet, high in organic fruits and vegetables, devoid of excess sugar and fats, necessitate minimum detoxification

Proper souping is a less intensive, less extreme method of detoxifying our well-worked bodies.

## **What is souping?**

Souping is a satisfying and delicious way to cleanse and infuse your body with tons of nutrients without the cold, impersonal method of drinking down cold juices.

## **How does it work?**

Simple. Just make some batches of veggie-loaded soups and eat only these soups for a period of a few days. This allows your body to rest and get rid of toxins. It should also add notable energy to your step as you go.

## **Reasons Why Souping is the New Juicing**

Souping is more cost efficient. Have you ever found yourself paying \$60 at the Organic Food counter only to be able produce a few glasses of green goddess homemade juice, you will understand the high cost of juicing. And then just to toss all that pulp? It can be almost heart-breaking. Soups are remarkably more inexpensive with absolutely no waste.

**Souping has less sugar than juicing.** During the juicing process, the natural sugars of the fruit or vegetable will become concentrated in the juice whereas there is much less natural sugar

in vegetables and that sugar will stay with the fiber which will reduce the amount you are absorbing.

**Souping needs no special equipment.**

There is no need to have to purchase an expensive juicer with all the components and features- you just need a large saucepan with a lid.

**Soup is so easy to store.** An added benefit comes in the fact that you can easily store your homemade soups in the refrigerator for up to four or five days and up to 4-6 months in the freezer making the whole venture more sustainable.

Souping retains the fiber of the vegetable. When you don't have to throw

out the bulk of the vegetable as you do with the pulp of the fruit you hold on to a good part of the fiber. So, not only providing your body with a wide variety of nutrients and minerals, souping retains the fiber and the integrity of the vegetable. And don't forget that you can add barley, quinoa, brown rice and fiber rich potatoes to the mix to add even more fiber.

And since fiber supports detoxification, that fact is a very good thing. Soluble fiber will aid and promote successful movement of the feces through the intestines and colon, as it binds many of the toxins in the bowel. This improves elimination.

**Souping is mentally less challenging to sustain than juicing.** Because souping is more appealing it becomes more natural for the person doing the cleanse to participate. Souping is also kinder to your body and your mind. Naturally, it takes a bit of time for foods to travel to our stomachs and for our psyches to register that sensation of fullness. Juices are ingested quickly and take hardly any time to travel through the digestive system so rarely do you get that full feeling from juicing. Thicker more concentrated food takes a good deal more time to digest. It can be critical to weight management, as well, to experience that sensation of fullness. It

also leads to better assimilation of nutrients from the food.

It's also wise to give your body a little break for a few days or a week just consuming soups and provides a variety of vegetables that perhaps you have never had before or in such combination or amount.

**Soups are loaded with a variety of veggies.** Juicing allows you to pack more servings of vegetables into one single meal but soups provide the same benefit while adding a wide variety of diverse vegetables to be consumed. Vegetables and many legumes like beans, root veggies and green leafy vegetables can be easily pureed in a



blender. They not only provide increased energy and all the antioxidants you need, but they stabilize blood sugar as well.

**Soup allows a benefit of the addition of a variety of herbs, spices, and broth.** Juicing uses fruits and sugars to create flavor and variety, but there are so many herbs and spices, as well as broths you can use to customize your soup.

**Juice limits the flavor diversity.** Since juices are basically sweet by nature, they become limiting in the amount of flavors we can incorporate; ginger, parsley, mint and cinnamon and any sweet-complimenting taste is all that can

be done. Souping lends itself to a whole new world of savory flavors, such as cumin, turmeric, pepper, cayenne, coriander, lemon, citrus, etc. to flavor the dish.

## **More Benefits from Souping**

Herbs, spices and vegetables are rich in phytonutrients, which are nutrients inherent in vegetables and plants and possess an array of other active ingredients that are associated with the prevention and treatment of many common illnesses, conditions and disorders. These include cancer, diabetes, Alzheimer's, high blood pressure, and cholesterol and even chronic skin diseases like psoriasis and

eczema.

You can literally also boost a soup's nutritional power in an instant! By using bone broth, or adding a scoop of miso (be doubly sure the soup isn't too hot when adding), or stirring in some chopped greens like, a bit of parsley, kale, chopped spinach, finely chopped Swiss chard, dandelion, beet greens or collards.

**It won't leave you feeling hungry.** The extra bulk and fiber in soup, along with the soothing warmth will stay with you and not leave you wanting more food. Raw foods are actually more difficult to digest than food that is cooked. With souping, not only are you cooking the

foods, but the combination of more fiber and protein has staying power to keep you satisfied longer.

**More textures.** Juice can get a bit mundane as you get tired of just drinking your meals. The variety of textures can help so much in keeping you interested longer. So if we can get all the benefits of cleansing through a more satisfying, flavorful and comforting means then why not?

## **A Final Word**

Souping is a 'soup-er' project to start now in the cooler weather but it really does work year round. Look at different recipes and start to enjoy the soothing warmth of soups as well as their detoxifying effects soon. Start by making a variety of soups so you can choose the ones you love the best and you can be on the receiving end of all that nutrition.

A soup cleanse is not as difficult as you think as it does taste great and is not difficult to do. Just write down some of your favorite recipes and look some up if you don't have any favorite soup recipes already.

Happy Souping!

