

11 Easy Soup & Stew Recipes



FAVEHEALTHYRECIPES   



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Special thanks to our bloggers

who contributed photos for the cover of this eCookbook:

Tess Gardner from Slow Cooking Kitchen



Letter from the Editors

Dear Healthy Cooking Enthusiast:

Let's be honest with ourselves here – we all could stand to eat better-for-you foods. It is often too easy to cheat on our healthy eating habits because of the abundance of tasty unhealthy food items that constantly surround us throughout the year. If you feel too overwhelmed with all the unhealthy foods that come around, then know that help is on the way!

This fantastic eCookbook from FaveHealthyRecipes.com, ***11 Easy Soup and Stew Recipes***, provides you with the quick and easy recipes you will need to keep your weight-loss goals a reality this year. Thanks to this definitive collection of delicious soup and stew recipes, maintaining your diet has never been easier.

The free eCookbook contains only top-notch healthy weight loss recipes, including recipes for Broccoli and Cauliflower Soup with Kale, Gnocchi and Cannelini Beans, and Turkey Vegetable and Rice Soup. Regardless of your reason for wanting healthy recipes, know that this list has dishes that you are sure to devour.

The recipes in this crowd-pleasing collection are fun and easy, and all of them are delicious. Make one or make several, and discover the delights that can be found cooking with your family!

For additional healthy recipes, be sure to visit [FaveHealthyRecipes.com](http://www.FaveHealthyRecipes.com). While you're there, [subscribe to our free healthy recipes newsletter](#), to get free recipes delivered to your inbox every week.

Enjoy all of these easy soup and stew recipes!

Sincerely,

The Editors of FaveHealthyRecipes

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Soups

Broccoli and Cauliflower Soup with Kale, Gnocchi and Cannelini Beans

By: [Adele McConnell-Cummins](#)

For a nutritious and healthy vegetable soup that is loaded with flavor, make this recipe for Broccoli and Cauliflower Soup with Kale, Gnocchi and Cannelini Beans. Plus, this soup is vegan and gluten free.

Yields: 2 servings

Ingredients

- 1/2 head of broccoli, chopped
- 1/2 head of cauliflower, chopped
- 3 cloves of garlic, minced
- 2 cans cannellini beans
- Vegetable stock
- 1 large handful of kale or spinach
- Chilli flakes
- Herbamare (veggie spice)
- 250 grams gluten-free gnocchi (about 1/2 pound)
- Fresh parsely
- Black pepper, ground

Instructions

1. Boil the broccoli and cauliflower for about 15 minutes until tender.
2. Then, add the minced garlic. Pour into blender, or use a bar mix, adding a can of cannellini beans (this will thicken it!). Blend until smooth.
3. Return to heat and add torn kale or spinach leaves, another can of cannellini beans and season with salt and pepper. Add chilli flakes, veggie stock to taste, basil and fresh parsley.
4. Add the gluten free gnocchi last, ensuring you watch it (allow it to cook for about 3 minutes) and stir gently so you dont crush the gnocchi and beans.
5. Top with more chilli flake and enjoy!



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Turkey Vegetable & Rice Soup

Whip together a healthy soup with diced turkey (leftover roast turkey works wonderfully), vegetables and rice in under a half hour. This makes for a healthy meal anytime.

Cooking Time: 30 Minutes

Ingredients

- 14 1/2 ounces stewed tomatoes
- 4 1/2 ounces canned mushrooms, sliced and drained
- 14 1/2 ounces low sodium chicken broth
- 1 pound cooked turkey, diced
- 1/4 cup red wine
- 1 cup frozen mixed vegetables
- 1 small onion, chopped
- 2 cloves garlic, minced
- 8 ounces tomato sauce
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon Italian seasoning
- 1/3 cup instant brown rice

Instructions

1. Mix all ingredients except rice together and bring to a boil.
2. Reduce heat to low and add rice. Simmer for 15 minutes, making sure the rice is cooked before serving.



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Hearty Pumpkin Soup

Try this Hearty Pumpkin Soup for a low-fat, tasty meal. This pumpkin soup recipe is amazing when served with whole-grain rolls or muffins!

Yields: 4 Servings

Ingredients

- 2 pounds whole pumpkin (or other winter squash)
- 1 onion, chopped
- 2 cups chicken or vegetable stock
- 1 tablespoon mild chili powder
- 1 cup white beans, cooked
- 1 cup frozen lima beans
- 1 cup brown rice, barley, or other cooked grain
- 1 cup fresh or frozen corn kernels
- Salt and pepper to taste



Instructions

1. To prepare pumpkin: Puncture pumpkin's skin with a knife or fork in several places and place in microwave for 3 to 6 minutes, until it is soft enough to cut in half. Cut in half and cool, if necessary, before scraping out seeds.
2. Bring $\frac{1}{4}$ cup of stock to a boil and add onions. Cook for 5 - 10 minutes.
3. Stir in the rest of stock, the seasonings and white beans. Simmer gently until the pumpkin is ready.
4. Scoop the soft pumpkin flesh out of the shell and stir into the soup.
5. Add lima beans, corn and grains and simmer 10 minutes or until beans and corn are tender.





