



Comforting Soups



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Dive into a bowl of warmth with these comforting soup recipes.

With so many variations in texture, flavor, and spice, there is a soup recipe for everyone. Whether you are coming home from a long day or looking to warm up during the winter months, we hope these recipes prepare you for success.

Soup can easily be stored in the refrigerator or freezer for a quick meal at any time. Store your soup in the refrigerator for up to 5 days or in the freezer for up to 2 months. Just be sure to let the soup cool before pouring it into your storage container!



General Recipe

New to making soup? Follow the 6 simple steps below!

Step 1

Add olive oil and minced garlic or onion to a large pot and sauté (fry over low heat with a little oil) until fragrant.

Step 2

Add filling protein (ground beef, turkey, chicken, beans, or lentils) and raise to medium heat.

Step 3

Add lots of vegetables! Be sure to chop up veggies into bite-sized pieces before adding to pot.

Step 4

Spice it up!

Step 5

Add approximately 2 cups of low-sodium broth and let simmer for at least 15 minutes to allow flavors to come together.

Step 6

Serve and enjoy!

The following recipes contain:

- less than 70 grams of carbohydrates per serving and are suitable for individuals following a carb-conscious diet.
- less than 700 grams of sodium per serving and are suitable for individuals following a heart-healthy diet.
- less than 700 milligrams of both potassium and phosphorus per serving and are suitable for individuals following a kidney-friendly diet

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All-American

Texas-Style Chili

Recipe adapted from
www.nwkidney.org

Ingredients

Turkey & Veggies

1 Tbsp olive oil
1 pound ground turkey
1 onion, diced
3 cloves garlic, minced
1 bell pepper, chopped
1 cup canned green chili peppers or sliced jalapeños, drained and rinsed
1 (8 oz.) can tomato sauce (unsalted if possible)
2 cups low-sodium chicken broth
2 Tbsp chili powder
1 tsp garlic powder
1 tsp dried basil
½ tsp dried oregano
½ tsp dried thyme
¼ tsp ground cumin
¼ tsp cajun seasoning

Optional

Chopped green onion
Shredded cheese
Sour cream

Instructions

1. Add olive oil to a large pan over medium heat. Add the ground turkey and cook until cooked through and the inside is no longer pink, about 5 minutes.
2. Add the onion, garlic, bell pepper, and optional chili peppers or jalapenos and sauté for 3-4 minutes.
3. Stir in tomato sauce, chicken broth, and spices.
4. Bring to a boil then reduce heat to medium-low and simmer for 30-45 minutes.
5. Optional: Serve with chopped green onion, shredded cheese, and sour cream.

 1 hour 10 minutes  4 servings



Nutrition Facts

222 kcal, 7 g CHO, 2 g fiber, 12 g fat, 23 g pro,
246 mg Ph, 519 mg K, 388 mg Na

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 **30 minutes** **4 servings**

Mediterranean

Tuscan Bean Soup

Recipe adapted from
www.familycookproductions.org

Ingredients

Bean Soup

2 cloves of garlic
2 Tbsp olive oil
1 medium onion, diced
1 small zucchini, diced
1 cup broccoli, chopped
1 (14 oz) can cannellini
(white) beans, drained and
rinsed
1 (14 oz) can whole tomatoes
4 cups low-sodium chicken
broth
3 sprigs thyme or 3 tsp dried
thyme
Black pepper, to taste

Optional

Whole wheat bread,
toasted, for dipping

Instructions

1. Smash the garlic with the flat side of the chef's knife and mince.
2. Heat the olive oil in a large pot over medium heat. Add the onion and sauté for 5 minutes.
3. Add the zucchini and broccoli and cook for 3 to 5 more minutes.
4. Add the beans. Dice tomatoes and add to pot or squeeze the tomatoes into the pot with clean hands, breaking them up as much as you can.
5. Add the chicken broth and stir to combine. Cook over medium heat for 10 minutes.
6. Add the thyme and black pepper.
7. Simmer for 5 minutes and serve.



Nutrition Facts

212 kcal, 28 g CHO, 11 g fiber, 7 g fat, 8 g pro,
37 mg Ph, 440 mg K, 353 mg Na

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1 hour



4 servings

Tex-Mex

Spicy Black Bean Soup

Recipe adapted from
www.thekidneydietitian.com

Ingredients

2 Tbsp olive oil
1 red onion, chopped
1 clove garlic, chopped
1 jalapeno, finely chopped
2 carrots, peeled & chopped
1 red bell pepper, chopped
4 tsp cumin
2 tsp chili powder
¼ tsp crushed red pepper flakes
4 cups low-sodium vegetable broth
1 cup frozen corn
2 cups low sodium canned black beans, drained & rinsed
1 lime, juiced
½ tsp black pepper

Optional

Chopped green onion
Shredded cheese

Instructions

1. Heat oil in a soup pot over medium heat. Add onion and garlic and sauté for 5 minutes or until onions are translucent.
2. Add the jalapeno, carrot, bell pepper, cumin, chili powder, and red pepper flakes. Sauté until the vegetables are soft, 7-9 minutes. Add the broth, corn, and beans. Bring to a slow boil over medium-high heat and then lower to a simmer. Simmer for 20 minutes.
3. Using a standing blender, immersion blender, or potato masher, blend or mash half the soup until it reaches your preferred thickened texture. Stir in the lime juice and black pepper. Top with any additional toppings, serve, and enjoy!



Nutrition Facts

257 kcal, 41 g CHO, 12 g fiber, 8 g fat, 9 g pro,
188g Ph, 673 g K, 489 mg Na