



Delicious Soups (..that aren't too high in sodium!)

JESSICA MCALLISTER, RDN

Delicious Soups (..that aren't too high in sodium!)

DIETITIAN APPROVED NUTRITION

Welcome to your own personal cookbook! On the next pages you will find a collection of delicious recipes I put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

HOW TO USE

All of these recipes have been selected based on your needs, but you don't need to make them all at once. Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

RECIPE TIPS

On each recipe, you'll see total time, number of servings, ingredients and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance. For example, you might need to dice up your veggies. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

LEFTOVERS

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

Important Minerals

Minerals are also important for our body to stay healthy. They are considered micronutrients when compared to proteins, carbohydrates, and fats. Minerals are divided into two groups, major and trace. Major minerals are present in the body in larger quantities; however, both groups are equally important for body functions. The amount of major and trace minerals needed by the body may differ; however, depending on the person, it is important to remember the biological importance of both minerals.

The body needs calcium for more than strong bones. Calcium is needed for normal blood pressure and for muscle contraction, including every time the heart beats. It is needed for nerves to send impulses, and for blood to clot. Though the body needs smaller amounts of calcium for these functions compared to the larger needs for the bones, these needs are critical. They are so critical that the body will take calcium from the bones to make up for calcium missing in the daily eating pattern. The body needs help from vitamins D and K, magnesium, and phosphorous to absorb calcium. Bones provide the body with structure and a storage of

calcium when intakes are low. An adequate amount of calcium and vitamin D along with regular weight-bearing physical activity are essential for keeping bones healthy throughout our lifespan.

Phosphorus is found combined with calcium in the bones and teeth. It is essential for tissue growth and renewal, and assists many enzymes and vitamins in extracting energy from nutrients. Phosphorus carries, stores, and releases energy in the metabolism of energy nutrients. Food sources include cottage cheese, milk, navy beans (cooked), salmon (canned), and sirloin steak.

Magnesium contributes to bone development. It is also crucial to many other cell functions including metabolizing potassium, calcium, and vitamin D. Magnesium aids in the process of releasing energy into cells. It works with calcium by relaxing a muscle after calcium has caused it to contract. Food sources include enriched whole grains, black beans, black-eyed peas, avocados, and soymilk.

Sodium also known as table salt is a combination of two minerals sodium and chloride. Sodium helps transmit nerve impulses and helps with muscle contraction and relaxation. It helps to maintain the right balance of body fluids. The kidneys control the amount of sodium in the body. If the body has too much sodium and the kidneys cannot excrete it, the sodium builds up in the blood causing high blood pressure. Most Americans consume more sodium than is recommended. The *Dietary Guidelines* recommend that adults eat one teaspoon or less of salt per day. Food sources of sodium include processed and prepared foods. Foods that naturally contain sodium include all vegetables and dairy products, meats, and shellfish.

Potassium plays a major role in maintaining fluid, electrolyte balance, and cell integrity. It is critical to maintaining a rhythmic heartbeat and optimal blood pressure. Potassium is present in living cells; therefore, fresh foods contain more potassium than processed foods that normally do not leave cells intact. Food sources include apricots, avocados, bananas, beets, potatoes, pumpkins, tomatoes, and lima beans.

Do you have health concerns and would want to learn more about working with a Dietitian, click [here](#) to schedule your Free Discovery Call!