Chicken Tortilla Soup

By: [Rocky Barragan](#)

For a hearty taste of the Southwest, reach for this recipe for Chicken Tortilla Soup from Rocky Barragan. Jalapeno peppers and cilantro make this easy tortilla soup one of the most flavorful chicken soup recipes out there.

Yields: 4 Servings

Ingredients

- 4 cups chicken stock
- 2 pounds skinless chicken breast, cubed
- 1 can diced tomatoes, 14.5 ounces
- 1 can green chilies, 4 ounces
- Juice from 1 lime
- 2 tablespoon cilantro, chopped
- 2 green onions, chopped
- 4 carrots, diced
- 1 jalapeno pepper, diced
- 1 tablespoon lite Mexican blend cheese
- 1/2 teaspoon black pepper
- 2 corn tortillas
- 4 tablespoon Fage yogurt
- Salt, to taste



Instructions

1. Dice up your chicken and carrots into bite size pieces. Chop up your green onions, cilantro and jalapeno.
2. Open your cans of green chilies and diced tomatoes. (Do not drain)
3. Now that all your prep work is done go ahead and pour your chicken stock into a pot and turn the heat on to medium. Place the next seven ingredients in the pot.
4. Once your stock comes to a boil reduce the heat down to a simmer and let go for about 45 minutes.
5. About 15 minutes before you're ready to serve up your soup turn your oven on to 400 degrees F.
6. Cut up your corn tortillas into strips. I find using a pair of kitchen scissors works best. You'll want to use 1 corn tortillas per person. Spray down a cooking sheet with olive oil Spray and lay down your tortilla strips. Spray the tops of your tortilla strips down with olive oil spray to ensure crispiness. Pop into the oven and cook for about 15 to 20 minutes or until your tortilla strips are crispy.
7. When 45 minutes are up check your chicken to make sure it is cooked through. Now you're ready to serve up your soup! Get your bowls out and ladle your soup in, top each bowl with tortilla strips, lite Mexican blend cheese, Fage yogurt and enjoy!



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Chunky Minestrone Soup

By: Tess Gardner

There is nothing that is healthier or more satisfying than a big, steaming bowl of Chunky Minestrone Soup. Loaded with nutrient-rich vegetables and beans, your family will leave the table feeling filled and cozy inside. There's no need to add meat to this easy vegetarian soup recipe because it is hearty enough all on its own. Have a happy meatless Monday recipe everyone.

Ingredients

- 1/3 yellow onion, chopped
- 2 garlic cloves, minced
- 1 cup brown rice, uncooked
- 3 cups water
- 2 cups vegetable broth
- 1 can (28 oz.) crushed tomatoes
- 2 small zucchinis, cut lengthwise, sliced
- 1 can (15 oz.) cannellini beans, drained
- 1 cup baby spinach leaves
- 1 tablespoon Italian herbs

Instructions

1. In a large saucepan, over medium heat, sauté garlic and onion in olive oil.
2. Add water, rice, vegetable broth, crushed tomatoes, and Italian herbs, cover and continue simmering for 20-25 minutes.
3. Remove lid and add cannellini beans, zucchini and spinach leaves; recover and simmer for an additional 5-7 minutes. Serve & Enjoy!



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Easy Cream of Celery Soup

By: [Dorothy Delaney](#)

Instead of relying on canned soups for your meals and recipes, go with homemade healthy soup recipes instead. This Easy Cream of Celery Soup recipe is an easy vegetable soup recipe that anyone can whip up in their kitchen.

Ingredients

- 2 celery stalks
- 1 cup water
- 1 avocado, peeled and pitted
- Juice of 1 lemon, or lime
- 3 drops kelp
- 1/2 cup cilantro
- 1/2 cup sprouts
- 1 garlic clove
- 1 teaspoon Bragg's Sea Kelp Delight
- 2 teaspoon Bragg's Amino Acids

Instructions

1. Place all of the ingredients into a blender, and blend until everything is thoroughly combined and warm.
2. Serve warm or cold. Use some of it to make a delicious salad dressing!



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Stews

Easy Pasta Fagioli

Learn how to make a delicious Italian food classic dish at home with this Easy Pasta Fagioli recipe. Soup is always a great option for cooking with vegetables, and this soup recipe in particular is loaded with healthy flavor.

