

Soup Recipes Guide

Soup is a comfort food that can be found all over the world. Soup can cheer you up when you're feeling under the weather, or help you fight the chill on a brisk day. Soup helps us to keep from overeating, but we are careful not to take too much soup. Soups are an excellent way to use leftover grains and beans. Soup is deliciously simple to prepare, quite a cheap meal idea, very nutritious and easy to digest. Soup makes a wonderful meal, and once you make a pot or two, you'll discover it isn't really that hard to make. Soups can serve as a main dish when they are hearty and filled with meats and vegetables. Soup can be transferred to a large bowl and kept covered in cling wrap in the refrigerator for up to 4 days, or frozen for future use. Soup helps you include lots of vegetables in your family's diet.

Soup recipes are always popular but they seem to become even more so when the weather starts to cool down. Soup recipes are versatile enough for any situation, on any day. Soup recipes are actually among the most forgiving of all when it comes to measurements, substitutions, etc. Soup recipes can be made for an appetizer, a lunch or dinner. Soup recipes are not necessarily used just for the winter time, or when you are sick. Soup recipes are warming, good for you and simple to make.

Soup recipes are usually stock or broth-based, like chicken noodle soup, or they can be creamy, like creamy mushroom soup. Chicken noodle soup is warming and pleasing and many of us have fond memories of the homemade chicken noodle soup we

enjoyed as children.

Chicken soup can be enjoyed as an appetizer, as a meal in itself or as a comforting drink at any time of the day or night. Chicken soup comes in many varieties, including Asian, Mexican, Japanese, and Thai style soups and there are plenty of international stew recipes also. Chicken soup recipes are low in fat, even more so if you skim the fat from the top of the soup before serving. Chicken soup is cheap and easy to prepare, nutritious and easily digestible, making it a very good food for convalescing people. Chicken soup has been prescribed to cure colds, by draining nasal passages and through the blend of nutrients and vitamins that slow the growth of certain white cells. Cooking a bone in a chicken soup recipe can increase the amount of calcium in the soup recipe too.

Chicken Noodle Soup:

Ingredients:

2 cans chicken broth

2 cans water

1/4 tsp. poultry seasoning

1/2 tsp. crushed dried thyme leaves

1 medium onion, finely chopped

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1 large carrot, peeled and sliced 1/4 inch thick

1 stalk celery, sliced 1/4 inch thick

3 cups cooked diced chicken

2 cups wide egg noodles

1/4 cup finely chopped fresh parsley

ground black pepper

Directions:

1. In a large stockpot combine the broth, water, poultry seasoning, thyme, celery, carrot, and onion.


2. Over medium heat, heat to boiling, stirring occasionally then reduce the heat to low. Add the cooked chicken.

3. Cover and cook 15-20 minutes or until vegetables are tender, stirring occasionally.

4. Add the noodles, cook until just tender (about 5 minutes). Stir in the parsley and pepper to taste and serve.

Delmondo Sorell studied about health, diet and fitness for many years.

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