~Jessica, RD



Slow Cooker Chicken Soup

6 SERVINGS 6 HOURS



INGREDIENTS

1 Yellow Onion (diced)
4 stalks Celery (diced)
3 Carrot (medium, chopped)
1 tbsp Rosemary (fresh)
8 ozs Chicken Breast (boneless, skinless)
1 lb Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
6 cups Water (or broth)

NUTRITION

AMOUNT PER SERVING

Calories	161	Sugar	3g
Fat	4g	Protein	24g
Carbs	6g	Cholesterol	99mg
Fiber	2g	Sodium	137mg

DIRECTIONS

- 01 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 02 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

NOTES

MORE CARBS

Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

LEFTOVERS

Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

Creamy Cauliflower & Carrot Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
6 stalks Green Onion (chopped)
5 Carrot (medium size, chopped)
1 head Cauliflower (chopped into florets)
6 cups Water
2 tsps Dried Thyme
1/2 tsp Sea Salt
1/2 cup Parsley

NUTRITION

AMOUNT PER SERVING

Calories	137	Sugar	7g
Fat	8g	Protein	4g
Carbs	16g	Cholesterol	0mg
Fiber	6g	Sodium	406mg

DIRECTIONS

- 01 Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
- 02 Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

SERVING SIZE

One serving is roughly 2 1/2 cups.

MAKE IT FANCY

Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

ANTI-INFLAMMATORY

Add turmeric powder.

MAKE IT A MEAL

Stir in lentils, chickpeas or chicken.

GUT-HEALING

Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.

Slow Cooker Black Bean Soup

6 SERVINGS 4 HOURS



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (finely diced)
2 stalks Celery (diced)
1 Carrot (large, chopped)
6 Garlic (cloves, minced)
1 tbsp Cumin
1/2 tsp Cayenne Pepper
6 cups Black Beans (cooked, drained and rinsed)
3 cups Diced Tomatoes
2 cups Water
2 Lime (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	318	Sugar	6g
Fat	6g	Protein	17g
Carbs	51g	Cholesterol	0mg
Fiber	17g	Sodium	45mg

DIRECTIONS

- 01 Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
- 02 Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

SERVING SIZE

One serving equals approximately 1.5 cups.

TOPPINGS

Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

STOVE TOP

If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

Spicy Coconut Lentil Soup

4 SERVINGS 40 MINUTES



INGREDIENTS

1/2 cup Brown Basmati Rice (uncooked)
1/2 cup Dry Lentils (uncooked)
1/4 cup Unsweetened Shredded Coconut
2 tsps Smoked Paprika
1 tsp Chili Powder
1/4 tsp Turmeric (ground)
1 tsp Cumin (ground)
1/2 tsp Sea Salt
7 cups Water
1/4 cup Cilantro (optional, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	206	Sugar	1g
Fat	4g	Protein	8g
Carbs	35g	Cholesterol	0mg
Fiber	4g	Sodium	328mg

DIRECTIONS

- 01 Rinse the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
- 02 Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately 1.5 to 2 cups of soup.

MEAL PREP

This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

LEFTOVERS

Store in the fridge for up to 5 days. Freeze for up to 3 months.

LIKES IT CREAMY

Swap out some of the water for coconut milk.

LIKES IT REALLY SPICY

Add cayenne pepper.

NO SMOKED PAPRIKA

Use regular paprika.

MORE VEGGIES

Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favorite vegetables.

Egyptian Lentil Soup with Caramelized Onions

10 SERVINGS 30 MINUTES



INGREDIENTS

8 cups Water
2 1/2 cups Dry Red Lentils (rinsed)
3 Yellow Onion (medium, peeled and sliced, divided)
4 Garlic (cloves, minced)
2 tsps Cumin
2 tsps Sea Salt
2 Lemon (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	209	Sugar	4g
Fat	1g	Protein	13g
Carbs	39g	Cholesterol	0mg
Fiber	8g	Sodium	478mg

DIRECTIONS

- 01 In a large pot, heat the water over high heat while you prepare the remaining ingredients.
- 02 Add the lentils, 2/3 of the onion, garlic, cumin and salt. Simmer for 20 minutes.
- 03 Meanwhile, prepare a separate pan over medium-high heat with a bit of water. Add the remaining onions and cook until soft and golden brown, about 15 to 20 minutes. Stir frequently and add more water as needed. Set aside.
- 04 Add lemon juice to the soup and adjust the salt to your preference. Use a handheld blender to puree the soup until it reaches a smooth consistency.
- 05 Divide into bowls and top with the caramelized onions. Enjoy!

