

SOUP RECIPES FOR THE ADVENTUROUS COOK

a cookbook from this healthy table



CONTENTS

Soup Recipes

- 05** Awesome Mexican Veggie Soup
- 07** The Best Vegan Lentil Soup
- 08** Miso Ramen with Bok Choy
- 10** Slow Cooker Brisket Chili
- 12** Pumpkin Minestrone Soup
- 14** Slow Cooker Turkey Pumpkin Chili
- 15** Golden Bell Pepper Soup

Healthy, Seasonal, & Delicious
Soup Recipes You'll Love

AWESOME MEXICAN VEGGIE SOUP



AWESOME MEXICAN VEGGIE SOUP

This awesome Mexican vegetarian soup is full of healthy, hearty ingredients. It has a rich depth of flavor and is ready in just 30 minutes.

INGREDIENTS

- 1 tablespoon olive oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, deseeded and diced
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon oregano
- 1 chipotle chili in adobo, minced
- 4 cups vegetable broth
- 1 (4-ounce) can diced green chilis
- 1 (14-ounce) can fire-roasted diced tomatoes
- 1 (14-ounce) can black beans, drained and rinsed
- 1 teaspoon canola (or other high smoke point) oil
- 4 ears corn
- 2 teaspoons of kosher salt
- juice of one lime
- cilantro, to taste
- optional - diced avocado, cotija or feta cheese

METHOD

1. Heat the olive oil in a large pot over medium high heat. Then heat a grill to medium heat (or grill pan over medium heat).
2. Add the diced onion and sauté for 4 to 5 minutes, or until translucent. Then add the garlic and red bell pepper. Cook for an additional 2 minutes.
3. Add the spices (chili powder, cumin, and oregano) and chipotle chili to the pot and stir continuously for 30 seconds.
4. Add the vegetable broth, diced green chilis, diced tomatoes, and black beans to the pot. Stir and cover. Bring to a boil, then reduce to a simmer for 10 minutes.
5. Meanwhile, shuck the corn and toss it in the teaspoon of canola oil. Cook on the grill (or in the grill pan) for 4 minutes, then flip and cook for another four minutes.
6. Remove the corn from the grill, let cool for 1 to 2 minutes then cut the kernels off.
7. Add the corn to the soup and stir to combine. Turn off the heat and stir in the salt and lime juice.
8. Serve with optional toppings of feta cheese, avocados, and cilantro.

SERVES: 6

PREP TIME: 8 MINS

COOK TIME: 22 MINS

THE BEST VEGAN LENTIL SOUP



THE BEST VEGAN LENTIL SOUP

This vegan lentil soup with potatoes and spinach is hearty, healthy, and easy to make!

SERVES: 6

PREP TIME: 20 MINS

COOK TIME: 2 HOURS

INGREDIENTS

- 2 tablespoons olive oil
- 1 large yellow onion, diced
- 3 cloves garlic, minced
- 15 baby carrots, sliced
- 8 baby potatoes, diced
- 2 teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1/2 teaspoon ground turmeric
- 1 teaspoon each salt & pepper
- 2 cups green or brown lentils
- 8 cups vegetable broth
- 15 ounce can diced tomatoes
- 3 cups baby spinach

METHOD

1. Heat the olive oil over medium heat in a large pot. Add the onion when the oil is hot and let sauté for 4 minutes. Add the garlic and cook for another 30 seconds.
2. Add the carrots and potatoes and sauté for an additional 2 minutes. Then add all the spices from cumin to salt and pepper and stir continuously for 30 seconds.
3. Add the lentils, vegetable broth, and tomatoes to the pot. Stir to combine, cover with a lid, and let simmer on low heat for 2 hours.
4. Add the spinach to the saucepan and stir to combine, gently wilting the leaves. Serve immediately. If you are not immediately serving the soup, only add the spinach when you reheat it, ensuring the spinach will stay bright green.
5. Add additional salt and pepper to taste.

MISO RAMEN WITH BOK CHOY

SERVES: 1

PREP TIME: 5 MINS

COOK TIME: 5 MINS



INGREDIENTS

- 3 cups water
- 1.5 to 2 ounces organic ramen noodles
- 2 tablespoons red miso
- 1 teaspoon sesame oil
- pinch of salt and pepper
- 1 free range egg
- 1 head of baby bok choy, trimmed
- 1 spring onion, finely chopped
- 1 teaspoon chili oil
- 1 teaspoon sesame seeds

METHOD

1. Add the water to a medium saucepan and bring to a boil over high heat.
2. Add the ramen noodles to the boiling water and cook according to package directions.
3. Take 3 tablespoons of water from the boiling pot and add it to a small bowl with the red miso. Stir it vigorously to combine.
4. About a minute before the ramen is done cooking, add the miso, sesame oil, salt and pepper, and bok choy and stir to combine. Use a spoon to create a dent in the noodles and carefully crack the egg in it. Use the spoon to ladle the boiling water on top of the egg to cook it faster.
5. When the ramen is done cooking, use a ladle to carefully move the egg and everything else to a bowl.
6. Top with spring onions, chili oil, and sesame seeds.



SLOW COOKER BRISKET CHILI

*This slow cooker brisket chili
recipe is full of wonderful
spices!*

SERVES: 4

PREP TIME: 10 MINS

COOK TIME: 40 MINS

INGREDIENTS

- 2 pounds brisket
 - 2 tablespoons cinnamon
 - 1 tablespoon paprika
 - 1 tablespoon dried oregano
 - 1 teaspoon salt
 - 1 teaspoon freshly ground pepper
 - 2 tablespoons butter
 - 2 bay leaves
 - 4 red or orange bell peppers, diced
 - 1 large red onion, diced
 - 2 jalapeños, seeded and finely diced
 - 2 (14.5 ounces) cans diced tomatoes
 - 400 milliliters beef stock
- optional: cilantro, avocado,

HERE'S A TIP

Use a fun mix of bell peppers for this – see what's available at your local farmer's market.

