

# **soups**

for the Heart

*Heart-  
Healthy Soup  
Recipes*

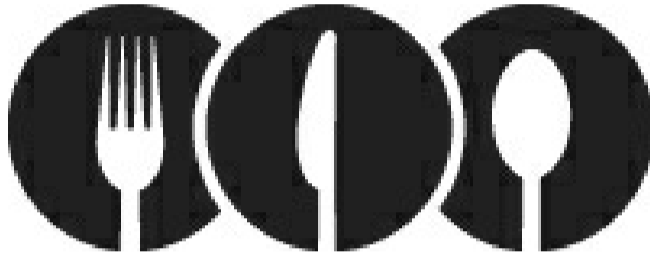
by  
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C.**

*You Can Savor  
All-Year-Long*

# Soups for the Heart

Heart-Healthy Soup Recipes You Can Savor All-Year-Long

by Will C.



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# Introduction



The recipe for heart-healthy soups is simple. You just have to use choice ingredients that are effective at nourishing your body as much as it does your soul. Cut down on salt, on unhealthy fats and load up on nutrients that would help reduce your risks of heart disease and high blood pressure—those are the basics. But of course, we could not forget making each dish, which you could use to start a meal or consume as an entire meal, utterly delicious. We used that as a guide in putting together these 30 recipes. Take a proper first look through this listing:

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Whip up these soup recipes and feel good! That's what matters when prepping a meal, right? So, let's begin!

# 1. Classic Chicken and Veggie Soup



Chicken soup is soup for the soul. Add some nutritious veggies into the mix, and your meal instantly becomes a soup for the soul and your wellbeing. That's exactly what this recipe is about, and it's what makes it the perfect first recipe for this cookbook. It's a comforting dish you will want to dig in most days, especially when you need a warm embrace.

**Serving Size:** 6

**Prep Time:** 55 mins

**Ingredients:**

- 3 cups chicken, cooked and shredded
- 2 pcs carrots, sliced into half-moons
- 1 pc Russet potato, peeled and cubed
- ½ cup green beans, diced
- ½ cup frozen corn kernels, thawed
- 2 pcs celery stalks, thinly sliced
- 2 tbsp fresh parsley leaves, chopped
- ½ cup onion, diced
- 2 tsp garlic, minced
- 1 (15 oz) can diced tomatoes
- 1 (8 oz) can tomato sauce
- 1 tbsp butter
- 6 cups chicken broth
- 1 tsp Italian seasoning
- Pinch of salt and freshly ground black pepper

**Instructions:**

Melt butter in a stockpot on medium-high and sauté the onions, plus celery and carrots, until soft.

Stir in garlic and cook for another minute. Sprinkle with some salt and pepper.

Add the shredded chicken, plus diced tomatoes, including its juices.

Stir in potatoes, tomato sauce, and chicken broth. Sprinkle Italian seasoning and let it simmer on medium-low fire until the potatoes are soft, about 25 minutes.

Add green beans and corn, simmer for another five minutes, and add some pepper as needed.  
Serve with a garnish of freshly chopped parsley.

## 2. Red Lentils and Pumpkin Soup



Lentils are good for the heart. They can help reduce levels of LDL cholesterol and triglycerides and reduce your risks for heart disease altogether. On the other hand, Pumpkin is loaded with antioxidants, potassium, and other key ingredients for better heart health. Need we say more about how this recipe can be good for you? Well, it might be worth mentioning that this savory dish is so delicious you can't get enough of it.

**Serving Size:** 4

**Prep Time:** 40 mins

**Ingredients:**

- ¾ cup red lentils, rinsed
- 2 lbs. butternut pumpkin, peeled, seeded, and sliced into chunks
- 1 pc brown onion, finely chopped
- 1 tsp fresh ginger, peeled and finely grated
- 2 cloves garlic, crushed
- 1 tbsp coriander leaves, chopped
- 2 tsp curry powder
- 1/3 cup low-fat yogurt
- 1 tbsp olive oil
- 5 cups vegetable stock
- Pinch of freshly ground black pepper

**Instructions:**

Heat oil in a pan over medium fire and sauté the onions until soft and fragrant, about five minutes.

Stir in garlic and ginger, sprinkle curry powder, and cook for another minute.

Add red lentils, pumpkin chunks, and vegetable stock and boil the mixture.

Turn heat to low and continue cooking at a simmer for 20 minutes. Let it cool down a little.

When the mixture is cool enough for the blender to handle, pulse it in batches until smooth.

Put the soup back into the saucepan and heat on medium fire. Sprinkle with some pepper as needed.

Serve with a drizzle of yogurt and a garnish of freshly chopped coriander.

### 3. Peas and Edamame Soup



Peas and edamame are good choices for a filling and nourishing soup recipe. They are packed with fiber and antioxidants as they are bursting with so many flavors. This combination is great for improving heart health and taking them in soup form makes the heart (and tummy!) full.

**Serving Size:** 4

**Prep Time:** 20 mins

**Ingredients:**

- ½ lb. frozen peas, thawed
- ½ lb. frozen edamame beans, thawed
- 1 cup watercress
- ½ cup basil leaves
- 1 pc onion, chopped
- 1 ½ cups milk
- 1 tbsp olive oil
- 5 cups vegetable stock, warmed
- Pinch of freshly-ground black pepper

**Instructions:**

Heat oil in a pan over medium fire and sauté the onions for about three minutes.

Stir in peas and edamame, plus vegetable stock. Boil, then, let it simmer on low fire for about five minutes.

Add watercress, basil, and milk and continue to simmer.

Using an immersion blender, pulse the mixture until smooth. Sprinkle with some pepper as needed.

Serve warm with more basil leaves on top.