# **Chapter Two - Cleansing and Detoxifying Your Body**

What is it? Why should I do it? How can I do it? What's in it for me? What are the benefits compared to other cleanses out there and are there any disadvantages of souping? In this chapter we will take a look and discover the answers to all these questions so you can weigh up the pros and cons for yourself.

## **What is Body Cleansing?**

Body cleansing, also referred to as detoxification is an age-old method of alternative medicine, dating back thousands of years. The premise of body cleansing is to rid your body of harmful toxins, chemicals and impurities that, if left to build up over time, can cause chronic pain, illness and a variety of life-altering ailments.



## **Detoxification History**

While several forms of detoxification such, as reflexology, acupuncture, etc., have been used for centuries around the globe, a more recent form, emerging around the mid-1900s has become more prevalent. This more modern type of detoxification is more focused on cleansing the body through forms of diet alterations such as types of fasting and flushing away toxins through coercing and encouraging the bodies removal of waste. The main principal of fasting is avoiding solid foods and consuming only liquids of various types for certain periods of time. A balanced cleanse or

fast is believed to flush toxins and impurities from our bodies and internal organs, giving them a chance to rest, therefore improving our overall health.

## **Why Do I Need to Cleanse?**

There are numerous reasons why cleansing is presumed to be essential for our health and well-being. It is inevitable that over time our bodies become overloaded with poisonous toxins and these toxins can cause disease, weight gain, circulatory issues, and overall life-altering health issues, but these ailments can be reduced and even eliminated entirely by regularly cleansing our bodies. One of the more common uses of body cleansing is weight loss, cleaning out our systems, boosting energy and basically kick-starting a more successful weight loss

program.

# **Types of Cleansing**

## **Body/Organ Cleanses Versus Liquid Cleanses**

There are countless forms of body cleansing and detoxification with new and improved trends, fads, and miracle cures surfacing constantly. A few of the more tried-and-true forms that have been researched, tested, endorsed by medical professionals, recommended by celebrities, and having proven success rates include, but are not limited to the following:

### ***Body/Organ Cleanses***

Colon Cleanse

Kidney Cleanse

Liver Cleanse

Full-Body Cleanse

***Liquid Cleanses*** – liquid cleanses, one of the more popular types of cleansing, are based on the concept that no solid food is consumed during the designated time period, only the liquid of choice.

**Water Detox** – Water detox is the simplest form of liquid cleansing, consisting of only drinking water, although its success is based solely on drinking exact amounts of water at specific times, paying particular attention to avoiding over- or under-drinking. The purpose of this cleanse is to serve as a ‘clean detox’, giving you a

clean, light feeling by flushing harmful toxins out of your system through the urinary tract. It is common to use this cleanse at the start of a weight loss program to eliminate excess water weight.

**Juice Cleanse/Detox** – Juice detox has become very popular as juicing machines or juicers have become more advanced and efficient. Fresh fruits and vegetables are simply put in the juicer, pureed together, and consumed. There is no heating, cooking, processing, chemicals, preservatives, etc.

**Master Cleanse** – The Master Cleanse, also referred to as the Lemonade Diet has been around longer than most of the

liquid cleanses, dating back to 1940. The developer and author of the book, “The Master Cleanser” stated in his book that “This diet will prove no one needs to live with their diseases. A lifetime of freedom from disease can become a reality.” The premise of this cleanse is that the specifically prepared lemonade concoction includes enough calories and nutrients to not only cleanse an individual’s digestive system, naturally encouraging healing, it has been proven suitable for weight loss and approved and endorsed by millions of people from around the world.

**Milk Fasting** – Milk fasting, as the name infers, is a type of cleanse in which only



raw milk and water are consumed. This cleanse has not been tested to the extent of some other liquid cleanses, however, an article posted on the website ‘Cooking God’s Way’ called “30 Day Raw Milk Fast” recounts the results of the experiment performed by Jeff, the man who decided to test the effectiveness of the cleanse. He had to drink up to a gallon of raw milk per day to even come close to the nutritional requirements for his body type. From the beginning and through the entirety of the cleanse, Jeff experienced high energy levels, lower blood pressure numbers, small amounts of weight loss, and didn’t feel hungry. He did, however experience

some bowel issues at the end of the second week due to a few necessary nutrients that the raw milk did not provide enough of, but with supplements the issues subsided. The only other adverse effect he experienced was a lack of energy on the first day after re-introducing solid food into his diet, but this was presumed to be due to the fact that his body had to become re-acclimated with using higher energy levels to digest solid food. Overall, Jeff felt like the fast was a success, giving him softer skin, a stronger mental outlook, and generally feeling 'well' throughout the entire month.

**Beer Fasting** – The beer fasting diet,

while sounding rather comical or made-up, actually originated with the Monks, who vowed to only drink beer, a homemade brew, during the season of lent. The proposed purpose for this fast was to inspire increased awareness and spirituality among the Monks. This fast is not highly recommended by modern medical professionals, nor is it effective for weight loss or increased awareness and spirituality.

