

better homes and gardens soup recipes

Better Homes and Gardens soup recipes have long been a staple in kitchens around the world, offering comfort, nourishment, and a sense of home. Whether you are looking for a creamy chowder to warm you on a cold winter evening or a light vegetable broth for a refreshing summer meal, these recipes cater to all tastes and occasions. This article will delve into a variety of soup recipes inspired by the beloved Better Homes and Gardens magazine, focusing on ingredients, preparation methods, and tips for serving.

Why Soup is a Great Choice

Soup is an incredibly versatile dish, enjoyed in various cultures and cuisines. Here are some reasons why soup should be a frequent feature in your meal planning:

- Nutritional Value: Soups can be packed with vegetables, beans, and grains, making them a healthy choice.
- Comfort Food: The warmth and richness of a good soup can be incredibly comforting.
- Easy to Prepare: Many soups can be made in one pot, simplifying the cooking process.
- Freezable: Soups can be easily stored and frozen, making them ideal for meal prep.
- Customizable: You can tailor soups to suit dietary preferences and ingredient availability.

Classic Soup Recipes

Let's explore some classic soup recipes that embody the essence of Better Homes and Gardens cooking. These recipes are not only delicious but also easy to prepare.

1. Creamy Tomato Basil Soup

This classic creamy tomato basil soup is perfect for pairing with a grilled cheese sandwich.

Ingredients:

- 2 cans (28 ounces each) crushed tomatoes
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 cups vegetable broth
- 1 cup heavy cream
- 1/2 cup fresh basil leaves, chopped
- Salt and pepper to taste
- Olive oil

Instructions:

1. In a large pot, heat olive oil over medium heat. Add onions and garlic, sauté until translucent.

2. Pour in crushed tomatoes and vegetable broth; bring to a simmer.
3. Stir in the basil and cook for an additional 10 minutes.
4. Remove from heat and blend until smooth. Return to the pot.
5. Stir in the heavy cream and season with salt and pepper before serving.

2. Chicken Noodle Soup

Nothing beats a homemade chicken noodle soup, especially when you're feeling under the weather.

Ingredients:

- 1 whole chicken (about 4 pounds)
- 10 cups water
- 3 carrots, sliced
- 3 celery stalks, sliced
- 1 onion, diced
- 2 cups egg noodles
- Salt and pepper to taste
- Fresh parsley, chopped

Instructions:

1. Place the chicken in a large pot and cover with water. Bring to a boil, then reduce to a simmer.
2. Add carrots, celery, and onion. Cook for 1 hour or until the chicken is cooked through.
3. Remove the chicken, shred the meat, and return it to the pot.
4. Add egg noodles and cook until tender. Season with salt, pepper, and parsley.

3. Hearty Vegetable Soup

This vegetable soup is a fantastic way to use up leftover vegetables and is perfect for a healthy lunch.

Ingredients:

- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 3 carrots, diced
- 3 celery stalks, diced
- 1 zucchini, diced
- 1 can (15 ounces) kidney beans, drained
- 6 cups vegetable broth
- 1 teaspoon dried thyme
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large pot. Sauté onion and garlic until fragrant.
2. Add carrots and celery; cook for about 5 minutes.

3. Stir in zucchini, kidney beans, vegetable broth, thyme, salt, and pepper.
4. Bring to a boil, then reduce heat and simmer for 20 minutes.

Seasonal Soup Recipes

Seasonal ingredients can elevate your soup recipes. Here are a few suggestions for soups that celebrate the flavors of each season.

Spring: Asparagus and Pea Soup

Celebrate the arrival of spring with this light and refreshing asparagus and pea soup.