NOTES

MORE TOPPINGS

Garnish the soup with yogurt, parsley, cilantro, slivered almonds, crushed pistachios, pomegranate seeds or red pepper flakes.

NO LEMON JUICE

Use apple cider vinegar instead.

SERVING SIZE

One serving is equal to approximately one cup of soup.

STORAGE

Refrigerate in an airtight container for up to 5 to 7 days. Freeze for longer.

Pressure Cooker Carrot Ginger Soup

4 SERVINGS 25 MINUTES



INGREDIENTS

3 cups Organic Vegetable Broth
1 Yellow Onion (chopped)
1 Garlic (clove, minced)
1 tbsp Ginger (fresh, minced)
6 Carrot (chopped)
2 tsps Thyme (fresh, chopped)
1 1/4 cups Organic Coconut Milk (full fat, from a can)

NUTRITION

AMOUNT PER SERVING

Calories	192	Sugar	8g
Fat	14g	Protein	3g
Carbs	16g	Cholesterol	0mg
Fiber	3g	Sodium	574mg

DIRECTIONS

- 01 Turn the pressure cooker to sauté mode. Add a splash of vegetable broth along with the onion and cook for 3 to 4 minutes. Add the garlic and ginger and sauté for 1 minute more.
- 02 Turn the sauté mode off and add the carrots, thyme and rest of the broth. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually.
- 03 Carefully remove the lid, and purée the soup using an immersion blender or a blender. Add the coconut milk and stir to combine. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups of soup.

ADDITIONAL TOPPINGS

Top with fresh thyme, chives or sesame seeds.

Pressure Cooker Squash Bowl

3 SERVINGS 40 MINUTES



INGREDIENTS

1 Delicata Squash (washed, whole)
2 Apple (cored, cubed)
1/2 cup Water
1/2 tsp Cinnamon
1/4 oz Gelatin
1 tbsp Maple Syrup
3 tbsps Unsweetened Coconut Flakes
(optional, for topping)

NUTRITION

AMOUNT PER SERVING

Calories	182	Sugar	17g
Fat	4g	Protein	4g
Carbs	38g	Cholesterol	0mg
Fiber	6g	Sodium	9mg

DIRECTIONS

- 01 Add the delicata squash, apple, water and cinnamon to the pressure cooker. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 8 minutes on high pressure. Once finished, let the pressure release naturally.
- 02 Carefully remove the lid, and remove the squash. Let it cool slightly, then cut it in half, and remove the seeds. Add the squash and all of the contents from the pressure cooker to a blender along with the gelatin and maple syrup. Blend on high until smooth.
- 03 Pour into a bowl and top with coconut flakes, if using. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to about 1 1/2 cups.

STORAGE

Alternatively, you can store this in the fridge and eat it cold. It will thicken more in the fridge and become similar to a pudding/jello texture.

MORE FLAVOR

Add additional spices such as ginger.

ADDITIONAL TOPPINGS

Top with fruit, slivered almonds, sunflower seeds or pumpkin seeds.

Curried Chicken Slow Cooker Stew

6 SERVINGS 6 HOURS



INGREDIENTS

1 Sweet Potato (large, diced)
2 cups Chickpeas (cooked, drained and rinsed)
1/2 cup Frozen Corn
1/2 cup Frozen Peas
1 tsp Cumin (ground)
1 tbsp Curry Powder
2 Garlic (cloves, minced)
2 cups Organic Vegetable Broth (or any type of broth)
8 ozs Chicken Breast

NUTRITION

AMOUNT PER SERVING

Calories	185	Sugar	5g
Fat	3g	Protein	15g
Carbs	26g	Cholesterol	27mg
Fiber	6g	Sodium	262mg

DIRECTIONS

- 01 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 02 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 03 Serve the stew on it's own or over brown rice. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups of stew.