**Soup Detox or ‘Souping’** – Souping, or soup detox is a form of a liquid cleanse with the premise still being the consumption of only the one product, being soup. Experts claim that souping helps boost weight loss, increase energy,

and even give your skin an added glow. The difference, and according to some professionals, the benefit to souping over juice detox is that instead of only containing raw fruits and vegetables, the soup additionally includes some processed ingredients, containing carbohydrates, fiber, and protein that the juices don't contain. There are a variety of soup recipes and types to choose from, including broth-based, cream-based, purees, and soups with grains and pastas. This variety and the added heartiness in some of the soups is believed to play a large role in the preference of the soup detox over the juice detox as the soups and the extra

ingredients used makes individuals feel fuller longer and not have as many cravings for solid food.

## **Benefits and Disadvantages to Cleanses, Detoxes, and Fasts**

As with any diet, procedure, alternative form of medicine, or any health-related topics, there are benefits and disadvantages to all the forms of cleansing, just as there are differing opinions of each by individuals experimenting and evaluating the results and the medical professionals who are developing and researching them.

### **Souping Versus Juice Detox**

One of the big issues many people have with the modern soup detox is that it may simply be a trend: a fad that is popular for the moment but will not be a long-

term accepted form of body cleansing. Alternatively, according to some researchers, souping is a healthier form of cleansing than juice detox due to one simple difference: soups retain fiber which is imperative to flushing impurities and toxins. In addition, the fiber content stabilizes blood sugar, making individuals feel less hungry. Another non-health related reason for souping preference is financial: it is cheaper to boil a big pot of broth, adding in a few vegetables and having a large amount to freeze and keep longer than it is to buy all the fresh fruits and vegetables needed to make one single glass of juice.

# Juicing Advantages and Disadvantages

Consuming fresh, organic juices all day is beneficial to your digestive system as it allows it to rest as well as giving you the vitamins and nutrients your body needs. A disadvantage of only drinking juices with fresh fruits is the consumption of sugar. Some medical experts feel the sugar, without the fiber and protein to balance it out may be too high a level to be healthy. An alternative to juices made mostly from fruit, therefore higher in sugar content, is 'green juice'. Green juice is made of vegetables such as broccoli, kale, collards, or leafy greens, which means



lower sugar and is a huge benefit to individuals who have problems getting the recommended servings of vegetables in a day. Most green juice provides up to 2 servings of fruits and vegetables per bottle so it is a healthy alternative to fruit-only juice. The downside is that by juicing the vegetables, the fiber is being 'stripped' due to being found in the pulp and skins, however you can physically add the pulp back in to the juicer or even add fiber & protein powders. Additionally, to add extra protein, you can crack a raw egg into your juicer and blend it in with the juice, actually thickens the drink and adds 3 to 5 times more nutrients than normal juices.

## **Medical Professionals Question Necessity of Cleansing/Detox**

According to “Shape Magazine”, a multiple-day, juice-only detox diet doesn’t seem essential or even necessary for individuals as our bodies are designed to naturally rid themselves and detox through our organs including the liver, the GI tract, and the kidneys. Additionally, there is no scientific evidence to imply that our bodies truly need assistance in terms of ridding ourselves of waste, so it is generally not recommended to replace a normal, well-balanced food diet with a juice, soup, or liquid diet.

# Chapter Three – Recipes

Are you looking for some healthy and tasty meals to promote detoxing as well as weight loss? There are so many recipes to try and start a brand new lifestyle. A decision to improve not only your health as well as to lose a few pounds it is best to start preparing your mind as well as your body.

The key to any lifestyle change is to make a commitment to yourself and once a commitment has been made, a reward. A reward system in place will keep you in line for what is most important to you and that is becoming a healthier you.

Healthy foods do not have to taste awful. What recipes shall be incorporated into a new fit you? There a large variety of recipes to try. For example, soups are your best friend. A great deal of them are broth based and are loaded with plenty of vegetables.

# **Creamy Vegan Cauliflower Soup W/ Kale Garlic Drizzle**

## **Ingredients:**

- 4 tbs. olive oil
- 1 cauliflower (cut out core, use just florets)
- 1 diced red onion
- 4 cloves raw garlic, peeled, slice thin
- 1/4 tsp garlic salt
- 1 32 oz can vegetable broth
- 1 cup kale leaves
- 1 lemon (juice & zest)

## **Method:**

In a large stockpot over medium heat

add ½ the olive oil. Once oil is heated, combine cauliflower, ½ the garlic and diced onions, and garlic salt. Stir ingredients over medium heat for 3-4 minutes. Once onions begin to brown and cauliflower is browned and beginning to soften, pour the broth slowly into the pan. Stirring occasionally, bring the contents to a simmer, still over medium heat. Cover the pot and keep cooking on medium till the cauliflower is soft (approx. 10 min.). Once the cauliflower is tender, blend small batches of contents, carefully, in a blender, OR, if using an immersion blender, cautiously blend entire contents. Blend until it is smooth.

## **Prepare Kale Drizzle:**

In blender, combine kale leaves, olive oil (remaining  $\frac{1}{2}$ ), juice & zest from lemon, and the rest of the garlic. Blend on medium speed, processing until the mixture is smooth. Place soup in bowl, drizzle kale mixture over contents and serve immediately.

# **Beans and Greens Detox Soup**

Broccoli and beans do not sound like a good combination together but however you will be amazed of how well they complement each other. Vitamins are essential to any meals. Vitamin K and C are great sources of providing nutrients to their body. This dinner has other benefits such as it is full of protein and is one of the many variations in detoxing soups out there on the market.

