

Soups



[Antioxidant-Rich Red Lentil Soup](#) (10/1/2015) -

I keep jars of lentil soup in the fridge as a staple. Lentils are great sources of protein and iron and they require no presoaking! 1 large sweet onion, diced 1 large red pepper, diced 1 medium potato, diced (optional) 3 tomatoes, diced 2 cups (500 ml) red lentils 4 large garlic cloves, [...]



[Savory Cabbage Soup](#) (7/28/2015) - Makes 12

servings This low-cal soup is a wonderful warm addition to any winter meal. 9 cups (2,250 ml) vegetable broth or water 2 cups (500 ml) potatoes or butternut squash, cubed 4 carrots, chopped 2 onions, chopped 3 stalks celery, chopped 6 cups (1.5 l) cabbage, shredded 2 bay leaves 3/4 cup fresh dill (or 3 Tbsp (45 ml) dried [...]



[Butternut Squash Ginger Soup](#) (3/14/2015) -

Makes 6-8 servings. This soup is delicate and smooth. It is a wonderful way to use squash or pumpkin. Ingredients 2 onions, chopped 1 medium butternut squash (pumpkin or other squash also work well), peeled and chopped (about 4 cups/ 1 l) 1 red chilli pepper, diced or ¼ tsp red pepper (optional) 4 cups [...]