

EATING THE

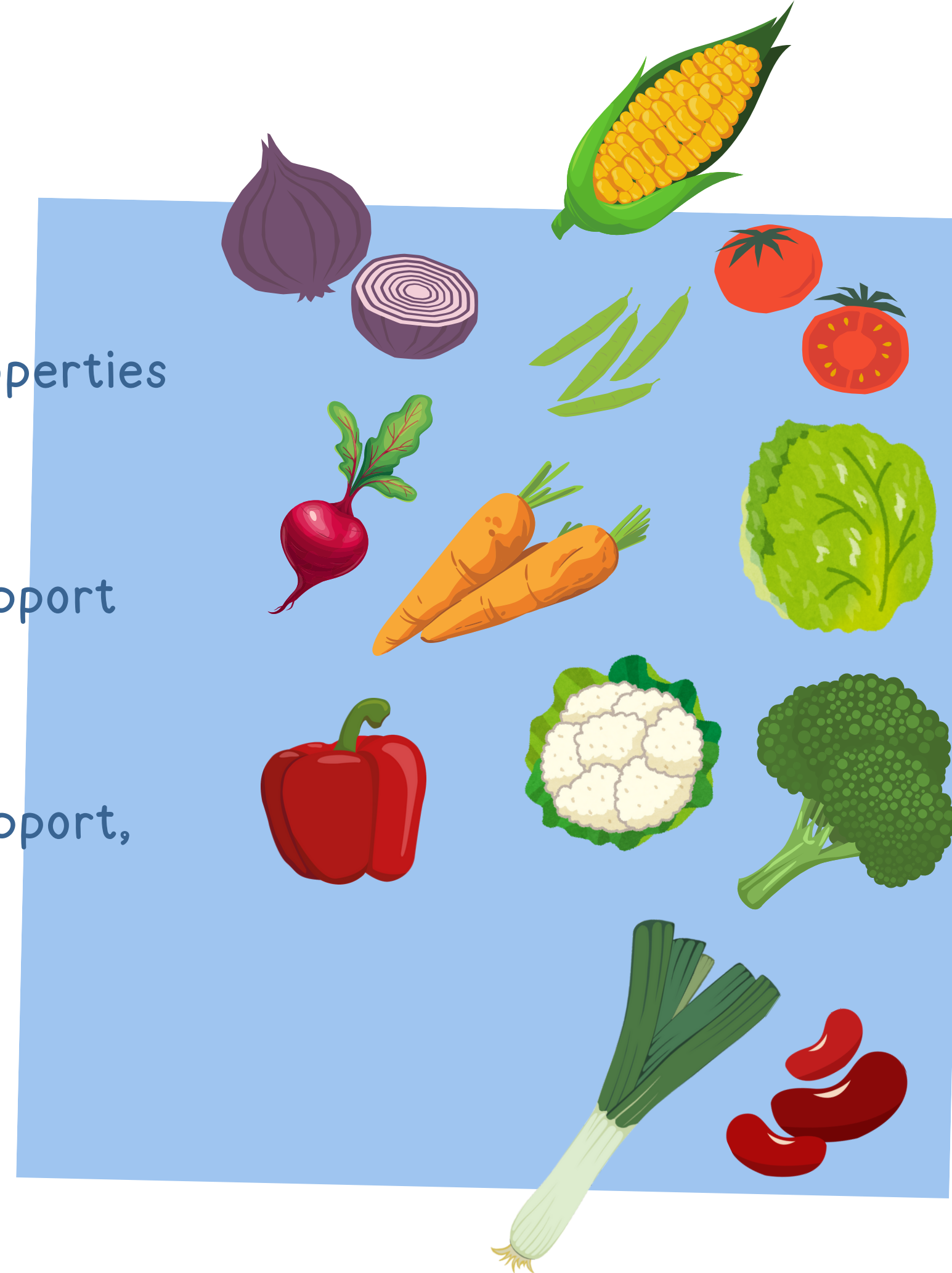
RAINBOW

SOUP
RECIPIES



HEALTH BENEFITS BY COLOR

-  RED: Heart health, immune support, anti-cancer properties
-  ORANGE: Vision, immune system, skin health, anti-inflammatory
-  YELLOW: Brain function, digestion, energy, mood support
-  GREEN: Detoxification, bone health, cellular repair, alkalizing
-  PURPLE: Brain health, anti-aging, cardiovascular support, memory
-  WHITE: Immune function, cholesterol regulation, Heart health, gut health



SOUP-MAKING TIPS

Maximizing Nutrition

- Don't over-boil: Gentle simmering preserves nutrients
- Add greens last: Minimizes nutrient loss
- Save water from blanching: Use as broth base
- Include healthy fats: Helps absorb fat-soluble vitamins
- Add acid at the end: Lemon or vinegar brightens flavor

Seasonal Shopping Tips

Why Eat Seasonally?