## **Ingredients**

- 1 large head of broccoli,



chopped

- 5 cloves of garlic
- 1 to 1 1/2 cups spinach
- 1 1/2 lemons, juiced
- 1 large bunch of cilantro
- 1 can of cannellini or great northern beans, drained
- 2 teaspoons turmeric
- 1 packet ALOHA Daily Good Greens
- Olive oil
- 3 1/2 cups of water
- 1 bouillon cube
- Salt and pepper

## **Method:**

Before beginning any recipe, it is best to prepare your vegetables. The onions,

and garlic need to be finely chopped and added to a stockpot that has olive oil. A dash of salt to the onions and garlic is all the seasoning you need at the moment. The stove needs to be on medium heat to cook the mixture till it reaches the aromatic stage, which usually will take no more than a minute or two. Broccoli that has been previously chopped is now ready to join the aromatic ingredients.

When spinach is added to the stockpot, do not worry about adding too much. The leaves will soon wilt. A can of drained beans with the following ingredients such as, turmeric powder, cilantro, bouillon, lemon and water will

be the last fixings to join the crew. From time to time the mixture needs to be stirred to prevent it from sticking to the bottom of the large pot. Burnt soup will not taste good.

Within fifteen to twenty minutes of allowing all the ingredients to marry one another on low to medium heat, the soup will be ready for consumption. The stockpot should be removed the heat to prevent from the soup from being overcooked.

# Diet Cabbage Soup

## Ingredients

- 1/2 Cabbage Head
- 1 Bunch of Celery
- 2 Onions
- 3 Carrots
- 2 Green Peppers
- 2 Tomatoes
- 1/4 Lemon
- Salt, Pepper and other spices

## Method:

A pot of water needs to be brought a boil so chopped celery, cabbage and tomatoes can be added. Each ingredient can be purchased from the local grocery

store already prepared for you. This may cost more in the long run but however it will save you time in the kitchen.

While those are cooking in the boiling water, the next process can begin. A small frying needs to be heated up to a medium heat with a little bit of oil, so grated carrots and onions can stew together for a minutes. You can either cook the onions together with the carrots till they turn a bit yellow or do the onions first than the carrots. Either way is fine. Peppers will be the last ingredient to join the frying pan. These should cook for a few additional minutes.

When the frying pan fixings have

reached their ultimate desire of taste and appearance, they will join the boiling water mixture. Each vegetable will cook till they reach their tender stage. Additional seasonings such as lemon juice, salt/pepper will be added to the pot. These will help to give the cabbage soup rich flavors. Sometimes cabbage can be too bland and needs a boost of flavoring.

# Diet Beetroot Soup

Beets are not a favorite of many, especially me. However, it is good for you. This vegetable will not only leave your hands stained from their bright colored skins, but leaving you feel healthier.

## Ingredients:

- 1 Large Beetroot
- 1 Large Carrot
- 1 Potato
- 1 Onion
- 1 Can of Peas
- Small can of tomato paste
- 1/4 Cabbage Head

- 1/2 Lemon
- 2 Bay Leaves
- Salt, Pepper and other spices

## **Method:**

Bay leaves and chopped potatoes will be added to a boiling pot of water. A frying pan will fry the vegetables such as chopped onions with oil to prevent them from sticking to the base of the pan. The onions should be the color of yellow before adding the grated beetroot with carrot. Fifteen minutes of stewing time will allow the vegetables to reach a tenderization stage.

A separate bowl is required to add the tomato paste with two cups of hot water.



This mixture will be added to the frying pan after it has been the fifteen minutes. All the ingredients should be stewed for an additional fifteen minutes.

Once these two tasks have been completed the frying pan ingredients can join the boiling pot mixture. A cabbage needs to be chopped and added along with peas. Lemon juice with one tablespoon of sugar is added at the end. Salt and pepper are seasonings to give the soup flavor. Additional spices can be added; it all depends on what you like. The soup should cook for about ten minutes.



# Diet Lentils Soup

## Ingredients:

- 1 Cup of Lentils
- 6 1/4 Cups of Water
- 2 Tomatoes
- 2 Carrots
- 1 Onion
- 1/2 Lemon
- Salt, Pepper, Cumin and other spices

## Method:

A pot of water needs to come to a boil. This will be start of the soup. Lentils will be an addition to the water. For the

moment, chopped onions will be stewed in a frying pan that had been sprayed with a little bit of oil. Onions will turn a bit yellowish when cooked, this will be the perfect time for the grated carrots and chopped tomatoes to be added with the onions. The ingredients need to stew together and soak up each other's flavors.

The pot mixture and the frying pan mixture needs to come together in the stockpot. Grated carrots and chopped tomatoes will be the two final ingredients to the stockpot of fixings. When these two steps are combined, they need to be placed into a blender. This will create the soup into a puree.



# Red Pepper and Edamame Soup

Baked red peppers and nutty edamame come together to build an appetizing aromatic meal.

## Ingredients

- 2 tbsps. olive oil
- 1 cup of onion, cubed
- 3 tbsps. Garlic
- ½ cup roasted tomatoes, cubed
- 1 cup of baked red pepper, washed and dried
- 1/4 can chickpeas, washed and dried
-

- 3 cups of water
- 2 tbsp. parsley, cut
- 1/2 tsp salt

## **Method:**

This soup involves a medium crockpot. Start by heating the oil over an intermediate heat for at least two minutes. Onions and garlic then to be cooked until the onions are see through.

