

# Winter Soup Collection

Blood Sugar Central

Welcome to January's Winter Soup Collection! On the next pages, you will find a collection of delicious soup recipes I put together that include a variety of different types of soups for meals, snacks or anytime of day. I hope these recipes will keep you inspired and give you even more ideas for nutritious AND delicious soups all winter long.

## How to Use

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These recipes have been selected with a healthy carb food plan in mind, although I know that some of you cook for others who do not need to eat low carb, and so there are soups they will love as well. Because most people do best with a specific ingredient list and amounts, they are included with each recipe. But, you can embellish and add from there based on your taste and creativity.

## Recipe Tips

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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.

## Measurements & Seasonings

All the recipes include measurements so that you have an idea where to start. When it comes to soup, it is OK to vary the amount based on your taste and preferences. If you are not sure how much of an ingredient or seasoning to add, the best technique is to add a little at a time. A little common sense comes in handy here. I very often do a taste test as I go along. But NOT, if I am preparing certain raw food. So, I might taste a spoonful of mashed sweet potatoes to see if I have added enough cinnamon, and I might taste a marinade BEFORE pouring over raw chicken. Don't taste ingredients once they are poured onto raw poultry or meat until it has been cooked thoroughly. Then, before serving you can taste to see if anything extra is needed.

## Ingredients

It is always OK to swap out ingredients. For example if you are making a soup that calls for string beans and you don't have any, use broccoli, it will be fine. If you find a great smoothie recipe that includes peanut butter and you only have almond butter on hand, use that instead. Don't want to thicken your soup with the ingredient suggested, such as Almond Milk? Switch it out with another option such as coconut milk or half and half.

## Leftovers

Cook once, eat multiple times, that is the beauty of making a batch of soup. Most leftover soup can last about three days in the fridge, so maximize your time in the kitchen. Make enough 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.

And if you have questions, post them in the group or PM me.



# Creamy Roasted Tomato Soup

13 ingredients · 1 hour · 4 servings



## Directions

1. Preheat the oven to 410°F (210°C). Toss your tomatoes, onion and garlic cloves in olive oil and season with sea salt and pepper. Place on large parchment-lined baking sheet and bake for 40 to 50 minutes.
2. In the mean time, add your vegetable broth, thyme, oregano, cayenne pepper, basil leaves and apple cider vinegar to a large stock pot. When your veggies are done roasting also add them to your stock pot. Stir in almond milk.
3. Transfer mixture to blender and blend in batches until pureed. Ensure you leave a place for the steam to escape to avoid the lid bursting off during blending.
4. Transfer pureed soup back to stock pot and warm through over low heat. Serve topped with chopped spinach and a slice of bread for dipping.

## Notes

### Leftovers

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

## Ingredients

- 7 Tomato (sliced into quarters)
- 2 Sweet Onion (coarsley chopped)
- 4 Garlic (cloves, peeled)
- 1 **tbps** Extra Virgin Olive Oil
- 2 **cups** Vegetable Broth
- 1 **tbps** Thyme
- 1 **tsp** Oregano
- 1/8 **tsp** Cayenne Pepper
- 1 **tbps** Apple Cider Vinegar
- 1/2 **cup** Basil Leaves (chopped)
- 1 **cup** Unsweetened Almond Milk
- Sea Salt & Black Pepper (to taste)
- 1/2 **cup** Baby Spinach (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	135	<b>Sodium</b>	466mg
<b>Fat</b>	5g	<b>Vitamin A</b>	3983IU
<b>Carbs</b>	22g	<b>Vitamin C</b>	43mg
<b>Fiber</b>	4g	<b>Calcium</b>	184mg
<b>Sugar</b>	9g	<b>Iron</b>	2mg
<b>Protein</b>	5g	<b>Vitamin D</b>	25IU
<b>Cholesterol</b>	0mg	<b>Magnesium</b>	45mg

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# Slow Cooker Black Bean Soup

11 ingredients · 4 hours · 6 servings



## Directions

1. Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
2. Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

### Serving Size

One serving equals approximately 1.5 cups.

### Toppings

Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

### Stove Top

If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

## Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 1 Yellow Onion (finely diced)
- 2 **stalks** Celery (diced)
- 1 Carrot (large, chopped)
- 6 Garlic (cloves, minced)
- 1 **tbsp** Cumin
- 1/2 **tsp** Cayenne Pepper
- 6 **cups** Black Beans (cooked, drained and rinsed)
- 3 **cups** Diced Tomatoes
- 2 **cups** Water
- 2 Lime (juiced)

## Nutrition

Amount per serving

<b>Calories</b>	318	<b>Sodium</b>	45mg
<b>Fat</b>	6g	<b>Vitamin A</b>	2352IU
<b>Carbs</b>	51g	<b>Vitamin C</b>	19mg
<b>Fiber</b>	17g	<b>Calcium</b>	108mg
<b>Sugar</b>	6g	<b>Iron</b>	6mg
<b>Protein</b>	17g	<b>Vitamin D</b>	0IU
<b>Cholesterol</b>	0mg	<b>Magnesium</b>	131mg





