



“If you build it, they will come.” Maybe, if we make soup, it will get colder??? Here in South Louisiana we are slow to cool down, but soups are so good! Soups can be served cold or hot, they can be packed with nutritious ingredients and decorated with savory accents that won’t negatively impact a healthy meal plan. Another perk of soups, you can make large batches and freeze for a later time. Try these below, or search the endless options online.



Sweet Potato and Black Bean Chili

Sweet potatoes pack a punch in terms of fiber and vitamins A

and C. The black beans also offer fiber along with protein. The tomatoes provide beneficial vitamins A and C as well, making this a great soup for fall cold season. The B vitamins along with the carbohydrates make this a great meal for active kids and adults.

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 1/2 teaspoon ground chipotle chile
Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle chile pepper can be found in the spice section of most supermarkets.
- 1/4 teaspoon salt
- 2 1/2 cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes

- 4 teaspoons lime juice
 - 1/2 cup chopped fresh cilantro
1. Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
 2. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.
 3. Cover and refrigerate for up to 3 days or freeze for up to 3 months.
Serving size: about 2 cups (6 servings in recipe).
Per serving: 323 calories; 8 g fat(1 g sat); 16 g fiber; 55 g carbohydrates; 13 g protein; 118 mcg folate; 0 mg cholesterol; 13 g sugars; 0 g added sugars; 12409 IU vitamin A; 24 mg vitamin C; 163 mg calcium; 5 mg iron; 573 mg sodium; 1072 mg potassium



Roasted Pear-Butternut Soup

The best time to enjoy produce is at it’s peak season. Fall is the season

for pears and squash, making this the best time for peak flavor. Again, packed with vitamins and fiber this soup offers concentrated nutrition.

- 2 ripe pears, peeled, quartered and cored
- 2 pounds butternut squash, peeled, seeded and cut into 2-inch chunks

- 2 medium tomatoes, cored and quartered
- 1 large leek, pale green and white parts only, halved lengthwise, sliced and washed thoroughly
- 2 cloves garlic, crushed
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon salt, divided
- Freshly ground pepper, to taste
- 4 cups vegetable broth, or reduced-sodium chicken broth, divided
- 2/3 cup crumbled blue cheese, or Feta for a milder garnish
- 1 tablespoon thinly sliced fresh chives, or scallion greens

1. Preheat oven to 400 °F.
2. Combine pears, squash, tomatoes, leek, garlic, oil, 1/4 teaspoon salt and pepper in a large bowl; toss to coat. Spread evenly on a large rimmed baking sheet. Roast, stirring occasionally, until the vegetables are tender, 40 to 55 minutes. Let cool slightly.
3. Place half the vegetables and 2 cups broth in a blender; puree until smooth. Transfer to a large saucepan. Puree the remaining vegetables and 2 cups broth. Add to the pan and stir in the remaining 1/4 teaspoon salt.
4. Cook the soup over medium-low heat, stirring, until hot, about 10 minutes. Divide among 6 bowls and garnish with cheese and chives (or scallion greens)
5. Cover and refrigerate for up to 3 days or freeze for up to 1 month. Add more broth when reheating, if desired.
Serving size: 1 1/3 cups (6 servings in recipe)
Per serving: 228 calories; 9 g fat(4 g sat); 6 g fiber; 34 g carbohydrates; 6 g protein; 67 mcg folate; 11 mg cholesterol; 12 g sugars; 0 g added sugars; 16806 IU vitamin A; 42 mg vitamin C; 173 mg calcium; 2 mg iron; 804 mg sodium; 769 mg potassium



Creamy Cucumber Soup

This soup can be served warm or cold. Don't let the

fat content shock you, it is mostly the healthy avocado fat. Light in protein, so perhaps this soup is best served as a side to grilled lean meat, or a slow cooked roast.

- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 tablespoon lemon juice
- 4 cups peeled, seeded and thinly sliced cucumbers, divided
- 1 1/2 cups vegetable broth, or reduced-sodium chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- Pinch of cayenne pepper
- 1 avocado, diced
- 1/4 cup chopped fresh parsley, plus more for garnish
- 1/2 cup low-fat plain yogurt (make it Greek and up the protein)

1. Heat oil in a large saucepan over medium-high heat. Add garlic and onion; cook, stirring occasionally, until tender, 1 to 4 minutes. Add lemon juice and cook for 1 minute. Add 3 3/4 cups cucumber slices, broth, salt, pepper and cayenne; bring to a simmer. Reduce heat and cook at a gentle simmer until the cucumbers are soft, 6 to 8 minutes.

2. Transfer the soup to a blender. Add avocado and parsley; blend on low speed until smooth. (Use caution when pureeing hot liquids.) Pour into a serving bowl and stir in yogurt. Chop the

remaining 1/4 cup cucumber slices.

3. Serve the soup warm or refrigerate and serve it chilled. Just before serving, garnish with the chopped cucumber and more chopped parsley, if desired.

4. Refrigerate for up to 4 hours.

Serving size: about 1 cup (4 servings in the recipe)

Per serving: 169 calories; 12 g fat(2 g sat); 5 g fiber; 14 g carbohydrates; 4 g protein; 71 mcg folate; 2 mg cholesterol; 6 g sugars; 0 g added sugars; 879 IU vitamin A; 17 mg vitamin C; 99 mg calcium; 1 mg iron; 494 mg sodium; 536 mg potassium

Kid Tips (and adults too)

Put cheese on it! Shredded cheddar, feta, blue cheese or whatever you like. A little cheese garnish can spark a child's interest in a dish.

Serve with a side of a few tortilla chips, corn chips, or goldfish and now it's a Party!

Monthly challenge:

Parents – Make a batch of soup, one of these, or search the net.

Teenage Athlete – Cook! Yes, you can help mom and dad. Pick a soup to prepare with mom and dad.