



Healthy Soups

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Hi,

Welcome to your personal recipe book! On the next pages, you will find a collection of delicious recipes I put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

How to Use

All of these recipes have been selected based on your needs, but you don't need to make them all at once. Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

Recipe Tips

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

Leftovers

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.





Cream of Broccoli Soup

4 servings

30 minutes

Ingredients

- 1 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 3 stalks Celery (chopped)
- 5 cups Broccoli (chopped, incl. stalks)
- 6 cups Water
- 1 tsp Dried Basil
- 1 tsp Sea Salt
- 1 cup Cashews
- 2 cups Green Lentils (cooked, drained and rinsed)
- 2 cups Baby Spinach (packed)

Nutrition

Amount per serving	
Calories	392
Fat	17g
Carbs	48g
Fiber	14g
Sugar	11g
Protein	19g
Cholesterol	0mg
Sodium	695mg
Vitamin A	4808IU
Vitamin C	113mg
Calcium	176mg
Iron	7mg

Directions

- 1 Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
- 2 In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
- 3 Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 3 to 3.5 cups of soup, depending on how much liquid simmers off.



Roasted Butternut Squash Soup with Kale Chips

4 servings

1 hour 30 minutes

Ingredients

4 cups Butternut Squash
 1 tsp Cinnamon (plus extra for garnish)
 2 tbsps Extra Virgin Olive Oil (divided)
 2 Apple (peeled, cored and sliced)
 1 Sweet Onion (diced)
 1 tbsp Ginger (grated)
 4 cups Vegetable Broth
 2 tsps Sea Salt (divided)
 4 cups Kale Leaves (cut into large pieces)

Nutrition

Amount per serving	
Calories	218
Fat	8g
Carbs	39g
Fiber	7g
Sugar	18g
Protein	3g
Cholesterol	0mg
Sodium	1859mg
Vitamin A	16470IU
Vitamin C	58mg
Calcium	156mg
Iron	2mg

Directions

- 1 Preheat the oven to 420°F (216°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
- 2 Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
- 3 Place a large pot over medium heat and add half of the olive oil. Add the apples, onion, and ginger and saute for about 5 minutes or until soft.
- 4 Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
- 5 Set the oven to 350°F (177°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
- 6 Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

Notes

Leftovers: Refrigerate for up to four days. Freeze for up to three months.

More Protein: Blend in a 1 can of cooked red lentils or top with some shredded chicken breast



Creamy Cauliflower & Carrot Soup

4 servings

30 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
6 stalks Green Onion (chopped)
5 Carrot (medium size, chopped)
1 head Cauliflower (chopped into florets)
6 cups Water
2 tps Dried Thyme
1/2 tsp Sea Salt
1/2 cup Parsley

Nutrition

Amount per serving	
Calories	137
Fat	8g
Carbs	16g
Fiber	6g
Sugar	7g
Protein	4g
Cholesterol	0mg
Sodium	406mg
Vitamin A	14118IU
Vitamin C	88mg
Calcium	122mg
Iron	2mg

Directions

- 1 Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
- 2 Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size: One serving is roughly 2 1/2 cups.

Make it Fancy: Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

Anti-Inflammatory: Add turmeric powder.

Make it a Meal: Stir in lentils, chickpeas or chicken.

Gut-Healing: Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.



Creamy Roasted Garlic & Kale Soup with Cauliflower

4 servings

1 hour 15 minutes

Ingredients

- 12 Garlic (cloves, peeled and trimmed)
- 1 Yellow Onion (large, roughly chopped)
- 1 head Cauliflower (sliced into florets)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Sea Salt
- 8 cups Kale Leaves (packed)
- 3 3/4 cups Vegetable Broth (divided)

Nutrition

Amount per serving	
Calories	176
Fat	11g
Carbs	17g
Fiber	6g
Sugar	7g
Protein	5g
Cholesterol	0mg
Sodium	1272mg
Vitamin A	2515IU
Vitamin C	114mg
Calcium	172mg
Iron	3mg

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 3 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 4 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 5 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

Notes

Leftovers: Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

Serve it With: An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

Too Thick: If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.