Cooking Time: 30 min

Ingredients

- 1/2 cup Barilla Ditalini pasta
- 1 jar Barilla Marinara - Traditional Sauce
- 1 tablespoon extra virgin olive oil
- 1 cup yellow onion, diced
- 1 cup carrot, diced
- 1 cup celery, diced
- 3 cups water
- 38 ounces canned cannellini beans, drained
- 32 ounces chicken broth
- 1 bay leaf
- Salt and black pepper, to taste
- Parmigiano Reggiano cheese, grated

Instructions

1. Heat olive oil in a stock pot. Add onion, celery and carrots, cook for 1 minute.
2. Add beans, Marinara Sauce, chicken broth, water, and bay leaf. Season with salt and pepper. Simmer for 20 minutes.
3. Stir Ditalini into the soup. Simmer 8 minutes, stirring occasionally.
4. Remove from heat and allow soup to rest 10 minutes. Garnish with grated Parmigiano cheese.



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Healthy New England Clam Chowder

By: [Rocky Barragan](#)

The best part about this Healthy New England Clam Chowder recipe from Rocky Barragan is that it replicates the delectable creaminess found in a typical clam chowder recipe, but with a fraction of the fat and calories. This easy clam chowder is simply irresistible.

Ingredients

- 2 cans clams with juice
- 1 1/2 cups almond milk
- 2 teaspoon quinoa flour
- 4 slices fo turkey bacon
- 12 ounces cauliflower
- 1/2 cup onion
- 1 pinch parsley
- Salt, to taste
- Black pepper, to taste
- Olive oil spray

Instructions

1. Chop up your cauliflower and onion and dice up your turkey bacon.
2. In a heated pot that you've sprayed down with olive oil spray brown up your turkey bacon. Once the turkey bacon has browned, remove the bacon from the pot and set aside.
3. Into the same pot, toss in your cauliflower and onion and saute until onion is brown and translucent.
4. In the meantime, open your cans of clams and drain the juice into a measuring cup. Now mince the clams.
5. Once your cauliflower and onion is sauteed, add in your quinoa flour and mix together. Add in your clam juice and allow the juice to come to a boil. Once boiled, turn down the heat and allow to simmer until your cauliflower is tender.
6. Now it's time to add in your minced clams and almond milk and allow to come to boil. After your soup has come to a boil, go ahead and add in your turkey bacon reduce the heat and allow the bacon to heat back through. Serve with a little bit of parsley and enjoy!



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Hearty Vegetable Stew

By: [Rocky Barragan](#)

For a delicious and loaded vegetable stew recipe, make a batch of Rocky Barragan's Hearty Vegetable Stew. Rocky says, "This delicious Hearty Vegetable Stew chock full of parsnips, carrot and squash will not only pack this stew with heartiness they'll also add some sweetness since we'll be roasting them!"

Ingredients

- 1 pound squash, peeled and deseeded then diced
- 1 parsnip, peeled and diced
- 2 carrots, peeled and diced
- 3 garlic cloves, minced
- 1 can tomatoes, drained
- 2 cups chicken broth
- 2 medium onions
- 1 can chickpeas, drained
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon cinnamon
- 1 Truvia stevia packet
- Salt, to taste
- 1/4 cup cilantro, chopped
- 1/2 teaspoon sweet paprika
- 2 teaspoon cumin



Instructions

1. Start out by peeling your vegetables making sure to deseed the squash. Dice up your vegetables into bite size pieces.
2. Spray down a baking sheet with olive oil spray. Toss in your carrots, parsnips and squash and spray down tih olive oil. Pop your vegetables into a 400 degree F oven for about 20 minutes.
3. In a dry pan heat up your coriander, cumin and paprika. This will help bring out the flavors and oils of the seasoning. Once the seasoning has toasted up a bit transfer it out of the pan and set aside.
4. Spray the pan down with olive oil and add in your diced onions and also your garlic. Once the onions start to caramelize add in your roasted vegetables, your can of drained tomatoes, chicken broth and the rest of your seasoning minus the cilantro.
5. Once your stew has come to a boil reduce the heat, add a packet of Truvia and allow to simmer covered for about 10 minutes. Then you can toss in your cilantro and allow your stew to simmer uncovered for



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Slow Cooker Beef Stew

By: Linda Hafner

This Slow Cooker Beef Stew recipe from cookbook author Linda Hafner is one of the best beef stew recipes you're likely to come across as it has that all-day cooking flavor, just without the effort! Expect this stew recipe to need anywhere from 4 to 8 hours to cook.

