EWSNetwork Soup Recipe EC Blurbs

Week 1: Welcome to the first of six weekly emails where we are going to share some delicious & healthy soup recipes with you! Soup is a wonderfully versatile food – great for serving before a meal, after a meal or even as the main entrée in a meal! Soup is also a great way to get your family to eat their veggies! This week’s recipe is a great way to get closer to your daily requirement of vegetables – delicious Creamy Carrot & Sweet Potato Soup! Check it out!

Week 2: This week’s recipe is full of fibre & protein and will warm you from the inside out – Hearty Quinoa & Bean Soup! Quinoa (pronounced KEEN-WAH) is a superfood that is all over the place right now and for good reason – it is gluten-free, high in protein and is a complex carbohydrate that is low on the glycemic index. That means it does not spike your blood sugar levels the way that some carbs can. Try it – we bet you’ll love it!

Week 3: This week’s recipe is a classic Asian dish commonly consumed before a meal – Hot & Sour Soup. While our recipe is built towards carnivores with the addition of chicken, it is easily modified into a delicious vegetarian dish. Consuming a bowl of soup prior to a meal is a great way to fill you up and can therefore reduce the amount of calories you consume during the meal. If you like it REALLY spicy, feel free to increase the amount of chili-garlic sauce.

Week 4: You may be wondering when we were going to provide you with a recipe for a good, classic chicken soup. While chicken noodle soup is certainly a classic, why not think outside of the box and try this Indian-inspired Chicken Madras Soup instead? With the addition of rice and sweet potato, this soup easily becomes a meal. Enjoy!

Week 5: Some days we just want something hearty that is going to warm us up from the inside out – this week’s recipe is perfect for that. Delicious Beef & Barley Soup! Since it is one of those soups that tastes better the next day, why not prepare it in advance and enjoy a bowl for dinner (and then another one for lunch the next day?) with a nice piece of whole-grain crusty bread. Yum!

Week 6: Our last recipe of this campaign is a rich & easy to make soup that is a great starter for any meal – Mushroom-Leek Soup! Leeks are a part of the onion family and can be found in your produce section – they look like giant green onions! If you can’t find leeks, you can easily substitute green onions in its place. Even though it is simple to prepare, it brings an impressive elegance to any meal. Enjoy!