## 4. Beef and Vegetables Soup



Beef is good to use for healthy recipes. Just make sure you are using a lean part of the meat and adding vegetables in the mix. Exactly what this soup recipe is about. We have beef, veggies, and aromatics—the perfect ingredients for a comforting soup you can’t resist.

**Serving Size:** 4

**Prep Time:** 4 hr. 25 mins

**Ingredients:**

- 1 lb. boneless and fatless beef chuck roast, sliced into chunks
- 2 pcs potatoes, cubed
- 3 pcs carrots, sliced
- ½ cup frozen peas, thawed
- 1 cup onion, chopped
- 2 (14.5 oz) cans diced tomatoes
- 2 tbsp Italian flat-leaf parsley, chopped
- 1 tbsp olive oil
- 1 cup water
- ½ tsp dried thyme, crushed
- Pinch of freshly ground black pepper

**Instructions:**

Heat oil in a pan on medium-high and add beef chunks to brown in batches.

Transfer beef chunks to a slow cooker pot and add the potatoes, onion, carrots, diced tomatoes together with all the juices, dried thyme, and pepper. Pour in water and give the mixture a quick stir.

Cover and set to cook over low heat for about 8 hours or until the meat is fork-tender.

Add peas and serve with a garnish of freshly chopped parsley.

## 5. Thai Fish Soup



Take your soup recipe to the next level with this popular Asian dish. It has fish rich in Omega 3 fatty acids, perfect for reducing your triglycerides. Since our goal for making this soup is to make it as healthy for the heart as possible, you may substitute with any fish that's also high in Omega 3s, including salmon, trout, sardine, tuna, and mackerel.

**Serving Size:** 4

**Prep Time:** 45 mins

**Ingredients:**

- 1 lb. cod fillet, sliced into chunks
- 1 pc lemongrass stalk, tied into a knot
- 2 tbsp coriander, finely chopped and divided
- 4 pcs spring onions, finely sliced
- 1 pc shallot, finely sliced
- 1 tbsp ginger, peeled and julienned
- 2 garlic cloves, minced
- 1 pc red chili, seeded and chopped
- 4 cups fish stock
- ½ cup fresh lime juice
- 1 tbsp light soy sauce
- 2 tbsp fish sauce
- 2 tbsp extra-virgin olive oil
- 1 tbsp caster sugar
- Pinch of freshly ground black pepper

**Instructions:**

Heat oil in a pan over medium fire and sauté the shallots and spring onions for about 2 minutes.

Stir in lemongrass, ginger, garlic, and chili.

Pour in fish stock and lime juice and let the mixture boil.

Add fish chunks, plus soy and fish sauces. Sprinkle with sugar, pepper, and half of the coriander. Let it simmer for about 3 minutes, then turn off the fire.

Discard lemongrass stalk, ladle soup in bowls, and serve with a garnish of the remaining coriander while hot.

## 6. Turkey and Potato Soup



There's more to this soup than meets the eye. Apart from highlighting turkey, which is high in protein and fiber and low in cholesterol compared to other meats, this dish also features tomatoes, which are great for the heart. If you want to level up its benefits for the heart, you may add whole grain such as barley and make it a complete meal-in-one.

**Serving Size:** 8

**Prep Time:** 30 mins

**Ingredients:**

- 2 cups turkey breast, cooked and shredded
- 2 lbs. potatoes, cubed
- 3 cups frozen mixed veggies, thawed
- ¼ cup dried tomatoes, chopped
- 2 (10 oz) frozen chopped onions
- 6 cups chicken broth
- 1 tbsp olive oil
- Pinch of freshly ground black pepper

**Instructions:**

Heat oil in a stockpot on medium fire and sauté the onions for 20 minutes or until browned, stirring often.

Add the potatoes and dried tomatoes and stir for a minute.

Pour in broth and let it boil. Cover and simmer on medium-low fire for about 10 minutes or until the potatoes are tender.

Stir in turkey and mixed veggies. Continue to simmer for another 8 minutes.

Sprinkle with some pepper and turn off the fire.

Serve and enjoy.

## 7. Mediterranean Lentil Soup



Lentils are a great way to pack a soup dish with some healthy nutrients that are good for the heart and your entire well-being. This dish is loaded with many nutrients and amazing flavors, making it a delicious meal option when you decide to start eating healthy.

**Serving Size:** 8

**Prep Time:** 1 hr. 30 mins

**Ingredients:**

- 1 ½ cup dried green lentils
- 2 cups cauliflower, separated into small florets
- 5 pcs carrots, diced
- 1 pc parsnip, diced
- 3 pcs celery stalks, diced
- 3 cups kale, trimmed and chopped
- 1 cup frozen peas, thawed
- 1 pc onion, diced
- 2 cloves garlic, minced
- 2 tbsp pesto sauce
- 1 (28 oz) can crushed tomatoes with basil
- 2 tbsp olive oil
- 8 cups chicken broth
- 1 tbsp fennel seed
- 1 tbsp dried thyme
- 1 tbsp dried oregano
- Salt and freshly ground black pepper to taste

**Instructions:**

Heat oil in a pot over medium fire and sauté the carrots, parsnip, celery, onions, and garlic for 10 minutes or until crisp-tender.

Stir in pesto sauce, fennel seeds, dried thyme, and dried oregano.

Pour in chicken broth, plus crushed tomatoes with all the juices. Let it boil on high.

Add lentils and peas, cover, and cook in a simmer for 40 minutes or until the veggies are tender.

Stir in cauliflower and kale, plus some salt and pepper to taste. Cook for 10 minutes more. Serve and enjoy.

## 8. Butternut Squash Soup



Butternut squash is a delicious winter veggie you can make the most of by turning it into a rich, creamy soup. Add some sweet potatoes into the mix, plus a medley of different spices, and you get a nice, brightly colored, tangy soup that is low in salt and high in delicious nutrients, making it perfect for maintaining your heart's health. Let's make the recipe.