Then take your tomatoes along with the baked red pepper, edamame and water and add them to the mixture. The heat needs to be greater than before and brought to a boil. Once it comes to a boil, the heat needs to be lowered and covered. It needs to simmer for ten

minutes and then taken away from the heat.

The contents from the pot need to be placed in the blender and puree until it is completely smooth. Seasonings such as parsley salt, pepper blend them to incorporate them into the puree. It needs to be served hot.



# Mushroom Soup

This soup is rich in protein and has a velvety consistency. It is a robust amalgamation of mushrooms, Italian seasonings and freekah, which is a super grain.

## Ingredients

- 3 tbsps. of olive oil
- ½ cup of leeks, washed and dried
- ¼ cup of carrot, washed and dried and cut
- ¼ cup of celery, cut up
- 1 tbsp. garlic, cut up
- 1 tbsp. tomato purée

- ½ cup of shiitake mushroom
- ½ cup of chestnut mushroom
- 2 cups of water
- 2/3 cup of freekah, cooked
- 3 tbsps. parsley, cut up
- ½ tbsp. of fresh rosemary, cut
- ¼ tbsp. of salt
- ¼ tbsp. of pepper
- ½ cup of cream

## **Method:**

Traditional, easy and full of deliciousness. First, wash and prepare your mushrooms, ensuring that you get rid of all the hard parts, and then dice them up into small pieces. Take a saucepan and heat up a little oil. Place in it the celery, leeks, garlic, freekah,

parsley, rosemary and mushrooms and then position a lid on top so that the ingredients can sweat for a few minutes. Take a tablespoon and take out four scoops of mushrooms and put to the side. Next, add the water and bring it to boiling point before lowering the heat and cook for an addition 15 minutes. Add salt and pepper to your desired taste and then pour in the cream. Blend with your hand held blender and then bring back to the boil before pouring into a bowl. Top off with the mushrooms placed aside earlier.

# Antique Grains Soup

## Ingredients

- 1 tbsp. of olive oil
- 1/3 cup of onion, diced
- 1/4 cup of celery, diced
- 1/4 cup of carrot, washed, dried and cut into slices
- 3 tsps. of garlic
- 1 can diced tomatoes
- 1/4 cup of amaranth, already cooked
- 1/3 cup of freekah, already cooked
- 1/4 cup of quinoa, already cooked
- 1 1/2 cups of water

- 2 tbsps. parsley, cut
- ¼ tbsp. of salt
- ¼ tbsp. of pepper

## **Method:**

You will need to warm up an ovenproof dish or pot for this recipe; the oil needs to be heated for two minutes before adding the onions, celery, carrots, and garlic for five minutes. Then add the tomatoes in the juice, amaranth, freekah, as well quinoa and the water. The heat needs to be increased and brought to a boil, which then needs to be lowered. Simmer it for fifteen minutes. Remove it from the heat and transfer to blender, add parsley and puree it smoothly.



# Red Lentil, Sweet Potato and Coconut Soup

## Ingredients

- 2 pounds of sweet potatoes
- 3 red onions
- $\frac{3}{4}$  tbsp. of cumin seeds
- $\frac{1}{2}$  tbsp. of coriander
- olive oil
- four cloves of garlic, crushed
- one chili
- fresh coriander
- $\frac{1}{2}$  cup of red lentils
- 3 cups of vegetable stock
- One tin of light coconut milk
- One fresh lemon

## **Method**

The oven needs to be preheated to 180° degrees. The potatoes should be pared and cut into small chunks. Prepare and dice the onions into the same size wedges. Place veggies on a baking tray and sprinkle with cumin seeds, coriander seeds, pinch of sea salt and pepper for taste. Forty-five minutes will them lightly golden in color. Take a large sauce pan over medium heat with oil poured in to fry the garlic, chili and coriander for two minutes till golden.

It is time to add the lentils, as well as the boiling stock and the coconut milk, which needs to brought to boiling point.



They need to cook for twenty minutes to cook them down. The veggies from oven can now be added to the mixture. Add the majority of the coriander and blended with hand held blender till smooth. The rest of the leaves can now be added with toasted coconut slivers and squeeze of lemon juice.

# Watercress soup

## Ingredients

- 2 potatoes
- 2 onions
- 2 cloves of garlic
- olive oil
- ½ cup of organic stock
- 3 bunches of watercress

## Method

The potatoes, onions and garlic need to be peeled and roughly chopped and tossed into a large frying pan that has been heated with a little bit of oil over medium heat. Stock needs to be added to the mixture when the onions have

become translucent. Chopped watercress needs to be added once the potatoes have softened. Simmer for an additional three to four minutes. The soup can be liquefied with a hand held blender till it is silky smooth.

# Pumpkin and ginger soup

## Ingredients

- 1 kg pumpkin
- 2 shallots
- 2/3 cup of ginger
- a few sprigs of fresh herbs, such as chives, mint
- extra virgin olive oil
- liter organic vegetable stock
- 1/2 cup of coconut milk, plus extra to serve
- 1/2 tablespoon chili powder
- 1 lime

## Method

The pumpkin will take some preparation, especially with deseeding it and giving it a rough chop. Shallots should be peeled and chopped. The ginger will be peeled and finely grated, which need to be sautéed in a frying pan with oil. The liquid ingredients such as the milk, coconut milk, stock along with chili powder will be brought a boil for forty minutes. A food processor will be blitz the ingredients to a smooth phase.