- Maximum nutrients: Peak ripeness = peak nutrition
- Better flavor: Seasonal produce tastes better
- Lower cost: Abundant supply reduces prices
- Environmental impact: Less transportation = smaller carbon footprint
- Local support: Helps local farmers and economy

Remember: Soups are perfect for eating the rainbow because they concentrate nutrients, make vegetables more digestible, and keep you hydrated and satisfied throughout the year!



AUTUMN SOUPS

GOLDEN BUTTERNUT SQUASH SOUP

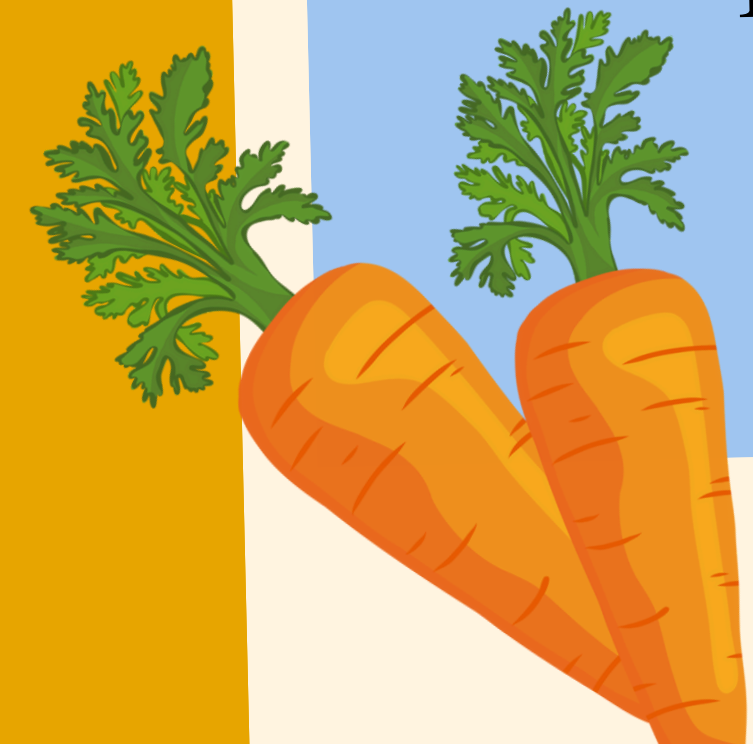
Health Benefits: Beta-carotene for immunity, vitamin A for vision, anti-inflammatory properties

Ingredients:

1 large butternut squash, peeled and cubed
1 onion, diced
2 carrots, chopped
3 cloves garlic, minced
4 cups vegetable broth
1 apple, chopped
1 tsp cinnamon
1/2 tsp nutmeg
2 tbsp olive oil
Salt and pepper

Instructions:

Sauté onion and garlic in olive oil until soft
Add squash, carrots, and apple
Pour in broth, add spices
Simmer 25-30 minutes until vegetables
are tender
Blend until smooth and creamy
Garnish with pumpkin seeds



AUTUMN SOUPS

ROASTED RED PEPPER & TOMATO SOUP

Health Benefits: Lycopene for heart health, vitamin C for immunity, antioxidants

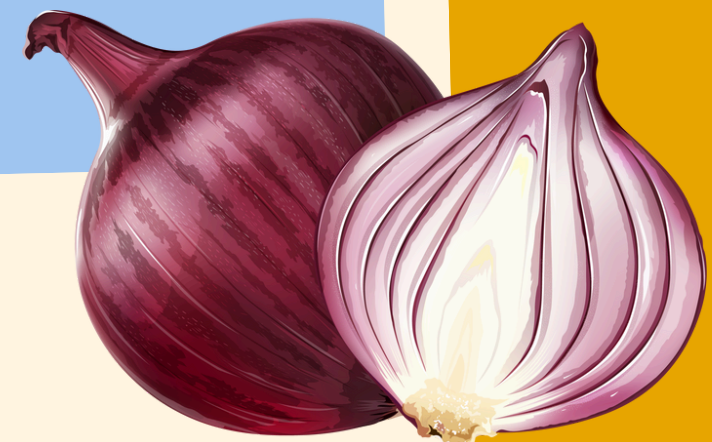
Ingredients:

4 red bell peppers, roasted
6 ripe tomatoes, chopped
1 red onion, diced
3 cloves garlic, minced
3 cups vegetable broth
Fresh basil leaves
2 tbsp olive oil
1 tsp smoked paprika
Salt and pepper



Instructions:

Roast peppers until charred, then peel and
deseed
Sauté onion and garlic until soft
Add tomatoes and cook until broken down
Add roasted peppers, broth, and paprika
Simmer 20 minutes
Blend until smooth
Stir in fresh basil before serving