# Slow Cooker Chicken Soup

8 ingredients · 6 hours · 6 servings



## Directions

1. Add all ingredients to the crock pot and cook on low for 6-8 hrs.
2. Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

## Notes

### More Carbs

Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

### Leftovers

Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

## Ingredients

- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 3 Carrot (medium, chopped)
- 1 tbsp Rosemary (fresh)
- 8 ozs Chicken Breast (boneless, skinless)
- 1 lb Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 6 cups Water (or broth)

## Nutrition

Amount per serving

<b>Calories</b>	161	<b>Sodium</b>	137mg
<b>Fat</b>	4g	<b>Vitamin A</b>	5253IU
<b>Carbs</b>	6g	<b>Vitamin C</b>	3mg
<b>Fiber</b>	2g	<b>Calcium</b>	59mg
<b>Sugar</b>	3g	<b>Iron</b>	2mg
<b>Protein</b>	24g	<b>Vitamin D</b>	1IU
<b>Cholesterol</b>	99mg	<b>Magnesium</b>	40mg



# Roasted Carrot White Bean & Tahini Soup

11 ingredients · 1 hour · 4 servings



## Directions

1. Preheat your oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the chopped carrots with half of the olive oil. Spread them over the baking sheet and roast for 40 minutes, tossing halfway through cooking.
3. In a large pot, heat the rest of the olive oil. Add the onion and celery, cook for 7-10 minutes or until softened. Then add the garlic and cook for 2 to 3 more minutes.
4. Add the roasted carrots, vegetable broth, white beans, turmeric, and tahini into the pot. Use an immersion blender to puree until completely smooth. Add lemon juice and salt and pepper to taste.
5. Divide between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container up to 4 days, or freeze up to 6 months.

### Serving Size

One serving is approximately 2 cups.

### No Immersion Blender

Use a regular blender instead, ensuring there is a place in the lid for the steam to escape.

### Carrot Tip

If using different sized carrots, aim for about 0.5 lb. of carrots per serving.

### No Carrots

Use sweet potato instead.

### Add Toppings

Greek yogurt, avocado, roasted vegetables, pumpkin seeds, sesame seeds, hemp seeds, cinnamon or extra turmeric.

## Ingredients

- 18** Carrot (medium, peeled and roughly chopped)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 1** Yellow Onion (medium, diced)
- 3 stalks** Celery (chopped)
- 4** Garlic (cloves, minced)
- 4 cups** Vegetable Broth
- 2 cups** White Navy Beans (cooked, drained and rinsed)
- 1 tsp** Turmeric
- 1/4 cup** Tahini
- 1/2** Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	423	<b>Sodium</b>	887mg
<b>Fat</b>	16g	<b>Vitamin A</b>	46529IU
<b>Carbs</b>	61g	<b>Vitamin C</b>	22mg
<b>Fiber</b>	20g	<b>Calcium</b>	253mg
<b>Sugar</b>	17g	<b>Iron</b>	6mg
<b>Protein</b>	14g	<b>Vitamin D</b>	0IU
<b>Cholesterol</b>	0mg	<b>Magnesium</b>	104mg

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# Slow Cooker Butternut Squash & Ginger Soup

6 ingredients · 4 hours · 5 servings



## 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.

## 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

<b>Calories</b>	114	<b>Sodium</b>	875mg
<b>Fat</b>	1g	<b>Vitamin A</b>	24127IU
<b>Carbs</b>	29g	<b>Vitamin C</b>	48mg
<b>Fiber</b>	5g	<b>Calcium</b>	119mg
<b>Sugar</b>	6g	<b>Iron</b>	2mg
<b>Protein</b>	3g	<b>Vitamin D</b>	0IU
<b>Cholesterol</b>	0mg	<b>Magnesium</b>	82mg





# Thai Chicken & Mushroom Soup

11 ingredients · 40 minutes · 2 servings



## Directions

1. In a pot over medium heat, add the coconut oil, garlic and ginger. Sauté for 1 minute. Then add the broth, coconut aminos and lemongrass. Bring to a simmer, reduce heat to medium-low and cook for 15 to 20 minutes.
2. Add the chicken and mushrooms and cook for 10 minutes or until the chicken is cooked through. Remove from heat. Remove the lemongrass stalks and discard. Add the coconut milk and lime juice. Stir to combine.
3. Divide into bowls and garnish with basil. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Add leafy greens such as spinach or kale.

### No Lemongrass

Use extra lime juice instead.

### No Coconut Aminos

Use tamari or soy sauce instead.

### No Thai Basil

Use regular basil, cilantro or mint instead.

## Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1 **Garlic** (clove, minced)
- 1 **tsp** Ginger (minced)
- 3 **cups** Chicken Broth
- 1 **tbsp** Coconut Aminos
- 1/4 **oz** Lemongrass (peeled, chopped into large pieces)
- 8 **ozs** Chicken Breast (skinless, boneless, chopped into cubes)
- 1 1/2 **cups** Shiitake Mushrooms (sliced)
- 1 **cup** Canned Coconut Milk
- 1 **tbsp** Lime Juice
- 1/4 **cup** Thai Basil (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	478	<b>Sodium</b>	1607mg
<b>Fat</b>	29g	<b>Vitamin A</b>	325IU
<b>Carbs</b>	24g	<b>Vitamin C</b>	4mg
<b>Fiber</b>	2g	<b>Calcium</b>	44mg
<b>Sugar</b>	9g	<b>Iron</b>	2mg
<b>Protein</b>	31g	<b>Vitamin D</b>	32IU
<b>Cholesterol</b>	90mg	<b>Magnesium</b>	57mg

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# Curried Coconut Soup

14 ingredients · 30 minutes · 8 servings



## 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.

## Ingredients

- 1 **tblsp** Extra Virgin Olive Oil
- 1 **tblsp** Ginger (chopped)
- 2 **Garlic** (clove, minced)
- 1 **Yellow Onion** (chopped)
- 2 **tblsps** Curry Powder
- 2 **cups** Mushrooms (sliced)
- 1 **oz** Lemongrass (chopped)
- 1 **cup** Broccoli (chopped into small florets)
- 1 **tblsp** 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

<b>Calories</b>	209	<b>Sodium</b>	359mg
<b>Fat</b>	18g	<b>Vitamin A</b>	418IU
<b>Carbs</b>	9g	<b>Vitamin C</b>	17mg
<b>Fiber</b>	2g	<b>Calcium</b>	35mg
<b>Sugar</b>	4g	<b>Iron</b>	1mg
<b>Protein</b>	3g	<b>Vitamin D</b>	2IU
<b>Cholesterol</b>	0mg	<b>Magnesium</b>	17mg

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# Turkey & Vegetable Soup

11 ingredients · 50 minutes · 6 servings



## 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.

## Ingredients

- 1 **tblsp** 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

<b>Calories</b>	142	<b>Sodium</b>	1411mg
<b>Fat</b>	4g	<b>Vitamin A</b>	5702IU
<b>Carbs</b>	10g	<b>Vitamin C</b>	16mg
<b>Fiber</b>	2g	<b>Calcium</b>	59mg
<b>Sugar</b>	4g	<b>Iron</b>	2mg
<b>Protein</b>	18g	<b>Vitamin D</b>	5IU
<b>Cholesterol</b>	40mg	<b>Magnesium</b>	31mg

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# Vegan Minestrone Soup

12 ingredients · 1 hour · 4 servings



## 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.

## 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	Sodium	1306mg
Fat	3g	Vitamin A	4337IU
Carbs	75g	Vitamin C	30mg
Fiber	14g	Calcium	142mg
Sugar	12g	Iron	6mg
Protein	16g	Vitamin D	0IU
Cholesterol	0mg	Magnesium	60mg

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# Manhattan-Style Fish Chowder

11 ingredients · 30 minutes · 8 servings



## Directions

1. Heat a few tablespoons of the broth in a pot over medium-high heat. Cook the onion, celery, carrot, and thyme until soft, about five to eight minutes. Add a splash of water as needed to prevent sticking.
2. Meanwhile, whisk together the white wine and tapioca flour in a small bowl to create a slurry. Add the slurry to the veggies and stir well.
3. Add the diced tomatoes, potatoes, and remaining broth. Bring to a boil, then lower to a simmer for 10 minutes, or until the potatoes are tender.
4. Add the haddock and cook for an additional 10 minutes. Season with salt and black pepper to taste. Divide into bowls, garnish with more thyme (optional) and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately two cups of chowder.

### More Flavor

Add bay leaves, bacon and/or sausage. Sauté the veggies with oil instead of broth.

### Serve it With

Crackers or crusty bread.

### No Haddock

Use tilapia or cod instead.

### Haddock Fillet

This recipe was developed and tested using 193 gram (6.8 ounce) haddock fillets.

## Ingredients

- 3 1/2 cups Vegetable Broth (divided)
- 1 White Onion (large, diced)
- 1 stalk Celery (diced)
- 1 Carrot (medium, diced)
- 1 tsp Thyme (fresh, plus more for optional garnish)
- 1 cup White Cooking Wine
- 1 tbsp Tapioca Flour
- 3 cups Diced Tomatoes
- 2 cups Mini Potatoes (quartered)
- 3 Haddock Fillet (cubed)
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	139	<b>Sodium</b>	658mg
<b>Fat</b>	0g	<b>Vitamin A</b>	1948IU
<b>Carbs</b>	14g	<b>Vitamin C</b>	19mg
<b>Fiber</b>	2g	<b>Calcium</b>	39mg
<b>Sugar</b>	4g	<b>Iron</b>	1mg
<b>Protein</b>	14g	<b>Vitamin D</b>	13IU
<b>Cholesterol</b>	39mg	<b>Magnesium</b>	28mg

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