# Spinach and Tortellini Soup

## Ingredients

- 4 1/4 Cups organic chicken or vegetable stock
- 2 fresh bay leaves
- 3/4 cup of tortellini
- 1/4 cup of frozen peas
- 1 large handful of spinach

## Instructions

Stock should be brought to a boil with bay leaves added to the stock pot. The tortellini will cook in the stock for four minutes till tender. The frozen peas can be added right to the stock; they will cook for at least three minutes. The

spinach will be added last and will simply wilt as they cook. The soup can be served in large soup bowls.

# Summery Pea Soup with Turmeric Scallops

## Ingredients

- 1 bunch of spring onions
- 1 clove of garlic
- 5cm piece of ginger
- 1 fresh green Bird's-eye chili
- 1 teaspoon cumin seeds
- groundnut oil
- 3 fresh curry leaves
- 3 cups of organic vegetable or chicken stock
- 2 cups of fresh or frozen peas
- ½ teaspoon jaggery or brown sugar



- 2 teaspoons tamarind paste
- ½ a lime

## TURMERIC SCALLOPS

- groundnut oil
- ½ teaspoon mustard seeds
- ¼ teaspoon ground turmeric
- 10 fresh curry leaves
- ½ cup of queen or other small scallops

### **Method**

Spring onions are simple to trim and given a rough chop. The chili needs to be deseeded and chopped as well before being added. In a dry pan toast, the cumin seeds for a few short minutes. Add two tbsp. of oil, spring onions, garlic, ginger, chili and curry leaves; fry

for about two minutes. When it starts to sizzle, the stock should be poured into the stock pot.

# Tortellini in brodo

## Ingredients

- 1 ½ cups of beef brisket
- 2/3 cup of beef shank bones
- 1 cup of free-range chicken thighs and drumsticks, skin on
- ½ an onion
- 1 stick of celery
- 1 carrot

## Pasta dough

- ¾ cup of flour, plus extra for dusting
- 2 large free-range eggs

## Filling

- olive oil

- 1/3 cup of prosciutto di Parma
- 1/4 cup mortadella di Bologna
- 1 pinch of ground nutmeg
- 1/4 cup of Parmesan cheese, plus extra to serve

## **Directions**

A stock is made with the beef brisket bones, chicken, peeled onion and celery in a large stock pot. Carrots cut in half should be added to the pot. The next step is to submerge the vegetables with water and to cover the pot with a lid. Let it simmer for four hours, skimming it occasionally.

Prepare the pasta dough by blending the ingredients together either by hand or in a processor. A soft dough will form and

should be wrapped in cling film for thirty minutes to rest. The mince shall be seasoned and fry in an oil till golden brown. Drain any excess oil from the meat.

The prosciutto, mortadella and nutmeg needs to be blitz in blender till its pulsed, and finely grated. Lightly dust a tray with flour

# Timeless Minestrone

## Ingredients

- 4 rashers higher-welfare smoked streaky bacon
- 2 red onions
- 2 cloves of garlic
- 2 carrots
- 2 sticks of celery
- 1 bulb of fennel
- ½ a bunch of fresh basil
- olive oil
- ½ cup of red wine
- 2 courgettes
- 1 cup of savoy cabbage or chard
- 2 x 400 g tins of chopped tomatoes

- 1 x 400 g tin of cannellini beans
- 3 cups of organic chicken or vegetable stock
- 1/3 cup of dried pasta (shells or odd ends)
- extra virgin olive oil
- Parmesan cheese

## **Method**

The base of the soup is created by frying off the aromatic ingredients. Peel/chop the vegetables and stir into a pan of hot oil, gently sautéing them for at least twenty minutes is tender but yet hasn't changed appearance. Wine will flavor the veggies as it comes to a boil, now it's time to add the tomatoes and courgettes. Mix the cabbage, beans and

juice with the stock. It needs to come to a boil. Pasta is added last to the pot. Allow it to cook. If it is too thick, add stock. Season to taste, drizzle basil leaves and parmesan cheese for flavor.



# Baked Potato Soup

## Ingredients

- 3 large baking potatoes or leftover baked potatoes
- ½ stick of butter
- 1 onion
- 1 Parmesan rind, whatever size you have in the fridge, optional
- 6 1/4 Cups organic chicken or vegetable stock
- sour cream
- 1 small bunch of fresh chives

## Directions

Leftover baked potatoes save you at least three steps. Prepare all veggies by

peeling, and cutting them. Use melted butter instead of oil. Cook the parmesan and cut potatoes for five minutes. Add the stock and bring to a boil. Turn down the heat and allow it simmer for thirty minutes. After removing the rind from the stock, puree it till smooth with a stick blender. Garnish with your favorite toppings.

# Caprese Soup

## Ingredients

- 1 bulb of garlic
- 1 kg mixed tomatoes
- extra virgin olive oil
- 4 sun-dried tomatoes in oil
- 1 tablespoon soft brown sugar
- ¼ cup of basil leaves, plus a few extra to garnish
- 1½ tablespoons red wine vinegar
- 4 slices of sourdough bread
- 1 cup of buffalo mozzarella

## **Method**

Preheat the oven to two hundred degrees, while preparing the veggies by peeling and cutting. Roast them for twenty-five minutes with tomatoes and drizzle of oil on a tray. Squeeze the garlic out from its peel and into a blender with roasted tomatoes, dry tomatoes and seasonings till a smooth puree. Sourdough can be heated and charred to use as a dunking device when the soup is served at room temperature with a slice of mozzarella.