Ingredients:

- 1 pound asparagus, trimmed and chopped
- 1 cup frozen peas
- 1 onion, diced
- 4 cups vegetable broth
- 1 cup heavy cream
- Salt and pepper to taste
- Lemon juice

Instructions:

1. Sauté onion in a pot until soft. Add asparagus and cook for 5 minutes.
2. Pour in vegetable broth and bring to a boil. Add peas and cook until tender.
3. Blend until smooth and stir in cream. Season with salt, pepper, and a squeeze of lemon juice.

Summer: Chilled Cucumber Soup

This chilled cucumber soup is perfect for hot summer days.

Ingredients:

- 2 large cucumbers, peeled and chopped
- 1 cup plain yogurt
- 1 cup vegetable broth
- 2 tablespoons fresh dill, chopped
- Salt and pepper to taste
- 1 tablespoon lemon juice

Instructions:

1. In a blender, combine cucumbers, yogurt, vegetable broth, dill, salt, pepper, and lemon juice.
2. Blend until smooth and chill before serving.

Fall: Pumpkin Soup

Embrace the flavors of fall with a warm, comforting pumpkin soup.

Ingredients:

- 1 can (15 ounces) pumpkin puree
- 2 cups vegetable broth
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cinnamon
- 1/2 teaspoon nutmeg
- 1 cup heavy cream
- Salt and pepper to taste

Instructions:

1. Sauté onion and garlic until soft. Add pumpkin puree, broth, cinnamon, and nutmeg.
2. Bring to a simmer and cook for 15 minutes. Blend until smooth.
3. Stir in heavy cream and season with salt and pepper.

Tips for Enhancing Your Soup

To take your soup to the next level, consider the following tips:

- Fresh Herbs: Always add fresh herbs at the end of cooking to maintain their flavor.
- Homemade Broth: For richer flavor, use homemade broth instead of store-bought.
- Acidity: A splash of vinegar or lemon juice can brighten up the flavors.
- Texture: Incorporate grains like barley or quinoa for added texture and nutrition.
- Toppings: Consider garnishing with croutons, a dollop of sour cream, or a sprinkle of cheese for added flavor.

Conclusion

Better Homes and Gardens soup recipes offer an array of options that cater to various tastes and dietary needs. From traditional favorites like chicken noodle soup to seasonal delights such as chilled cucumber soup, these recipes are perfect for any occasion. By incorporating fresh ingredients and following easy preparation methods, you can create hearty, delicious soups that will warm your soul and nourish your body. So, roll up your sleeves, gather your ingredients, and enjoy the comforting process of making soup at home!

Frequently Asked Questions

What are some easy soup recipes from Better Homes and Gardens for beginners?

Better Homes and Gardens offers several easy soup recipes for beginners, such as their classic Chicken Noodle Soup and Creamy Tomato Basil Soup. These recipes typically use simple ingredients and straightforward techniques, making them perfect for novice cooks.

How can I make a healthy soup using Better Homes and Gardens recipes?

To make a healthy soup, consider using recipes that focus on vegetables and lean proteins. Better Homes and Gardens features recipes like Lentil Vegetable Soup and Quinoa Chicken Soup, which are both nutritious and low in calories while still being filling.

What seasonal ingredients can I incorporate into soups from Better Homes and Gardens?

Seasonal ingredients vary by time of year, but Better Homes and Gardens suggests incorporating fresh vegetables such as squash in fall soups, tomatoes in summer, and root vegetables in winter. Their recipes often highlight seasonal produce for the best flavor.

Are there any vegetarian soup recipes featured in Better Homes and Gardens?

Yes, Better Homes and Gardens includes a variety of vegetarian soup recipes, such as Butternut Squash Soup and Hearty Vegetable Soup. These recipes are packed with nutrients and flavor, perfect for anyone looking to enjoy plant-based meals.

What tips does Better Homes and Gardens provide for making soup taste better?

Better Homes and Gardens suggests several tips for enhancing soup flavor, including using homemade broth instead of store-bought, adding fresh herbs and spices, and allowing the soup to simmer longer to deepen flavors. They also recommend tasting and adjusting seasoning as you go.

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