METHOD

1. Using a large knife, score both sides of the brisket in a crosshatch pattern.
2. Combine the cinnamon, paprika, oregano, salt and pepper in a small bowl. Rub the spice mixture into the brisket, making sure to get it in the scored pits.
3. Heat a large frying pan over high heat and melt the butter in it.
4. When the pan is very hot, add the brisket and cook each side for 1 to 2 minutes, or until browned and slightly charred.
5. Add the brisket to the slow cooker and top with all the remaining ingredients.
6. Stir to combine ingredients and set the slow cooker for 6 to 8 hours on low or 3 to 4 hours on high.
7. Once cooked, remove the brisket from the slow cooker and using two forks, pull the beef apart.
8. Remove the bay leaves.
9. Return the meat to the slow cooker and stir to combine.
10. Top with optional ingredients and serve, or keep in a refrigerator for up to 3 days.

PUMPKIN MINESTRONE SOUP

SERVES: 6

PREP TIME: 10 MINS

COOK TIME: 40 MINS



This pumpkin minestrone soup recipe is perfect for fall - it's hearty, healthy, and packed with flavor.

INGREDIENTS

- 4 tablespoons olive oil
- 4 ounces pancetta
- 2 cloves garlic, finely minced
- 1 large red onion, finely diced
- 2 carrots, finely diced
- 3 stalks celery, finely diced
- 1 large potato, scrubbed and diced
- 2 cups chopped pumpkin
- 2 cups chopped butternut squash
- 1 parmesan rind (optional)
- 28 ounces canned plum tomatoes
- 1 tablespoon oregano
- 1 bay leaf
- 2 (14-ounces) cans red kidney beans
- 5 cups vegetable stock
- 1 cup orzo (or other small pasta)
- 4 cups chopped kale
- 1 cup shredded parmesan
- 3 teaspoons sea salt

METHOD

1. Heat a pot over medium-high heat. When it's hot, add the olive oil. When the olive oil is hot, add the pancetta and cook for 1 minute or until it has crisped.
2. Add the garlic, onion, carrots, and celery to the pancetta. Stir to combine. Cook for 10 minutes, stirring occasionally.
3. Add the potato, pumpkin, and butternut squash. Stir to combine and cook for two minutes.
4. Add the parmesan rind, oregano, bay leaf, tomatoes, kidney beans, and vegetable stock. Stir to combine. Cover and bring to a simmer. Reduce heat and simmer for 30 minutes.
5. Add the pasta and cook for 10 more minutes.
6. Add the kale and stir to combine. Cook for 1 minute or until kale is slightly wilted. Season with salt. Remove the parmesan rind and bay leaf.
7. Serve with a sprinkle of parmesan.

SLOW COOKER TURKEY PUMPKIN CHILI



SLOW COOKER TURKEY PUMPKIN CHILI

This slow cooker turkey pumpkin chili is a delicious, warming recipe for chilly fall nights.

SERVES: 4

PREP TIME: 15 MINS

COOK TIME: 6 HOURS

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 1 jalapeno, finely diced
- 1 pound ground turkey
- 1 (14 ounce) can pumpkin puree
- 1 (14 ounce) can kidney beans, drained and rinsed
- 2 tablespoons tomato paste
- 3/4 cup chicken broth
- 1/4 teaspoon cayenne
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/2 teaspoon cinnamon
- 1 teaspoon ground pepper
- 1 teaspoon salt
- 1 teaspoon cumin

METHOD

1. Heat the olive oil in a large skillet over medium-high heat.
2. Add the onions, jalapeno, and bell pepper. Sauté for five minutes or until the onion becomes translucent.
3. Add the turkey and sauté until browned.
4. Add the turkey-onion mixture to the slow cooker. Add all other ingredients to slow cooker and stir until combined.
5. Cook on high for 3 to 4 hours or on low for 6 to 8 hours.
6. Top with optional ingredients.
7. Will keep in the fridge for up to 3 days.

GOLDEN BELL PEPPER SOUP

SERVES: 6

PREP TIME: 20 MINS

COOK TIME: 30 MINS



INGREDIENTS

- 2 tablespoons olive oil
- 1 yellow onion, diced
- 2 medium carrots, diced
- 1 celery stalk, diced
- pinch of sea salt and pepper
- 6 orange bell peppers, diced
- 2 cups diced butternut squash
- 4 cups vegetable broth
- 1 teaspoon thyme
- 1/2 teaspoon dried sage

METHOD

1. Heat the olive oil in a large pot over medium-high heat.
2. Add the onion, carrots, celery and salt and pepper to the pot and sauté for 3 to 4 minutes, or until the onions are translucent.
3. Add the bell peppers and simmer for another 6 minutes.
4. Add the butternut squash, broth, thyme, and sage and bring to a boil over high heat. Then reduce to a simmer and cook for 20 minutes.
5. Add soup to a blender, in stages if necessary, and blend till fully puréed.
6. Serve immediately or keep in the fridge for up to 3 days.

A LITTLE ABOUT ME



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My name is Emily and I like to make and eat good food.

I started This Healthy Table in early 2016 to encourage my transition to eating more whole foods. I've found along the way that I've loved connecting with all of you - the readers of This Healthy Table!

I try to feature healthy recipes that are delicious and easy to make. Sometimes, I make a cocktail or decadent cake for you, but I'll always look for ways to make it a little healthier and less processed.