**Serving Size:** 6

**Prep Time:** 1 hr. 25 mins

**Ingredients:**

- 1 pc butternut squash, peeled, seeded, and sliced into ½ inch chunks
- 1 pc sweet potato, peeled and sliced into ½ inch chunks
- 5 pcs saffron threads, ground in mortar and pestle
- 1 pc red onion, chopped
- 2 garlic cloves, chopped
- 2 tsp pure maple syrup
- 1 tsp orange blossom water
- 3 tbsp olive oil
- 2 tbsp hot water
- 3 ½ cups vegetable broth
- Pinch of ground sumac
- ½ tsp ground cinnamon
- ¼ tsp ground coriander
- ¾ tsp ground cumin
- ½ tsp kosher salt
- ¼ tsp ground pepper

**Instructions:**

Soak ground saffron in hot water, cover, and let it steep for 5 minutes. Set aside.

Heat olive oil in a stockpot on medium fire and sauté the onions for five minutes.

Stir in garlic and cook for a minute more.

Add squash and sweet potatoes, plus cinnamon, coriander, cumin, salt, and pepper. Let it cook for about 5 minutes,

stirring occasionally.

Pour in broth, plus saffron water, and let it boil on high. Turn heat to medium-low, cover the pot, and cook the soup in a simmer for 25 minutes to half an hour. Set aside to cool down a little.

Once the soup is cool enough, transfer to a blender. Add orange blossom water and maple syrup.

Pulse until smooth and serve with a sprinkle of ground sumac.

## 9. Herbed Yogurt Soup



Do you think yogurt makes an odd soup base? Well, think again. In this delicious mix of herbs and yogurt, you get a nice tangy soup that will make a nice balance for any main dish. Since it is loaded with greens and yogurt, which is linked to healthy blood pressure, you can see why this recipe landed on this cookbook in the first place.

**Serving Size:** 4

**Prep Time:** 10 mins

**Ingredients:**

- ½ cup coriander, finely chopped
- ½ cup dill, finely chopped
- ½ cup parsley, finely chopped
- 4 tbsp Greek yogurt
- 1 lb. butter beans, drained and rinsed
- 2 pcs celery stalks, finely chopped
- 1 pc brown onion, finely chopped
- 1 garlic clove, crushed
- 1 tbsp lemon juice
- 2 tsp olive oil
- 2 cups vegetable stock
- 2 cups water
- Freshly cracked black pepper to taste

**Instructions:**

Heat oil in a pan or stockpot on medium fire and sauté onions and garlic with celery for five minutes.

Add coriander, dill, and parsley, plus butter beans.

Pour in stock and water and boil, then cover and reduce heat to low. Simmer for five minutes.

Using an immersion blender, pulse the mixture until smooth.

Swirl in yogurt, lemon juice, and pepper. Turn off fire and serve.

## 10. Broccoli-Potato Soup



Broccoli is a superfood for the heart. It helps regulate blood pressure, and it has a lot of fiber, vitamins, and fatty acids that could reduce your risk for heart disease. That's why this classic soup is perfect for our collection. It is delicious and rich in delicious flavors, so it would not be so difficult to consume it and keep your heart healthy. If you want an even healthier version, drop the cream.

**Serving Size:** 8

**Prep Time:** 40 mins

**Ingredients:**

- 1 pc broccoli head, separated into small florets
- 2 lbs. Yukon gold potatoes, peeled and diced
- 4 pcs carrots, peeled and thinly sliced
- 1 (19 oz) can white kidney beans, rinsed and drained
- 1 pc red onion, finely chopped
- 1 cup unsweetened soy milk
- 6 cups vegetable broth
- 1 tbsp olive oil
- ½ cup nutritional yeast
- ½ tsp dried thyme
- 1 tsp garlic powder
- Sea salt to taste

**Instructions:**

Heat oil in a pan on medium fire and sauté carrots and onions until soft, about 5 minutes.

Stir in potatoes, beans, and thyme.

Pour in broth and sprinkle with yeast and garlic powder. Stir and let it boil.

Cover and reduce heat to low. Cook in a simmer for 10 minutes or until the potatoes are tender.

Stir in broccoli and continue to cook for another 5 minutes.

Set aside about 4 cups of the soup and place the remaining in a blender. Pulse until smooth.

Put the blended soup and the reserved veggie mix in the pan, add milk, and season with salt. Put on medium fire until heated through.

Serve and enjoy.

## 11. Cream of Mushroom Soup



With its somewhat thick and creamy texture, it's hard to figure out how this Cream of Mushroom Soup recipe could be good for the heart. But yes, mushrooms are healthy ingredients. They are loaded with an enormous amount of fiber as they are tasty. Use non-fat milk instead of regular milk for a better, healthier version. That will make this dish healthier but no less delicious.

**Serving Size:** 6

**Prep Time:** 20 mins

**Ingredients:**

- 8 oz fresh mushrooms, sliced
- 2 tbsp onion, chopped
- 2 clove garlic, minced
- 2 tbsp olive oil
- 2 cups chicken broth
- 1 cup light cream
- 3 tbsp flour, divided
- ¼ tsp nutmeg
- ½ tsp salt
- ¼ tsp pepper

**Instructions:**

Heat oil in a pan over medium fire and sauté mushroom slices together with onions and garlic, stirring occasionally. Sprinkle around two tablespoons of flour and cook for another minute.

Pour in broth, stirring constantly until the soup is thick and smooth.

In a bowl, dissolve the remaining tablespoon of flour in cream. Season with nutmeg, salt, and pepper.

Gradually add the mixture into the soup, stirring constantly.

Serve and enjoy.