WINTER SOUPS

CARROT GINGER SOUP

Health Benefits: Beta-carotene for immune support, ginger for anti-inflammation, warming properties

Ingredients:

2 lbs carrots, peeled and chopped

1 onion, diced

3-inch piece fresh ginger, grated

4 cups vegetable broth

1 cup coconut milk

2 cloves garlic, minced

2 tbsp olive oil

1 orange (juice and zest)

Salt and pepper

Instructions:

Sauté onion in olive oil until soft

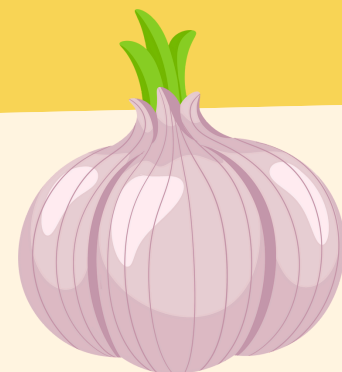
Add carrots, garlic, and ginger

Pour in broth and simmer 25 minutes

Blend until smooth

Stir in coconut milk and orange juice

Garnish with orange zest



WINTER SOUPS

CREAMY CAULIFLOWER & LEEK SOUP

Health Benefits: Vitamin C, choline for brain function, sulfur compounds for detoxification

Ingredients:

1 large head cauliflower, cut into florets
2 leeks, white and light green parts, sliced
2 potatoes, peeled and cubed
4 cups vegetable broth
1 cup milk or cream (dairy or plant-based)
3 cloves garlic, minced
2 tbsp olive oil or butter
Fresh thyme
Salt and pepper



Instructions:

Sauté leeks in oil until soft
Add garlic and cook 1 minute
Add cauliflower, potatoes, and broth
Simmer 20-25 minutes
Blend until smooth and creamy
Stir in milk/cream and thyme
Garnish with roasted cauliflower florets



SPRING SOUPS

SPRING PEA & MINT SOUP

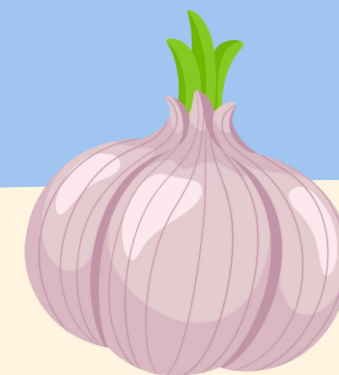
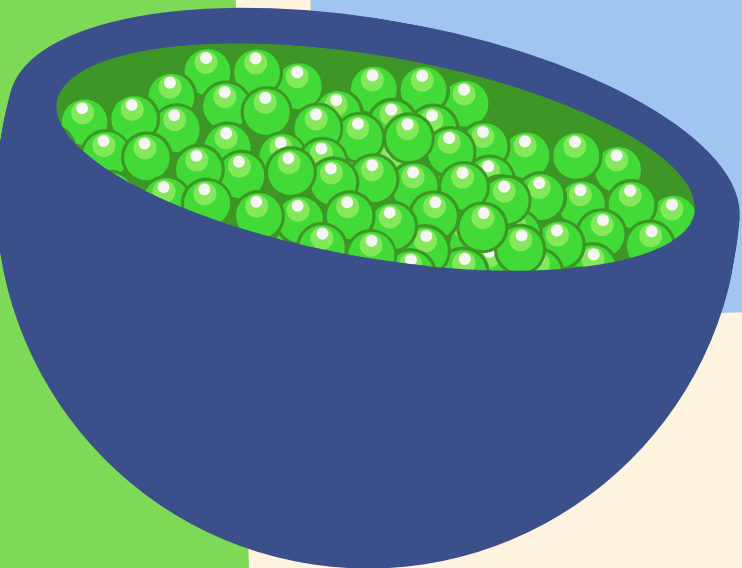
Health Benefits: Vitamin K, plant protein, antioxidants, digestive support from mint

Ingredients:

4 cups fresh or frozen peas
1 onion, diced
2 cups fresh spinach
4 cups vegetable broth
1/4 cup fresh mint leaves
2 cloves garlic, minced
2 tbsp olive oil
Juice of 1 lemon
Salt and pepper

Instructions:

Sauté onion and garlic until soft
Add peas and broth
Simmer 10 minutes
Add spinach and mint, cook 2 minutes
Blend until smooth
Stir in lemon juice
Serve hot or chilled



SPRING SOUPS

ASPARAGUS & LEEK SOUP

Health Benefits: Folate, vitamin K, prebiotic fiber, natural diuretic properties

Ingredients:

