

low calorie soup recipes under 100 calories

Low calorie soup recipes under 100 calories are an excellent choice for anyone looking to maintain a healthy diet without sacrificing flavor or satisfaction. Soups are a versatile dish that can be packed with nutrients, making them a perfect option for weight management. In this article, we will explore various low-calorie soup recipes, their health benefits, and tips for creating your own delicious concoctions that won't break the calorie bank.

Why Choose Low-Calorie Soups?

Low-calorie soups offer numerous advantages, especially for those watching their weight. Here are some reasons why incorporating these soups into your diet can be beneficial:

- **Nutrient-Dense:** Soups can be loaded with vegetables, legumes, and lean proteins, providing essential vitamins and minerals while keeping calories low.
- **Hydration:** Many soups have a high water content, which can help keep you hydrated.
- **Satiety:** The warmth and volume of soup can create a feeling of fullness, helping to curb hunger and prevent overeating.
- **Versatility:** Soups can be tailored to individual tastes and dietary restrictions, making them perfect for anyone.

Essential Ingredients for Low-Calorie Soups

To create delicious low-calorie soups, it's important to focus on the right ingredients. Here are some staples to consider:

Vegetables

- **Leafy Greens:** Spinach, kale, and Swiss chard are low in calories and high in nutrients.
- **Cruciferous Vegetables:** Broccoli, cauliflower, and Brussels sprouts add bulk and flavor.
- **Root Vegetables:** Carrots and turnips provide sweetness and texture without many calories.

Broths and Bases

- **Vegetable Broth:** A great base for any soup, offering flavor without added calories.
- **Chicken Broth:** Opt for low-sodium varieties to control your salt intake.
- **Tomato Base:** Canned or fresh tomatoes can create a rich and savory foundation.

Proteins

- Legumes: Lentils and beans are filling and nutritious, providing protein and fiber.
- Lean Meats: Skinless chicken or turkey can be added in moderation for extra protein.

Herbs and Spices

- Fresh Herbs: Basil, cilantro, and parsley can enhance flavor without adding calories.
- Spices: Cumin, paprika, and pepper are great for adding depth and complexity.

Delicious Low-Calorie Soup Recipes

Now that we've covered the essentials, let's dive into some specific recipes for low-calorie soups that you can enjoy, all of which are under 100 calories per serving.

1. Classic Vegetable Soup

Ingredients:

- 1 cup diced tomatoes (fresh or canned)
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup chopped onion
- 2 cups vegetable broth
- 1 teaspoon dried oregano
- Salt and pepper to taste

Instructions:

1. In a large pot, combine all ingredients and bring to a boil.
2. Reduce heat and simmer for 20 minutes until vegetables are tender.
3. Season with salt and pepper before serving.

Calories: Approximately 50 calories per serving (1 cup).

2. Spicy Tomato Basil Soup

Ingredients:

- 2 cups diced tomatoes
- 1 cup vegetable broth
- 1 clove garlic, minced
- 1 teaspoon crushed red pepper flakes
- Fresh basil leaves
- Salt and pepper to taste

Instructions:

1. In a saucepan, combine tomatoes, vegetable broth, garlic, and red pepper flakes.
2. Simmer for 15 minutes, then blend until smooth.
3. Garnish with fresh basil before serving.

Calories: Approximately 70 calories per serving (1 cup).

3. Lentil and Spinach Soup

Ingredients:

- 1 cup cooked lentils
- 2 cups spinach
- 1 cup vegetable broth
- 1 teaspoon cumin
- Salt and pepper to taste

Instructions:

1. In a pot, combine lentils, spinach, and vegetable broth.
2. Add cumin, salt, and pepper, and simmer for 10 minutes.
3. Serve warm.

Calories: Approximately 90 calories per serving (1 cup).