## 12. Ginger Carrot Soup



This ginger-flavored carrot soup is another dish to watch for. It has a delicious aroma and an even delicious taste. Apart from having a high level of antioxidants, carrots are also discovered with heart-healthy properties. They can help reduce your risks for cardiovascular disease, among many other benefits.

**Serving Size:** 4

**Prep Time:** 30 mins

**Ingredients:**

- 2 lbs. carrots, peeled and chopped
- 1 pc golden beet, peeled and chopped
- 2 cups celery, coarsely chopped
- 2 pcs onions, roughly chopped and divided
- 1 tbsp fresh ginger, minced
- 2 tbsp olive oil
- ¼ cup parsley, finely chopped
- 1 clove garlic, minced
- Salt and freshly ground black pepper to taste
- ¼ cup thyme, finely chopped
- 6 cups water

**Instructions:**

Place carrots, beets, celery, half of the onions, and water in a stockpot. Heat on medium fire to boil until the carrots are soft, about 20 minutes.

Meanwhile, heat oil in a pan over medium fire and sauté the celery and the remaining onions until soft, about five minutes.

Stir in ginger, garlic, parsley, thyme, salt, and pepper.

Remove carrots and beets from the liquid and add to the pan. Stir for about two minutes.

Ladle about a cup of carrots soup into the pan and mix. Let it simmer for a few minutes. Add more broth as needed.

Using a stick blender, puree the soup until smooth.

Serve and enjoy.

## 13. Hearty Turkey Soup



The combination of barley and turkey meat in this soup creates a burst of nutritious flavors that could help warm you up during the cold days of winter. This dish is a great source of fiber and antioxidants that could help improve your heart health in more ways than one.

**Serving Size:** 10

**Prep Time:** 1 hr. 15 mins

**Ingredients:**

- 3 cups cooked turkey, sliced into chunks
- ½ cup pearl barley
- 3 pcs carrots, sliced
- 2 pcs celery stalks, sliced
- 1 cup onions, chopped
- 2 tbsp fresh parsley, chopped
- 7 cups turkey broth
- 1 pc dried bay leaf
- ¼ tsp poultry seasoning
- 1 tsp salt
- ½ tsp pepper

**Instructions:**

Boil broth in a pan over medium fire. Sprinkle poultry seasoning, bay leaf, salt, and pepper.

Add the pearl barley and let it boil, then turn heat to low and cook in a simmer, with the lid on, for about 30 minutes. Stir occasionally.

Add turkey meat, carrots, celery, and onions. Continue to cook for another 25 minutes until the barley and veggies are tender.

Stir parsley and turn off the fire.

Serve and enjoy.

## 14. Beans and Red Chili Soup



Here is another heart-friendly soup recipe with a slight kick of heat. Beans have resistant starch that can reduce the risks for certain cardiovascular diseases. They can help reduce bad cholesterol and triglycerides levels. It can also lower blood pressure levels as well as risks for inflammation.

**Serving Size:** 4

**Prep Time:** 25 mins

**Ingredients:**

- 1 (8 oz) can mixed beans, drained and rinsed
- 1 pc red pepper, seeded and chopped
- 1 pc carrot, chopped
- 1 pc celery stalk, chopped
- ½ cup kale, trimmed and shredded
- 1 pc onion, chopped
- 1 garlic clove, minced
- 1 (14 oz) can diced tomatoes
- 2 tbsp tomato puree
- 2 tbsp olive oil
- 6 cups vegetable stock
- ½ tsp chili powder

**Instructions:**

Heat oil in a pan over medium fire and sauté carrots, celery, pepper, onion, and garlic for about 5 minutes or softened.

Sprinkle chili powder and stir for a minute more.

Meanwhile, place diced tomatoes with all its juices, tomato puree, and vegetable stock in a blender and pulse until smooth.

Add mixture into the pan, boil on high, then cover and simmer for about 10 minutes.

Stir in mixed beans, plus kale, and cook for two minutes or until kale leaves are wilted.

Serve and enjoy.

## 15. Minestrone Soup with Kale Pesto



Take the classic Italian soup to a higher level by adding some delicious pesto made of leafy greens. Kale has heart-healthy properties. So as long as you cook this soup with low sodium, you can never go wrong. Plus, it is very flexible. You can add any veggie variety you like, which may be available to enhance its nutritional values further. It is super satisfying, and it's good for the soul. It's good for the heart.

**Serving Size:** 6

**Prep Time:** 1 hr.

**Ingredients:**

- 1 cup ditalini pasta
- $\frac{3}{4}$  cup carrots, diced
- $\frac{1}{3}$  cup celery, diced
- 6 cups baby spinach
- 2 (14 oz) cans butter beans, rinsed and drained
- 1 pc sweet onion, diced
- 2 cloves garlic, minced
- $\frac{1}{2}$  cup parmesan cheese, shredded and divided
- 2 (14 oz) cans fire-roasted diced tomatoes
- 5 cups vegetable stock
- 2 tbsp olive oil
- $\frac{1}{2}$  tsp dried oregano
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp pepper
- $\frac{1}{2}$  tsp dried basil

**For the Kale Pesto:**

- 2 cups kale, trimmed and torn into pieces
- $\frac{1}{2}$  cup basil leaves, torn into pieces
- $\frac{1}{4}$  cup parsley, torn into pieces
- 3 tbsp pistachios
- 1 clove garlic

- ½ cup extra-virgin olive oil
- Salt and freshly ground black pepper, as needed
- 1/3 cup Parmesan cheese, grated

**Instructions:**

To make kale pesto, add all the ingredients to a blender or food processor and pulse until well combined. Set aside.

Meanwhile, heat oil on medium fire and sauté onion and garlic until fragrant in a stockpot.

Stir in celery and carrots and cook for about 5 minutes or softened.

Add the beans, diced tomatoes with the juice, ¼ cup shredded Parmesan, oregano, and basil.