Slow Cooker Butternut Squash & Ginger Soup

5 servings

4 hours

Ingredients

8 cups Butternut Squash (peeled, seeds removed and chopped)
1 1/2 tbsps Ginger (peeled and grated)
1 tbsp Curry Powder
3 cups Vegetable Broth
2 tbsps Apple Cider Vinegar
1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	114
Fat	1g
Carbs	29g
Fiber	5g
Sugar	6g
Protein	3g
Cholesterol	0mg
Sodium	875mg
Vitamin A	24127IU
Vitamin C	48mg
Calcium	119mg
Iron	2mg

Directions

- 1 Combine all ingredients into the slow cooker. Cook on high for 3 to 4 hours, or on low for 6 hours.
- 2 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Divide into bowls and adjust salt to taste if needed. Enjoy!

Notes

Serving Size: One serving is equal to approximately 1.5 cups of soup.

Leftovers: Refrigerate in an airtight container up to 5 to 7 days or freeze if longer.

Save Time: Use pre-sliced butternut squash cubes (fresh or frozen).

Optional Toppings: Roasted pumpkin or squash seeds, plain yogurt, coconut cream, or cilantro.

No Curry Powder: Use turmeric instead.

No Vegetable Broth: Use bone broth or almond milk instead.



Pressure Cooker Carrot Ginger Soup

4 servings

25 minutes

Ingredients

3 cups Vegetable Broth
1 Yellow Onion (chopped)
1 Garlic (clove, minced)
1 tbsp Ginger (fresh, minced)
6 Carrot (chopped)
2 tsps Thyme (fresh, chopped)
1 1/4 cups Canned Coconut Milk (full fat)

Nutrition

Amount per serving	
Calories	192
Fat	14g
Carbs	16g
Fiber	3g
Sugar	8g
Protein	3g
Cholesterol	0mg
Sodium	574mg
Vitamin A	15700IU
Vitamin C	7mg
Calcium	52mg
Iron	1mg

Directions

- 1 Turn the pressure cooker to sauté mode. Add a splash of vegetable broth along with the onion and cook for 3 to 4 minutes. Add the garlic and ginger and sauté for 1 minute more.
- 2 Turn the sauté mode off and add the carrots, thyme and rest of the broth. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually.
- 3 Carefully remove the lid, and purée the soup using an immersion blender or a blender. Add the coconut milk and stir to combine. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is equal to approximately 1 1/2 cups of soup.

Additional Toppings: Top with fresh thyme, chives or sesame seeds.



Curried Coconut Soup

8 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Ginger (chopped)
- 2 Garlic (clove, minced)
- 1 Yellow Onion (chopped)
- 2 tbsps Curry Powder
- 2 cups Mushrooms (sliced)
- 1 oz Lemongrass (chopped)
- 1 cup Broccoli (chopped into small florets)
- 1 tbsp Lime Juice
- 3 cups Canned Coconut Milk
- 4 cups Vegetable Broth
- 1 Zucchini (spiralized into noodles)
- 1/4 cup Cilantro
- 1 tsp Chili Flakes (optional)

Nutrition

Amount per serving	
Calories	209
Fat	18g
Carbs	9g
Fiber	2g
Sugar	4g
Protein	3g
Cholesterol	0mg
Sodium	359mg
Vitamin A	418IU
Vitamin C	17mg
Calcium	35mg
Iron	1mg

Directions

- 1 In a pot over medium-low heat, add the olive oil, ginger, garlic and onion. Sauté for 3 to 5 minutes. Add in the curry powder, mushrooms and lemongrass.
- 2 Once the mushrooms are cooked through, add in the broccoli, lime juice, coconut milk and broth. Bring to a boil, reduce heat and let it simmer for 10 minutes.
- 3 During the last minute, add the zucchini noodles and remove from heat.
- 4 Divide between bowls and top with cilantro and red chilli flakes, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving Size: One serving is equal to approximately one cup of soup.

More Flavor: Add salt and pepper.

Make it a Meal: Add in leftover cooked chicken breast or cooked lentils.