MORE CARBS

Serve it over brown rice.

MORE PROTEIN

Serve it over quinoa.

VEGAN AND BUDGET-FRIENDLY

Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

TURN IT INTO A SOUP

Double up on the broth.

MORE GREEN VEGGIES

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

Spicy Roasted Red Pepper Soup

4 SERVINGS 1 HOUR



INGREDIENTS

4 Red Bell Pepper
1 1/2 tps Extra Virgin Olive Oil
1 Sweet Onion (diced)
2 Garlic (cloves, minced)
1 tsp Black Pepper (fresh ground)
1/8 oz Thyme Sprigs
1 Bay Leaf
3 cups Organic Vegetable Broth
3 tbsps Apple Cider Vinegar
1/4 tsp Cayenne Pepper (less if you don't like it spicy)

NUTRITION

AMOUNT PER SERVING

Calories	88	Sugar	10g
Fat	2g	Protein	2g
Carbs	16g	Cholesterol	0mg
Fiber	4g	Sodium	503mg

DIRECTIONS

- 01 Preheat oven to broil. Cut bell peppers in half lengthwise and discard seeds. Place pepper halves skin side down on a parchment paper-lined baking sheet. Broil for 15 minutes or until blackened.
- 02 Place roasted peppers in a zip-lock bag and seal. Let sit for 15 minutes. This allows you to peel the skin off more easily. Remove peppers from bag and peel away the skin. Throw the skin away and coarsely chop the remaining pepper.
- 03 Heat the oil in a large pot over medium heat. Add onion and sauté for 5 minutes or until golden. Then add garlic and sauté for another minute.
- 04 Add bell peppers, fresh ground pepper, bay leaf, thyme, broth, vinegar and cayenne. Bring to a boil then cover and reduce heat to simmer for 10 minutes. After 10 minutes, remove the bay leaf and thyme sprigs from the soup and discard.
- 05 Puree soup. You can do this with a blender, magic bullet or hand/immersion blender. If you are blending with a normal blender, ensure you remove the centerpiece of the lid to allow a place for steam to escape. Otherwise the steam will pop the lid off when blending, which is super dangerous.
- 06 Pour soup back into pot and warm over medium heat. Ladle into soup bowls when ready to eat. Season with a pinch of cayenne for a spicier soup. Enjoy!

Creamy Roasted Tomato Soup

4 SERVINGS 1 HOUR



INGREDIENTS

7 Tomato (sliced into quarters)
2 Sweet Onion (coarsley chopped)
4 Garlic (cloves, peeled)
1 tbsp Extra Virgin Olive Oil
2 cups Organic Vegetable Broth
1 tbsp Thyme
1 tsp Oregano
1/8 tsp Cayenne Pepper
1 tbsp Apple Cider Vinegar
1/2 cup Basil Leaves (chopped)
1 cup Unsweetened Almond Milk
Sea Salt & Black Pepper (to taste)
1/2 cup Baby Spinach (chopped)

DIRECTIONS

- 01 Preheat the oven to 410°F (210°C). Toss your tomatoes, onion and garlic cloves in olive oil and season with sea salt and pepper. Place on large parchment-lined baking sheet and bake for 40 to 50 minutes.
- 02 In the mean time, add your vegetable broth, thyme, oregano, cayenne pepper, basil leaves and apple cider vinegar to a large stock pot. When your veggies are done roasting also add them to your stock pot. Stir in almond milk.
- 03 Transfer mixture to blender and blend in batches until pureed. Ensure you leave a place for the steam to escape to avoid the lid bursting off during blending.
- 04 Transfer pureed soup back to stock pot and warm through over low heat. Serve topped with chopped spinach and a piece of organic bread for dipping.

NUTRITION

AMOUNT PER SERVING

Calories	135	Sugar	9g
Fat	5g	Protein	5g
Carbs	22g	Cholesterol	0mg
Fiber	4g	Sodium	466mg