Pour in the stock, let it boil, turn the heat to low, and continue cooking in a simmer with the lid on for about 20 minutes.

Stir in pasta and cook for another 10 minutes until the pasta is al dente.

Add spinach and turn off the fire. Season with salt and pepper.

Ladle soup into individual bowls, drizzle with prepared kale pesto, garnish with remaining Parmesan, and serve.

## 16. Green Chili Pork Stew



Get your slow cooker to work for this next heart-friendly soup recipe. Apart from choosing pork sirloin, which is low in fat, we are also adding veggies like corn and potatoes to boost its health benefits. Here's to a delectable and healthy mix with every spoonful.

**Serving Size:** 6

**Prep Time:** 4 hrs. 25 mins

**Ingredients:**

- 2 lbs. boneless pork sirloin, trimmed and sliced into strips
- 4 pcs potatoes, peeled and cubed
- 1 (15 oz) can whole corn kernels, drained
- 2 tbsp quick-cooking tapioca
- 1 tbsp fresh cilantro, chopped
- ½ cup onion, chopped
- 1 tbsp olive oil
- 3 cups water
- 8 oz diced green chili peppers
- ½ tsp ancho chili powder
- ¼ tsp dried oregano
- ½ tsp ground cumin
- 1 tsp garlic salt
- ½ tsp ground pepper

**Instructions:**

Heat oil in a skillet over medium-high and cook meat in batches to brown for five minutes, stirring constantly. Remove to a plate using a slotted spoon.

In the same skillet, sauté onion until translucent. Stir in meat and toss.

Transfer onion and meat mixture into a slow cooker using a slotted spoon. Discard fat.

Add potatoes, corn kernels, tapioca, green chilies, chili powder, cumin, oregano, pepper, and garlic salt.

Pour water and stir to blend.

Cover and cook on a high setting for about 4 hours or until meat is fork-tender. Garnish with freshly chopped cilantro and serve.

## 17. Lamb Shank and Pearl Barley Soup



Better and much healthier than the crowd-favorite lamb stew, this soup dish may take long hours to make, but it is worth it. The texture and the flavors meld together smoothly, so you get one nice bite with every spoonful. And oh, be sure to make a good batch of this dish for your family. It's too hearty to resist.

**Serving Size:** 4

**Prep Time:** 2 hrs. 15 mins

**Ingredients:**

- 1 tbsp olive oil
- 4 pcs lamb shanks, trimmed
- ½ cup pearl barley
- 2 pcs carrots, peeled and diced
- 1 pc parsnip, peeled and diced
- 2 pcs celery sticks, diced
- 1 pc leek, diced
- 1 pc onion, chopped
- 2 garlic cloves, crushed
- 3 tbsp parsley, finely chopped
- 1 cup beef stock
- 3 cups water

**Instructions:**

Heat oil in a stockpot and brown lamb shanks on all sides, about 5 minutes per batch. Remove to a plate and set aside.

In the same pot, sauté carrots, parsnip, celery, leek, garlic, and onion until soft.

Put back the lamb shanks into the pot, plus barley, stock, and water. Let it boil, then turn heat to low and simmer with the lid on for about two hours or until the meat is fork-tender.

Lift lamb shanks from the soup, shred meat, and discard the bones.

Put back the meat into the pot, stir in parsley, and let it simmer until heated through.

Serve and enjoy.

## 18. Tomato Bisque



When serving heart-healthy food, a classic tomato bisque can never go wrong. This one is loaded with bright-colored tomatoes, which are keys to saving the heart from different ailments. Plus, it's tasty enough, great for evenings.

**Serving Size:** 8

**Prep Time:** 1 hr.

**Ingredients:**

- 3 (28 oz) cans crushed tomatoes
- 1 cup leeks, chopped
- 1 ½ cups yellow onion, chopped
- ¾ cup shallots, chopped
- 1 tbsp flat-leaf parsley, chopped
- ½ cup Parmesan cheese, grated
- 3 tbsp unsalted butter
- 1 tbsp olive oil
- 2 cups heavy cream
- 4 cups whole milk
- ¼ tsp red pepper flakes, crushed
- ½ tsp saffron threads
- Salt and ground black pepper as needed

**Instructions:**

Melt butter and add oil to a stockpot on medium fire and sauté the leeks, onion, and shallots until soft.

Stir in tomatoes, together with the juices, then add cream and milk. Sprinkle with saffron and crushed red pepper.

Simmer on medium-low fire, with the cover on for 40 minutes until the soup is slightly thickened and the flavors are well blended. Sprinkle with some salt and pepper.

Ladle soup into bowls, garnish with freshly chopped parsley and grated Parmesan, and serve.

## 19. Roasted Cauliflower Soup



Who says eating healthy is boring? Unlike the common impression, this vegan soup recipe is quite interesting. It has different flavors that burst in the mouth, ranging from rich to savory and everything in between.

**Serving Size:** 6

**Prep Time:** 45 mins

**Ingredients:**

- 1 pc cauliflower head, separated into florets
- ½ cup microgreens
- 1 tbsp fresh thyme sprigs
- 2 pcs shallots, peeled and quartered
- 4 cloves garlic
- ½ tbsp white miso paste
- ½ tsp Dijon mustard
- 1 tbsp fresh lemon juice
- 4 cups vegetable broth
- 6 tbsp extra-virgin olive oil, divided
- Sea salt and freshly ground black pepper to taste

**Instructions:**

Preheat the oven to 400°F. Prepare a baking tray lined with a sheet of parchment paper.

Toss cauliflower, shallots, and garlic with half of the oil, plus salt and pepper. Transfer onto a prepared baking sheet and spread out in a single layer. Roast for about half an hour or until nicely browned. Remember to shake the pan halfway through for an even browning.