2 lbs asparagus, trimmed and chopped

2 leeks, sliced

2 potatoes, cubed

4 cups vegetable broth

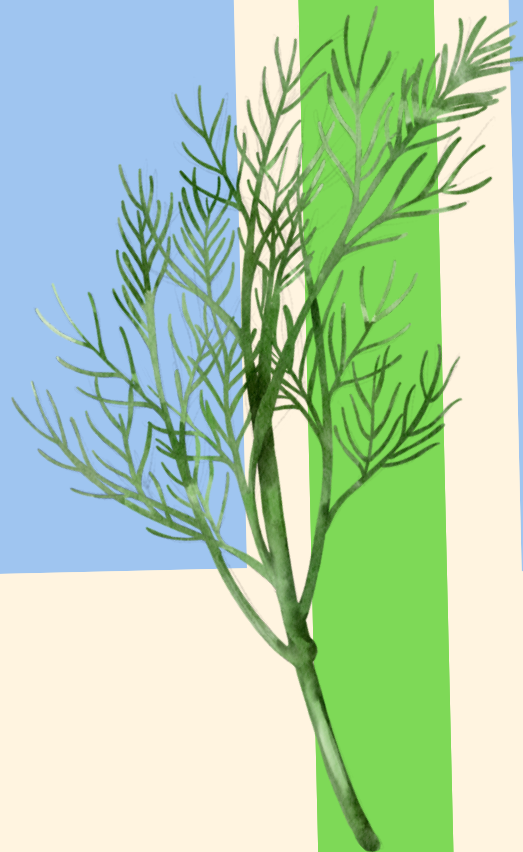
1 cup milk or cream

3 cloves garlic, minced

2 tbsp olive oil

Fresh dill

Salt and pepper



Instructions:

Reserve asparagus tips for garnish

Sauté leeks until soft

Add garlic, asparagus stems, and potatoes

Add broth and simmer 20 minutes

Blend until smooth

Stir in cream

Blanch reserved tips and use as garnish
with dill



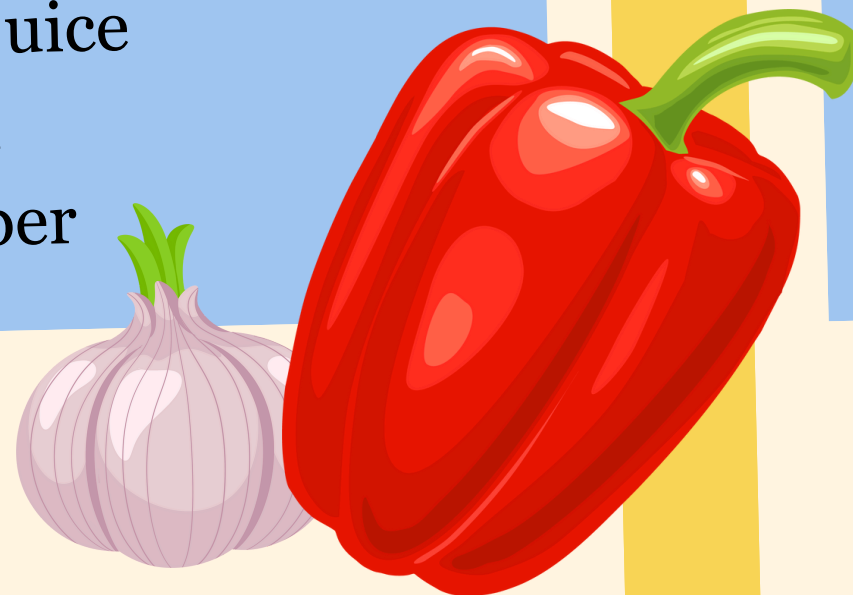
SUMMER SOUPS

CHILLED GAZPACHO

Health Benefits: Lycopene, vitamin C, hydration, raw enzymes for digestion

Ingredients:

6 ripe tomatoes, chopped
1 red bell pepper, chopped
1 cucumber, peeled and chopped
1/2 red onion, chopped
2 cloves garlic
3 tbsp olive oil
2 tbsp red wine vinegar
2 cups tomato juice
Fresh basil
Salt and pepper



Instructions:

Blend all ingredients except basil until
smooth or chunky (your preference)
Chill for 2+ hours
Season to taste
Garnish with diced vegetables, basil, and
olive oil drizzle



SUMMER SOUPS

CHILLED CORN & YELLOW PEPPER SOUP

Health Benefits: Lutein for eye health, B vitamins, antioxidants, energy support

Ingredients:

6 ears fresh corn, kernels removed
2 yellow bell peppers, chopped
1 onion, diced
3 cups vegetable broth
1 cup coconut milk
2 cloves garlic
2 tbsp olive oil
Fresh coriander
Lime juice
Salt and pepper



Instructions:

Sauté onion and peppers until soft
Add corn and garlic, cook 5 minutes
Add broth and simmer 15 minutes
Blend until smooth
Stir in coconut milk and lime juice
Chill or serve warm
Garnish with coriander and corn kernels