Ingredients

- 3 pounds boneless beef chuck, trimmed and cut into 1 1/2 inch cubes
- 1/4 cup flour
- 1/4 cup canola oil
- 1/3 cup tomato paste
- 1 large onion, chopped
- 4 to 5 large potatoes, peeled and cut into 1-inch cubes
- 2 cups sliced carrots (1-inch slices) or 1 pound peeled baby carrots
- 3 cups beef broth (fat-free, lower-sodium)
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon dried thyme (fresh is even better)
- 2 bay leaves
- 1 cup frozen peas, thawed

Instructions

1. Coat the beef cubes with flour. Pour the oil into a large skillet and place over medium-high heat. Add the beef and brown on all sides, in batches if necessary.
2. Transfer the beef to a crock pot. Add the onion, potatoes, carrots, beef broth, salt, pepper, thyme, bay leaves, and tomato paste (everything but the peas).
3. Cover the slow cooker and cook on high heat for 4 to 6 hours (or on low for 8 hours).
4. Stir the peas into the stew and heat through. Discard the bay leaves and serve.



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Tuscan Bean Stew with Garlic Toast

By: Applegate Farms

In Tuscany the garlic toast is placed in the bottom of the bowl and the stew is ladled over it to absorb the savory broth. This recipe for Tuscan Bean Stew with Garlic Toast from Applegate Farms is a one dish delight!

Ingredients

- 1/4 pound Applegate Farms Natural Sunday Bacon, cut into 1/2-inch strips
- 1 medium Spanish onion, diced (approx 2 cups)
- 1 medium carrot, peeled and diced (approx 2 cups)
- 2 ribs celery, peeled and diced (approx 1 1/3 cups)
- 5 cloves garlic, peeled and slivered
- 1 pound fresh green beans, cut or a 10-ounce bag frozen cut green beans
- 1 pound fresh spinach, or a 10-ounce bag frozen spinach
- 1/2 cup fresh basil leaves, loosely packed and chopped
- 3 heaping tablespoons tomato paste
- 2 15-ounce cans cannellini beans, 1 left whole and 1 pureed
- 1 quart chicken broth
- 1 cup cold water
- 1 12-ounce package Applegate Farms Organic Sweet Italian Sausage, sliced in 1/8 rounds
- Salt and Freshly Ground Pepper, to taste
- GARLIC TOASTS:
- 1 fresh baguette
- 1 cup extra virgin olive oil
- 3 cloves fresh garlic, chopped fine
- 5 fresh basil leaves, rough chopped
- Salt and Freshly Ground Pepper, to taste

Instructions

Stew:

1. In a medium stockpot sauté bacon on medium heat until it is brown and crispy.
2. Add onion, carrot, celery and garlic and cook while stirring occasionally until the vegetables are golden brown, about 10 minutes.
3. Add spinach, green beans, basil, cannellini beans, pureed cannellini beans, stock, water and sausage. Bring stew to a simmer.
4. Simmer gently for 30 minutes, add salt and pepper. Serve in warm bowls with garlic toasts on the side.

Garlic Toasts:

1. Slice the bread in 1/8 slices. Combine oil, garlic and basil and salt and pepper and combine.
2. In a large bowl toss the croutons in the oil mixture until well combined.
3. Lay out bread slices in a single layer and bake for 15 minutes in a 350 degree F oven. Serve next to the stew.



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Thank you to all the bloggers who made this eCookbook possible!



Adele McConnell-Cummins from Vegie Head

Having been a vegetarian for 10 years, and recently vegan, she was sick of seeing 'healthy' vegan recipes that are based around processed foods and fake meats. Having a meat-eating husband, she knows how hard it is to feed non-vegetarians/vegans, and makes the dishes as appealing as possible. Vegetables, fruits, legumes, beans and grains all feature on her website, but be sure to check out the desserts as well! There is always room for something sweet and healthy!



Dorothy Delaney from Raw Food Blog

Dorothy Delaney, *Sifu Dorothy*, is a Tai Chi and Yoga Instructor who works with people with disabilities, helping them find work through their local Montana program. She started out as a vegetarian, then went vegan, and has been practicing the raw food diet for over three years. Her friends, neighbors, three children and extended family happily chow down on Dorothy's Raw Kombucha, wheatgrass, green shakes and raw chocolates! Dorothy practices yoga and tai chi diligently, as well as hiking with her dog, skiing and seasonally running, with occasional rock-climbing or skating.



Rocky Barragan from Rocky Barragan

After being obese most of my life I finally gained control over my eating habits and went on a slow but steady transition of weight loss. At my highest I was 285 pounds. Today I weigh 150.6 at 5'9". Through my love of cooking and experimenting with food I found that I didn't have to sacrifice taste in order to lose weight.

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Applegate Farms

Over the last 25 years, Applegate Farms has provided customers with humanely raised meat that is free from antibiotics or hormones. Visit their site to learn more about their store locations, facts, products and recipes to turn your love for meat back on.