Meanwhile, boil broth in a stockpot over medium-low.

Stir in roasted veggies, plus thyme. Cover and simmer for about 15 minutes. Set aside to cool down.

Once cool enough, transfer soup to a blender and pulse until smooth.

Sprinkle with some salt and pepper and add miso, mustard, the remaining oil, and lemon juice. Pulse again until well blended.

Put the soup back into the stockpot and simmer until heated through.

Ladle into individual bowls and garnish with microgreens before serving.

## 20. White Beans and Kale Soup



If you do not know what to do with leftover rotisserie chicken, here is one great idea that will allow you to create a delicious and hearty meal for your loved ones. Add some white beans and kale soup into the mix, and you will instantly have a comforting, tasty, and utterly delicious meal in half an hour.

**Serving Size:** 4

**Prep Time:** 30 mins

**Ingredients:**

- 3 lbs. rotisserie chicken, deboned and shredded (carcass reserved)
- 1 (15 oz) can white beans, rinsed and drained
- 1 pc butternut squash
- 1 cup kale, trimmed
- 2 pcs celery stalks
- 6 pcs fresh thyme sprigs
- 1 pc onion
- 3 garlic cloves
- 2 tbsp tomato paste
- 2 tbsp olive oil
- 8 cups water
- Kosher salt and freshly ground black pepper to taste

**Instructions:**

Place chicken carcass in a stockpot together with water, salt, and pepper. Boil over medium-high, then turn heat to low and simmer for 15 minutes with the lid on.

Meanwhile, heat oil in a pan over medium fire and sauté the onions until soft.

Add celery, thyme, and garlic, season with salt and pepper, and cook for 10 minutes, stirring often.

Stir in tomato paste, plus the liquid from the boiled carcass, straining and discarding the solids.

Toss in squash, beans, and chicken. Cook for another 5 minutes or until the squash is tender.

Stir in kale leaves and turn off the heat.

Serve and enjoy.

## 21. Chicken Sausage and Kale Soup



Another chicken soup is coming your way. But this time, it's in sausage form. This dish has the same low-fat goodness that makes an enriching meal for the soul and some more. Kale is known for its cardiovascular benefits. Like the other green, leafy veggies, it is high in antioxidants, which is a big thing for the heart. And there are lots of kale in this recipe.

**Serving Size:** 6

**Prep Time:** 45 mins

**Ingredients:**

- 12 oz chicken sausages, sliced and cooked
- 4 cups kale, rinsed and trimmed
- 2 cups potatoes, diced and boiled
- 4 pcs plum tomatoes, chopped
- 1 pc onion, diced
- 1 tsp fresh rosemary, chopped
- 2 (14 oz) cans chicken broth
- 1 tbsp extra-virgin olive oil
- 1 tbsp cider vinegar
- ½ tsp freshly ground black pepper

**Instructions:**

Heat oil in a stockpot on medium fire and sauté onions and kale for 5 minutes.

Add potatoes, tomatoes, and rosemary. Pour in chicken broth and sprinkle with some pepper.

Cover and boil, then turn heat to low and simmer for 15 minutes or until the veggies are tender.

Toss in sausage and drizzle vinegar, and let it simmer for two minutes.

Ladle into bowls and serve.

## 22. Snap Peas and Lettuce Soup



If you are wondering where you can use lettuce besides salad, this is the answer. Get a dose of comforting soup with the healthy goodness of salad in this beautiful combination. Peas and lettuce create a heart-healthy mix that is also very pleasing to the eyes and palate. Let's start!

**Serving Size:** 4

**Prep Time:** 30 mins

**Ingredients:**

- 1 lb. snap peas, trimmed
- 2 pcs romaine lettuce, chopped
- 2 pcs Yukon gold potatoes, peeled
- 2 pcs leeks, sliced
- 3 tbsp tarragon
- ¼ cup butter
- ½ cup buttermilk
- 8 cups chicken stock
- Kosher salt and freshly ground black pepper to taste

**Instructions:**

Melt butter in a stockpot over medium fire and sauté leeks.

Stir in potatoes, add stock, and boil.

Turn heat to low, cover, and simmer until the potatoes are tender.

Toss in peas, lettuce, and tarragon. Simmer for a few minutes. Set aside to cool down.

Once the soup is cool enough, blend in batches until smooth and creamy.

Put the soup back into the pot together with buttermilk and season with some salt and pepper.

Cook until heated through, then serve.

## 23. Tomatoes and Veggie Soup



So, do you have some leftover veggies that you are sure would not be as appealing when reheated? Turn them into a soup, and it will go a long way. This veggie soup that's loaded with tomatoes is an example of how you should make great use of leftover vegetables, turning them into a healthy dish that's right within your budget. And this dish is very versatile! You can add all types of veggies available in your pantry and any that you like.

**Serving Size:** 10

**Prep Time:** 30 mins

**Ingredients:**

- 1 (16 oz) can whole tomatoes
- 1 pc yellow squash, sliced
- 1 pc zucchini, sliced
- 1 cup broccoli, separated into small florets
- 2 cups edamame, trimmed
- 1 cup whole corn kernels
- 2 pcs carrots, sliced
- 2 pcs celery stalks, sliced
- ½ pc onion, chopped
- 2 garlic cloves, minced
- 6 cups vegetable stock
- ¼ cup olive oil
- ½ tsp dried thyme
- ½ cup tomato paste
- Salt and freshly ground black pepper to taste

**Instructions:**

Heat oil in a stockpot over medium fire and sauté carrots, celery, onions, and garlic until soft.

Sprinkle thyme, salt, and pepper and stir in squash and zucchini.

Pour in the stock, let it boil, then reduce heat to low, and cook the veggies in a simmer with the lid on.

Stir in tomatoes with all the juices, plus tomato paste, broccoli, edamame, and corn kernels. Simmer for a few minutes more until the flavors come together. Adjust seasoning as needed.