# Caldo Verde

## Ingredients

- 1 large onion
- 2 cloves of garlic
- 2 pounds of potatoes
- 1 cup of kale or cavolo nero
- extra virgin olive oil
- paprika

## Method

Each vegetable should be cleaned, peeled and chopped for the preparation of the soup. Onions and garlic should be fried over medium heat till they are softened. After the liter of water is added, the potatoes can be as well. They

will cook for about five minutes till they are softened too.

Seasoning the chorizo slices with paprika, fry them with a little bit of oil in a frying pan. Once they are cooked, they can be added to the soup. Ladle the soup into individual bowls and garnish them with bit of oil and a side of corn bread.

# Hot Parsnip and Lentil Soup with Truffle Oil

## Ingredients

- 1 small smoked good quality ham hock
- 1 onion
- 3cm piece of ginger
- 3 cups of parsnips
- olive oil
- 1 cup of red lentils
- 4 cups of organic vegetable stock
- a few sprigs of fresh mint
- fat-free Greek yoghurt
- Truffle Oil

## **Method**

Place the ham hock into pot and submerge it with fresh cold water and then bring it to the boil before lowering the temperature. Allow the contents to simmer for 90 minutes or so before draining it. Put the ham hock to one side. Take the truffle oil and put it in a saucepan along with the olive oil, ginger and garlic; heat for about five minutes. Cut pieces of the ham up and place in the drained liquid. You can strain the oil if you wish before drizzling over the soup along with a bit of the fat free yoghurt and fresh mint.



# Broccoli Soup

## Ingredients

- 1 clove of garlic
- 2 sticks of celery
- 1 ½ cups of broccoli
- fresh mint
- olive oil
- 3 cups of chicken or vegetable stock
- ricotta cheese

## Directions

The garlic should be peeled and chopped finely. Celery and broccoli will be trimmed and chopped roughly. Oil heated in a pan will soften the garlic and

celery, which will only take two or three minutes. Broccoli and stock should be added next. Cooking for five minutes, while a handful of mint leaves is being blitz in blender. Sprinkle garnish on top with a dollop of ricotta cheese.

# Super Noodle Ramen with Kale and BBQ Mushrooms

## Ingredients

- One clove of garlic
- 1 large onion
- olive oil
- Kale
- Two tbsp. of dark miso paste
- Two tbsp. of white miso paste
- One tbsp. of tahini
- One tbsp. of low-salt soy sauce
- Two tbsp. of mirin
- One tbsp. of sugar
- One tbsp. of white wine vinegar
- One chili

- 1 ½ cups of mixed mushrooms
- Four tbsp. of teriyaki sauce
- 1 cup of ramen noodles
- Four tbsp. of sesame seeds

## **Directions**

The broth is simple to make. The garlic cloves need to be peeled and roughly slice the onions. A splash of oil in a large skillet over a medium heat needs to cook the whole garlic and onion for at least thirty minutes. The lid needs to stay on the pan for another twenty minutes to keep the moisture from leaking out. On the final ten minutes, the lid can be removed to give the ingredients a little bit of color.

The liter of water should be added to the

pan at this time. When the water comes to a boil, the heat needs to be reduced and brought to a simmer for twenty minutes. The oven needs to be preheated to 120° degrees.

The kale needs to be cleaned and prepared by removing any tough bits from the leaves. The proper way to toast the leaves is to place a portion of the leaves on a greased baking sheet for thirty minutes. This will ensure they are crispy and not over cooked. The kale leaves can be seasoned with salt and pepper for taste. They can be tossed with oil and spread out to make sure they do not overlap.

The broth needs to be strained through a

cloth. The garlic and onion should be pressed with a large spoon to release the flavors back into the dish. Both miso pastes and the tahini need to be mixed in a small bowl. A little bit of broth will help loosen it up. This mixture will need to go back into the main pan and seasoned with soy sauce and mirin. The broth requires to be warm until everything else is ready.

The remaining kale will be blanched in the broth for about two minutes. The other batch will be pickled. When it is cool to the touch, it needs to be squeezed to release all the juice into the broth and place the kale in the bowl.

Mushrooms need to be sliced thickly and

deep fried for about ten minutes. Teriyaki and a splash of oil is to keep them from moving too much in the pan till six or eight minutes are up. The noodles can be cooked in the broth, depending on the manufacturer's instructions. The moment everything is ready, the noodles and broth can be divided into four different bowls. The vegetables will be used for the garnishing. Toasted seeds will be sprinkled on top with a drizzle of sesame oil.

