

Diabetes

What To  
Know

*Fast + Easy*  
**SAVORY  
SOUPS**



# RECIPES

## CLASSIC TOMATO SOUP

Makes 8 servings

$\frac{3}{4}$  cup = 114 calories, 12g carbs, 4g protein, 6g fat

2 Tbsp olive oil

1 Tbsp unsalted butter

1 large white onion

1 large garlic clove

2 Tbsp flour

3 cups low sodium chicken broth

28 oz can whole peeled plum tomatoes

*(including the juice)*

1  $\frac{1}{2}$  tsp sugar

1 sprig fresh thyme

Kosher salt and freshly ground pepper, to taste

3 Tbsp fresh basil, slivered

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*Heat the olive oil and butter in a soup pan and add the onion and garlic, sauté until soft. Stir in the flour until well-combined. Add the broth, stirring with a whisk. Add the whole can of tomatoes and thyme, and simmer for about 20 minutes. Using an immersion blender or mixer, blend until smooth. Season with salt and pepper to taste. Serve with some fresh basil slivers on top.*



# RECIPES

## CHEESY CAULIFLOWER SOUP

Makes 8 servings

1 cup = 159 calories, 10g carbs, 7g protein, 10g fat

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| 1 medium head cauliflower, broken into florets | ¼ cup chopped celery                                      | ¾ teaspoon salt                                   |
| ½ medium onion, diced                          | 2 ½ cups water  | 1/8 teaspoon pepper                               |
| ½ medium red pepper, diced                     | 2 teaspoons chicken bouillon or 1 vegetable bouillon cube | 2 cups 2% milk                                    |
| 1 garlic clove                                 | 3 tablespoons butter                                      | 1 cup shredded cheddar cheese                     |
| 1 medium carrot, shredded                      | 3 tablespoons all-purpose flour                           | ½ to 1 teaspoon hot pepper sauce, <i>optional</i> |

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*In a Dutch oven, spray some non-stick spray and saute the onions, celery, red pepper and garlic for a few minutes until soft. Add the cauliflower, carrot, celery, water and bouillon. Bring to a boil. Reduce heat to a low heat; cover and simmer for 12-15 minutes or until vegetables are tender (do not drain). In a large saucepan, melt butter. Stir in the flour, salt and pepper until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in the cheese until melted, adding hot pepper sauce if desired. Stir into the cauliflower mixture.*

## TUSCAN BEAN SOUP

Makes 9 servings

1 cup = 140 calories, 22g carbs, 7g protein, 3g fat

1 Tbsp olive oil

1 large diced onion

2 stalks diced celery

2 diced carrots

4 minced garlic cloves

2 tsp fresh rosemary

5 cups chicken or vegetable broth

1 can (14 oz) diced tomatoes

2 16-oz. cans chickpeas (*garbanzo beans*)  
rinsed and drained

2 Tbsp balsamic vinegar

2 Tbsp fresh basil, chopped

*Optional: Grated parmesan cheese*

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***In a saucepan over medium heat, heat the olive oil. Add the onions, celery, and carrots and sauté for 5 minutes. Add the garlic and rosemary and sauté for 1 minute. Add the remaining ingredients, except the vinegar and basil. Bring to a boil. Reduce the heat and simmer, partially covered, for 20 minutes. Add the vinegar. Top with the basil (and parmesan if desired) before serving.***



# RECIPES

## CHICKEN BARLEY SOUP

Makes 9 servings

1 ½ cup = 262 calories, 24g carbs, 3g protein, 4g fat

1 teaspoon olive oil

1 cup chopped carrots

1 cup chopped onions

½ cup chopped celery

2 garlic cloves, chopped

1-½ lbs skinless bone-in chicken breast, makes

14 oz cooked

7 cups reduced sodium chicken broth

¼ cup chopped parsley

2 bay leaves

⅔ cup dry pearl barley

fresh ground black pepper, to taste

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*Heat a large heavy pot or Dutch oven on medium heat. Add the oil, carrots, onion, celery and garlic to the pot and stir. Add chicken, broth, parsley, and bay leaves and bring to a boil. When boiling, reduce heat to low and cover. Simmer covered over low heat until the chicken and vegetables are tender, about 30 minutes. Remove the chicken, shred, or cut the meat, discard the bones and return the chicken to the pot along with the barley, adjust the salt if needed and add fresh ground pepper. Simmer an additional 30 minutes, or until the barley is cooked. Discard the bay leaves and serve.*



# RECIPES

## PUMPKIN SOUP

Makes 4 servings

1 cup = 77 calories, 14g carbs, 3g protein, 1g fat

$\frac{3}{4}$  cup water, divided

1 small onion, chopped

1 can (15 ounces) pumpkin puree

2 cups unsalted vegetable broth

$\frac{1}{2}$  teaspoon ground cinnamon

$\frac{1}{4}$  teaspoon ground nutmeg

1 cup fat-free milk

$\frac{1}{8}$  teaspoon black pepper

1 green onion top, chopped

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*In a large saucepan, heat  $\frac{1}{4}$  cup water over medium heat. Add onion and cook until tender, about 3 minutes. Don't let the onion dry out. Add remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Do not boil. Ladle soup into warmed bowls and garnish with black pepper and chopped green onions. Serve immediately.*