Serve and enjoy.

## 24. Potato and Ham Soup



Think again if you think a potato and ham soup could not be good for the heart. This soup uses turkey ham instead of the regular one to make it healthier. This is the perfect brunch, especially on cold days, when served with hearty bread.

**Serving Size:** 10

**Prep Time:** 1 hr. 30 mins

**Ingredients:**

- 4 cups potatoes, peeled and diced
- 2 ½ cups turkey ham, diced
- 3 pcs carrots, chopped
- 2 pc celery stalks, chopped
- 1 (10 oz) can butter beans, rinsed and drained
- 1 cup corn kernels
- 1 pc onion, diced
- 1 (8 oz) can cream-style corn
- 1 (12 oz) can evaporated milk
- 8 cups water
- 1 tsp dill
- 1 tsp salt
- ¼ tsp ground black pepper

**Instructions:**

Place potatoes, ham, carrots, butter beans, celery, corn, onion, dill, cream-style corn, salt, and pepper in a stockpot or Dutch oven.

Pour in water and heat on medium fire until the water starts to boil. Turn heat to low, cover, and cook in a simmer for about an hour and 30 minutes.

Stir in milk, turn off the heat, and serve.

## 25. Corn and Wild Rice Chowder



Get most of the health benefits of wild rice in this delicious chowder that's perfect as a send-off to the summer season. Add some sweet potatoes, corn kernels, and rosemary into the mix, so you get a flavor explosion that's right to the bite. We also included some bacon to make it rich-tasting as it is comforting.

**Serving Size:** 8

**Prep Time:** 1 hr. 15 mins

**Ingredients:**

- 4 cups sweet corn kernels
- 3 cups wild rice, cooked
- 6 pcs thick-cut bacon slices, diced
- 1 pc sweet potato, peeled and diced
- 1 pc onion, diced
- 4 cloves garlic, minced
- 2 tsp fresh rosemary, minced
- 3 tbsp butter
- 5 cups vegetable stock
- 1 ½ tsp salt
- ¼ tsp freshly ground pepper

**Instructions:**

Brown diced bacon in a stockpot over medium fire, stirring constantly. Remove to a plate with a slotted spoon. Set aside.

In the same stockpot, add butter and sauté the onions until soft.

Stir in sweet potatoes, season with salt and pepper, and continue cooking for about 15 minutes, or until the potatoes are tender.

Toss in garlic and rosemary, add corn, and boil.

Turn heat to low and continue cooking at a simmer for about 10 minutes.

Using an immersion blender, blend the ingredients until the flavor come together.

Add cooked wild rice and continue to simmer until heated through.

Ladle soup into bowls and garnish with browned bacon bits and more rosemary.

## 26. Creamy Avocado and Tomato Soup



Both avocados and tomatoes have nutritious properties that benefit the heart. Avocados may be loaded with fats, but it's the healthy kind known to reduce cholesterol levels and lower risks of cardiovascular diseases. On the other hand, Tomatoes are rich in lycopene, a powerful antioxidant that's key to a healthy heart. When they are combined in a soup, the result is a creamy and great-tasting dish perfect for all seasons.

**Serving Size:** 8

**Prep Time:** 40 mins

**Ingredients:**

- 2 pcs avocados, pitted, peeled, and cubed
- 1 (14.5 oz) can diced tomatoes
- 1 ½ cups tomato juice
- 2 tbsp tomato paste
- ¾ cup onion, chopped
- 2 cloves garlic, minced
- 3 cups chicken broth
- 1 tbsp olive oil
- 1 tsp thyme sprigs
- ½ tsp dried thyme
- 2 tsp sugar
- ½ tsp pepper

**Instructions:**

Heat oil in a stockpot over medium fire and sauté onions until soft and translucent.

Add garlic and stir for another minute or until fragrant.

Add diced tomatoes, including its juices, plus tomato juice, tomato paste, broth, dried thyme, sugar, and some freshly ground black pepper.

Let the mixture boil on high, then, turn heat to low and continue cooking in a simmer for about 5 minutes. Set aside to cool down a little.

Once cool enough, transfer soup to a blender, add avocados, and pulse until smooth.

Put the soup back into the pot and heat on medium low.

Garnish with fresh thyme sprigs before serving.

## 27. Ginger Chicken Ramen



Make your ramen fresh from scratch and ultimately enjoy all of its health benefits. By staying away from the instant kind, you can choose the ingredients you add into your soup, making sure they are as good for the heart as they are filling your tummy.

**Serving Size:** 8

**Prep Time:** 1 hr. 15 mins

**Ingredients:**

- 9 oz dried ramen noodles
- 1 ½ lbs. boneless and skinless chicken breast
- 2 cups snow peas, trimmed
- 4 pcs baby bok choy, leaves separated
- 1 cup shiitake mushrooms, halved
- 3 pcs scallions, sliced
- 1 tbsp fresh ginger, peeled and halved
- 6 cloves garlic, sliced
- 1 tbsp soy sauce
- 2 tsp toasted sesame oil
- 8 cups chicken broth

**Instructions:**

Stir together chicken, ginger, and garlic in a stockpot.

Add broth and boil on medium-high, then turn heat to low and cook in a simmer for 30 minutes, covered.

Stir in mushrooms and drizzle with toasted sesame oil and soy sauce. Cook for another 8 minutes.

Lift chicken from the pot and place in a chopping board, shred using two forks.

Meanwhile, add ramen noodles into the pot, plus snow peas and bok choy.

Put back the shredded chicken and cook for 2 more minutes or until the soup is heated through.

Garnish with scallions and serve.