# Easy and Delicious Miso Soup

## Ingredients

- 2/3 cups of rice (can be brown, white or wild Rice)
- 1/8 cup of dried porcini mushrooms
- One onion
- sesame oil
- A small piece of ginger
- 1/2 tbsp. of miso paste
- 2 1/2 cups of chicken stock
- Six stalks of radishes
- wine vinegar
- One cup of chicken breast,



skinned and chopped

- kale
- One sheet of nori
- 2/3 cup of various mushrooms

## **Method**

Start by washing your rice and straining the water away (this gets rid of all the unwanted starch – it will be white in color); repeat several times. Then place your rice in a saucepan and add water. Simmer until cooked. Then take your porcini into a bowl and add hot water so that your mushrooms become rehydrated. Next, take your onion, peel and then chop into small pieces and then put them in a saucepan. Add a little sesame oil and brown the onions until they become

gold. Then take the ginger; once it has been peeled then cut it into very small pieces. Lower the temperature and place the ginger, stock and miso into the saucepan before adding in the porcini (with the water it was placed in, but not the grainy part). Top the saucepan with its lid and allow to gently cook for 20 minutes. As this is cooking, take the radishes, cut them in half, and put in a bowl. Dash them with the vinegar and a sprinkling of salt.

Take the chicken and cut it into small pieces before cutting the kale and nori. Then cut some of the mushrooms into small pieces, but you can leave the nice ones whole, and pour them all into the

soup. Then place the lid back over the saucepan for five minutes or until the chicken is cooked properly. Place some of the rice into bowls, along with the radishes, before pouring some of the soup into the bowls. Add salt and pepper to taste.

# Turkey and Coconut Milk Soup

## Ingredients

- Two stalks of lemongrass
- Three shallots
- Two chilies
- One small piece of ginger
- Three coriander roots
- Two cups of turkey stock
- One tin of light coconut milk
- One tbsp. of soft brown sugar
- Three lime leaves
- ½ cup of oyster mushrooms
- 1 cup of cooked turkey with the skins taken off

- Two tbsp. Of fish sauce
- Half a lime
- Fresh coriander

## **Method**

Take the lemongrass and cut it appropriately before preparing the chilies and the shallots. Peel the ginger and then cut it into small pieces. Be sure to wash the coriander roots thoroughly if you intend to use them.

Pour the coconut milk and the turkey stock into a saucepan over a high temperature, bringing to the boil before lowering the heat. After this, combine the lemongrass, chilies, ginger, coriander roots, shallots and sugar with the contents in the saucepan. Add salt

and pepper to taste and then place a lid on top and allow to cook on a low heat for four to six minutes.

Cut the turkey and the mushrooms into pieces and then place into the saucepan. Cook for an addition few minutes before placing the fish sauce and fresh lime juice. Pour into bowls and sprinkle some coriander leaves on the surface of the soup.

# Cold Cucumber Soup

## Ingredients

- ½ stick of unsalted butter
- One onion
- Three fresh cucumbers
- Four cups of chicken stock
- Fresh chives
- Fresh parsley
- The juice of two lemons
- 1 cup of single cream

## Method

After peeling the onion and cutting it into small pieces, then wash and cut up your cucumbers. Then, start melting the butter in a saucepan and gently cook the onions

over a low heat for around six minutes. After this, add the cucumbers and then lower the temperature. Cook the ingredients for another six minutes before pouring in the stock. Increase the temperature until it comes to boiling point and then quickly lower the temperature once more. Add salt and pepper to taste and continue to cook for another five minutes. Then cut your chives and parsley and sprinkle into the saucepan, along with the juice of two lemons and cook for an additional five minutes. Then pour into a blender and puree until it becomes a silky consistency. You can either cool the soup by leaving out or you can place in the



fridge to chill. Prior to serving, add the cream and stir in thoroughly.

# Traditional Goulash Soup

## Ingredients

- 1 cup of diced onions
- Two bulbs of garlic
- One green pepper
- Two chopped tomatoes
- Fresh marjoram
- Olive oil
- 3 cups of chopped beef
- One tbsp. of paprika
- Four cups of beef stock
- 1 tbsp. of caraway seeds
- Red wine vinegar
- One tbsp. of tomato purée
- 1 pound of potatoes

## Method

Start by peeling the onions and then cut them into pieces before peeling the garlic and dicing them up. Wash and cut the pepper, removing all the seeds, before chopping the tomatoes and cutting the marjoram. Pour the oil into a saucepan over a medium heat and cook the onions, peppers and garlic before adding the beef. Cook everything until the meat is thoroughly cooked and then add the paprika. Carry on cooking for a few more minutes and then add  $\frac{1}{2}$  cup of the beef stock and allow it to come to boiling point and stay there until the mixture has been reduced. Then put in the caraway seeds, the tomato puree, the

vinegar, tomatoes and marjoram into the saucepan along with the rest of the stock. Cover with a lid and leave for up to two hours. Then cut up your peeled potatoes and put them in the mixture and carry on cooking until the potatoes are done.

# Conclusion

In conclusion, soups are a weight loss sensation. They are very satisfying to the stomach. Soups are full of protein and vegetables. Weight loss and soups go hand in hand together. You will not leave the table feeling unsatisfied or hungry. These soup recipes are the best in the business and are just the beginning to a brand new you. Losing weight is never an easy task; however, with the proper tools you too can be successful in this new journey and life style. Soups are an

essential key component of any weight loss journeys.

This isn't dieting. This is a permanent change in eating habits and life style. It's time to bring life back into your body and treat yourself right. When changing your body, your state of mind needs to be altered as well. Body and mind need to co-exist with each other in order to achieve the desires of weight loss. Never start tomorrow what you can start today. Today is your day to shine and to give you a healthier you. Let's begin today the journey with one of these recipes.