Turkey & Vegetable Soup

6 servings

50 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 tsp Dried Thyme
- 1 tsp Sea Salt
- 1 Sweet Potato (peeled, cut into 1/2-inch cubes)
- 1 Carrot (peeled, chopped)
- 2 stalks Celery (chopped)
- 10 1/2 ozs Turkey Breast, Cooked (roughly chopped)
- 6 cups Chicken Broth
- 1 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	142
Fat	4g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	18g
Cholesterol	40mg
Sodium	1411mg
Vitamin A	5702IU
Vitamin C	16mg
Calcium	59mg
Iron	2mg

Directions

- 1 Heat the oil in a large pot over medium heat.
- 2 Add the onion and cook until it begins to soften, about 5 minutes. Add in the garlic, thyme and salt and continue cooking for one minute more.
- 3 Add the sweet potato, carrots, celery and turkey. Stir to combine then add the chicken broth to the pot along with the parsley.
- 4 Bring soup to a gentle boil then reduce the heat to low and cover with a lid. Simmer for 40 to 45 minutes or until the vegetables are very tender. Season with additional salt if needed. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of soup.

More Flavor: Add a bay leaf or some red pepper flakes.

No Turkey: Use chicken breast instead.

Additional Toppings: Serve the soup over top of cooked rice or cooked pasta.



Creamy Turmeric Pumpkin Soup

4 servings

1 hour 15 minutes

Ingredients

2 1/2 cups Pie Pumpkin
3 tbsps Extra Virgin Olive Oil (divided)
1 Yellow Onion (chopped)
2 Garlic (clove, minced)
2 tps Turmeric
1/2 tsp Sea Salt
1/2 tsp Cinnamon
2 1/2 cups Vegetable Broth (plus more if needed)
1/2 cup Canned Coconut Milk (full fat)

Nutrition

Amount per serving	
Calories	187
Fat	16g
Carbs	11g
Fiber	2g
Sugar	5g
Protein	2g
Cholesterol	0mg
Sodium	714mg
Vitamin A	6502IU
Vitamin C	8mg
Calcium	39mg
Iron	3mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cut the pumpkin in half and scoop out the seeds. Rub the inside and coat the edges with 1/3 of the oil. Place cut side down on the prepared baking sheet and roast for about 40 minutes or until the pumpkin is easily pierced with a fork. Remove from the oven and let cool slightly. Scoop the flesh of the pumpkin away from the skin, measure out the amount needed in cups, and set aside. Store any leftover pumpkin in the fridge or freezer.
- 3 Heat the remaining oil in a pot over medium heat. Add the onion and cook for 3 to 5 minutes until just softened. Add the garlic, turmeric, sea salt and cinnamon. Stir to combine and cook for another minute more. Add the vegetable broth and then stir in the roasted pumpkin.
- 4 Bring the soup to a gentle boil and then let simmer for 5 to 10 minutes to allow the flavors to come together. Stir in the coconut milk.
- 5 Transfer the soup to a blender and blend until smooth. Add more vegetable broth to the blender until desired consistency is reached. Season with additional salt if needed.
- 6 Divide soup between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 1 1/4 cups of soup.

Pumpkin: A 2 lb pie pumpkin yields approximately 2 1/2 cups.

More Flavor: Black pepper, fresh ginger or a drizzle of maple syrup or other liquid



sweetener.

Additional Toppings: Extra coconut milk or fresh herbs like cilantro.

No Olive Oil: Use butter, ghee or avocado oil instead.

No Pumpkin: Use a butternut squash instead.



Vegan Minestrone Soup

4 servings

1 hour

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (finely chopped)
- 1 Carrot (peeled, chopped)
- 4 Garlic (cloves, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Sea Salt
- 1/4 cup Tomato Paste
- 3 1/2 cups Diced Tomatoes (from the can)
- 4 cups Vegetable Broth
- 2 cups Red Kidney Beans (cooked, rinsed)
- 1 cup Frozen Green Beans (chopped)
- 1 1/2 cups Brown Rice Pasta Shells (dry)

Nutrition

Amount per serving	
Calories	392
Fat	3g
Carbs	75g
Fiber	14g
Sugar	12g
Protein	16g
Cholesterol	0mg
Sodium	1306mg
Vitamin A	4337IU
Vitamin C	30mg
Calcium	142mg
Iron	6mg

Directions

- 1 Heat the oil in a large pot over medium heat. Cook the onion for 3 to 5 minutes or until softened. Add the carrot, garlic, Italian seasoning, and salt and stir to combine. Cook for 2 to 3 minutes more. Stir in the tomato paste and continue to cook for another minute.
- 2 Add the diced tomatoes, vegetable broth, and kidney beans and stir until combined.
- 3 Add the green beans. Bring to a gentle boil and continue to cook for 30 to 35 minutes or until the vegetables are tender. Season with additional salt if needed.
- 4 Meanwhile, cook the pasta according to package directions. Drain, rinse well, and set aside.
- 5 To serve, divide the soup between bowls and stir in the cooked pasta. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is approximately 2 cups of soup.