## 28. Chickpeas Tomato Soup



As you know by now, tomatoes are favorites for soups that are supposedly good for the heart. It is a superfood packed with antioxidants that help neutralize free radicals, keeping your risks for heart disease considerably reduced. That's why we have lots of tomato soups here, and we know another one would not hurt.

**Serving Size:** 4

**Prep Time:** 45 mins

**Ingredients:**

- 1 (14.5 oz) can chickpeas, rinsed and drained
- 1 (14.5 oz) can crushed tomatoes
- 1 pc sweet potato, peeled and diced
- 1 pc carrot, peeled and diced
- 1 pc onion, diced
- 2 tbsp ginger, crushed
- 3 garlic cloves, crushed
- ½ cup coriander leaves, chopped
- 1 tbsp cumin powder
- 2 tbsp olive oil
- 4 cups chicken stock
- ¼ cup peanut butter

**Instructions:**

Heat olive oil in a stockpot over medium fire and sauté carrots and onions until soft, stirring often.

Add ginger and garlic and continue stirring for a minute.

Toss in sweet potatoes, chickpeas, crushed tomatoes with all the juice, plus peanut butter and chicken stock. Sprinkle with cumin powder and stir.

Let the soup boil, turn heat to low, and cook for another 30 minutes or until the sweet potatoes are tender.

Garnish with freshly chopped coriander before serving.

## 29. Leeks and Peas Soup



Here is another soup recipe that is a nutrition powerhouse. It has leeks and peas, both excellent sources of nutrients that can make your heart pump with glee. Best of all, it is utterly delicious, which both kids and adults can appreciate, and it is super filling. Save this recipe for a rainy day when you need to serve a bowl of comfort and nourishment.

**Serving Size:** 4

**Prep Time:** 20 mins

**Ingredients:**

- 2 pcs leeks, chopped
- 1 cup frozen peas, thawed
- ¼ cup ricotta cheese
- 2 tbsp Parmesan cheese, grated
- ¼ tsp lemon zest
- 1 tsp dried thyme
- 1 tbsp extra-virgin olive oil
- 1 cup water
- ½ tsp salt
- ¼ tsp freshly ground black pepper

**Instructions:**

Boil water and some salt in a pan over medium fire and add leeks and peas. Let it simmer for 5 minutes, then drain using a fine mesh, discarding the liquid.

Transfer leeks and peas to a blender, add oil, ricotta cheese, lemon zest, thyme, and pepper. Pulse until smooth.

Serve with freshly grated Parmesan on top and enjoy.

## 30. Double Beans Soup



As if just one type of beans is not enough, we are doing a double beans soup featuring black beans and kidney beans, among other super healthy ingredients like tomatoes and celery, onions, and carrots. This dish is packed with lots of fiber that can decrease inflammation and various heart ailments.

**Serving Size:** 6

**Prep Time:** 35 mins

**Ingredients:**

- 2 (14 oz) cans black beans, rinsed and drained
- 1 (14 oz) can dark kidney beans, rinsed and drained
- 2 pcs celery stalks, chopped
- 2 pcs carrots, chopped
- 1 pc tomato, chopped
- 1 pc onion, chopped
- 1 tbsp fresh parsley, chopped
- 2 tbsp olive oil
- 4 cups chicken stock
- 1 pc dried bay leaf
- 1/8 tsp cayenne pepper
- ½ tsp salt

**Instructions:**

Heat oil in a stockpot on medium fire and sauté carrots, celery, and onions for five minutes or until soft.

Stir in black and kidney beans, tomato, parsley, and bay leaf.

Pour in stock and boil, then reduce heat to low and simmer, covered, for about 20 minutes.

Sprinkle with cayenne pepper and some salt and simmer for two minutes more.

# Conclusion

Soups are a bowl of comfort on any given day. If you are picky with the ingredients you dump into it, you can make it a bowl of nutrition with various benefits to boost your heart health, too. This cookbook is about soup recipes that are filling and nourishing. You can incorporate them into your daily meals and increase their value altogether. Whether you serve them on the side, as a dipping sauce for your hearty pieces of bread, or as the main dish, you will never regret the time you spend in your kitchen to make them.

Our heart-healthy soups are extraordinary. They mostly have enough nutrients, vitamins, and minerals that could help lower your risks for heart disease and other conditions related to it. We make the most of ingredients that help strengthen the heart because, as we all know, diet plays a significant role in preventing heart disease deaths.

We hope you enjoyed learning how to make a delicious soup dish from nuts and whole grains, tomatoes and avocados, leafy greens and beans, and fish that are rich in Omega-3 fatty acids. Because honestly, we enjoyed laying them all out for you!

Happy cooking!

# Biography

Food is like music, and Will knew that when he stepped into the restaurant business. Will loved food, and American classics were always a favorite. He loved the feelings and emotions some of this food invoked in him. Serving unique American dishes was one way to connect his love for music and food on a plate. Customers who would later come into his restaurant could instantly link classic American music stars to the food on their plates. This was a thought well appreciated by the diners.

Even more was that Will researched old and deep-rooted foods in American history, added his spin, and gave the customer a piece of history on the plate.

However, his career did not start in the food industry, but after working as a waiter in a couple of local and renowned All-American restaurants, he went back to culinary school to perfect his skills in plating dishes to aesthetically please the customers as they listened to music from back in the days.

Customers came to his restaurant not because he was a good cook, but to learn the American story behind the meals.

Today, Will has ventured into other food terrains, including serving original cocktails that pair incredibly well with steak and others. He has a restaurant and is making a difference in the lives of his customers.



Thank you



Did you like my book? I pondered it severely before releasing this book. Although the response has been overwhelming, it is always pleasing to see, read or hear a new comment. Thank you for reading this. And I would love to hear your honest opinion about it. Furthermore, many people are searching for a unique book, and your feedback will help me gather the right books for my reading audience.

*Thanks!*

***Will C .***