4. Carrot and Ginger Soup

Ingredients:

- 2 cups chopped carrots
- 1 tablespoon fresh ginger, minced
- 1 cup vegetable broth
- 1 tablespoon lime juice
- Salt and pepper to taste

Instructions:

1. In a pot, combine carrots, ginger, and broth.
2. Bring to a boil, then simmer until carrots are tender (about 20 minutes).
3. Blend until smooth, stir in lime juice, and season with salt and pepper.

Calories: Approximately 80 calories per serving (1 cup).

5. Cabbage and White Bean Soup

Ingredients:

- 2 cups chopped cabbage
- 1 cup cooked white beans (cannellini or navy)
- 2 cups vegetable broth

- 1 teaspoon thyme
- Salt and pepper to taste

Instructions:

1. In a pot, combine cabbage, white beans, and broth.
2. Add thyme, salt, and pepper, then simmer for 15 minutes.
3. Serve warm.

Calories: Approximately 100 calories per serving (1 cup).

Tips for Making Your Own Low-Calorie Soups

Creating your own low-calorie soups can be a fun and rewarding experience. Here are some tips to get you started:

- Experiment with Flavors: Don't be afraid to mix different herbs and spices to create unique flavor profiles.
- Use Fresh Ingredients: Whenever possible, opt for fresh vegetables and ingredients, which often have more flavor and nutrients than canned alternatives.
- Batch Cooking: Make a large pot of soup and portion it out for easy meals throughout the week.
- Freeze for Later: Soups freeze well, so consider making extra and storing portions in the freezer for quick meals.

Conclusion

Incorporating low calorie soup recipes under 100 calories into your diet can be a delicious way to stay healthy and satisfied. These recipes are not only easy to make but also versatile enough to suit any palate. By using fresh, nutrient-dense ingredients and experimenting with flavors, you can create a variety of soups that will nourish your body and keep your calorie count in check. Whether you enjoy them as a starter, a light lunch, or a comforting dinner, low-calorie soups are a fantastic addition to any meal plan. So grab your pot and start cooking!

Frequently Asked Questions

What are some ingredients commonly used in low calorie soups under 100 calories?

Common ingredients include broth (vegetable or chicken), plenty of vegetables (like spinach, zucchini, and tomatoes), herbs and spices for flavor, and sometimes legumes or low-calorie proteins like chicken breast.

Can I make a creamy low calorie soup under 100 calories?

Yes, you can use pureed vegetables like cauliflower or blended beans to create a creamy texture without adding many calories.

What is a popular low calorie soup recipe under 100 calories?

A popular recipe is the classic vegetable soup, made with a variety of chopped vegetables, low-sodium broth, and herbs, often coming in at around 50-80 calories per serving.

How can I add flavor to low calorie soups without adding calories?

Use fresh herbs, spices, garlic, onion, and citrus zest or juice to enhance flavor without significantly increasing calorie content.

Are there any low calorie soup recipes that are also vegan?

Yes, many low calorie soups are vegan, such as a tomato basil soup or a lentil vegetable soup, both of which can be made under 100 calories per serving.

What types of broth are best for low calorie soups?

Low-sodium vegetable broth or chicken broth are best for keeping calories low while still providing a rich flavor.

Can I freeze low calorie soups? If so, how?

Yes, you can freeze low calorie soups. Allow them to cool, then portion them into airtight containers or freezer bags, leaving space for expansion, and freeze for up to 3 months.

What is the serving size for a low calorie soup under 100 calories?

Typically, a serving size for low calorie soups is about 1 cup, which allows you to enjoy a hearty bowl while keeping the calorie count low.

How can I make my low calorie soup more filling?

Add high-fiber vegetables like beans, lentils, or whole grains, and include a source of protein, such as tofu or lean meat, while still keeping it under 100 calories per serving.

Are there low calorie soup recipes for specific diets like keto or paleo?

Yes, there are low calorie soup recipes suitable for keto and paleo diets, such as a creamy mushroom soup made with coconut milk or a chicken broth-based vegetable soup without grains.

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