Grain-Free: Omit the pasta or use chickpea pasta instead.

Additional Toppings: Fresh herbs, red pepper flakes, nutritional yeast, parmesan cheese or fresh ground pepper.

More Flavor: Add or substitute potato, zucchini, swiss chard, celery, bell pepper, peas, corn kernels, kale, or spinach.

Consistency: Make sure the vegetables are chopped to be approximately the same time for even cooking. Add more broth to thin the soup as needed.



Lentil & Squash Stew

4 servings

45 minutes

Ingredients

6 cups Vegetable Broth (divided)
1 Yellow Onion (chopped)
4 Garlic (clove, minced)
1 tsp Dried Thyme
1 tsp Sea Salt
1/2 tsp Black Pepper
1 Carrot (medium, peeled & chopped)
1 Yellow Potato (large, peeled and cut into small cubes)
3 cups Butternut Squash (peeled and cut into small cubes)
1 cup Dry Green Lentils

Directions

- 1 Add a splash of the broth to a large pot with the onions and garlic. Cook over medium heat for about five minutes or until the onions have softened. Add the thyme, salt, and pepper. Cook for another minute.
- 2 Add the carrot, potato, squash, and lentils. Stir to combine. Add the remaining broth and bring to a gentle boil. Cover with a lid and continue to cook for 20 minutes stirring occasionally.
- 3 Remove the lid and continue to cook for 10 to 15 minutes, stirring often until the stew has thickened.
- 4 Turn off the heat. Divide the stew between bowls and enjoy!

Nutrition

Amount per serving	
Calories	297
Fat	1g
Carbs	61g
Fiber	10g
Sugar	9g
Protein	15g
Cholesterol	0mg
Sodium	1594mg
Vitamin A	14530IU
Vitamin C	38mg
Calcium	110mg
Iron	6mg

Notes

Leftovers: Refrigerate in an airtight container for up to four days or freeze for up to 3 months. Reheat with additional broth if necessary.

Serving Size: One serving is equal to approximately 2 cups of stew.

No Squash: Use sweet potato instead.

More Vegetables: Add celery, mushrooms, kale or peas.



Leek & Fennel Soup with Chicken

4 servings

40 minutes

Ingredients

1/2 cup Water
3 Leeks (medium, trimmed and chopped)
2 Garlic (clove, minced)
1 tbsp Thyme (fresh)
1/4 tsp Sea Salt
1 bulb Fennel (large, chopped)
3 cups Vegetable Broth
10 ozs Chicken Breast, Cooked (shredded)

Nutrition

Amount per serving	
Calories	177
Fat	3g
Carbs	16g
Fiber	3g
Sugar	6g
Protein	24g
Cholesterol	74mg
Sodium	720mg
Vitamin A	2122IU
Vitamin C	17mg
Calcium	85mg
Iron	2mg

Directions

- 1 Heat the water in a large pan over medium-high heat. Add the leeks and cook for eight to 10 minutes or until the leeks have softened and wilted down. Add the garlic, thyme, and salt and cook for another minute.
- 2 Add the fennel and the broth and stir to combine. Bring the soup to a boil and then reduce and simmer for 15 to 20 minutes until the fennel is very tender.
- 3 Transfer the soup to a blender or food processor and blend until very smooth. Do this in batches if necessary and add more broth to thin the soup if needed. Season the soup with additional salt to taste.
- 4 To serve, divide the soup between bowls and top with warmed shredded chicken. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze the soup separate from the chicken for longer.

Serving Size: One serving is approximately 1 1/4 cups of soup.

Additional Toppings: Fresh thyme or fennel fronds.

Make it Vegan: Omit the chicken or top with sauteed mushrooms instead.

No Vegetable Broth: Use chicken broth or bone broth instead.

More Fat: Omit the water and saute the leeks in some oil instead.