**Hot and Healthy Soups EC Email Blurb**

***Week 1: Roasted Sweet Potato Soup***

Welcome to the first week of Hot and Healthy Soups Email Campaign! Sweet potatoes are the star ingredient of this recipe. Not only does it have a beautiful, rich orange colour, it is also a great source of calcium, vitamin A, vitamin C, and thiamin! This is a great recipe to make in large portions because it freezes well and can be used as soup or even pasta sauce!

***Week 2: Tuscan Bean Soup***

How did that sweet potato soup turn out? If you didn’t get a chance to make it, you might want to try this week’s recipe – Tuscan Bean Soup. Not only is it extremely affordable, but it only has 2g of fat per serving and packed with fiber and antioxidants. This can also be made in a slow cooker if available. Let’s get cooking!

***Week 3: Chicken Barley Soup with Walnut Pesto***

Welcome to week 3 of Hot and Healthy Soups. This recipe is a bit fancier and can be used when you really want to impress someone special! The walnut pesto adds a wonderful crunchy topping and a pop of flavour. Forget buying chicken broth – you’ll see how easy it is to *make* your own when you do that in this must-have recipe! You’ll also be able to experiment with new ingredients – barley and swiss chard, if you’ve never tried them before. Time to get adventurous!

***Week 4: Lentil Stew with Ham and Greens***

How was your soup last week? This is the last recipe of Hot and Healthy Soup where *lentils* is the key ingredient. Did you know lentils can prevent blood sugar levels from rising due to its cholesterol-lowering fiber? It is also an excellent source of 7 important minerals, B-vitamins, and protein with virtually no fat! If you’ve never tried lentils before, now is the time!