



# SOUPS

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LIVLIGA RECIPES  
IN SUPPORT OF YOUR  
HEALTHY LIFESTYLE








Recipe was served up on [Livliga's Celebrate](#) pattern

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-  Gluten Free
-  Diabetes Friendly
-  Bariatric Friendly
-  Kid Friendly
-  Vegetarian

# Soups are good for our Soul and Health

Soups are great any time of year but they are particularly our “go-to” meal on cold winter nights. They warm us up, and give us that much needed sense of coziness and comfort. They are a great communal meal that can be stretched to suit a flexible number of people or they can be served up for one.

The best part about soups is that they can be hearty and healthy for us. They can make us feel full and satisfied without a whole lot of calories. This means they can help us lose weight and manage our weight. The ingredients we can put in soups also help us stay healthy by boosting our immune system, decreasing inflammation, and upping our antioxidants. This means they help us fight disease.

Soups can be one of the easiest meals to make. They are great to make in crockpots to cook slowly through out the day and be ready when you come home from work or from a day of winter play. My homemade chicken soup, which is included in this ebook is a great example of a soup you can make in a stockpot or crockpot...you choose what is easiest for you. And it is a favorite regardless of whether you need some extra TLC or not!

This ebook includes 5 of our favorite healthy soups for you to try and enjoy. We encourage you to make soups a regular part of your healthy lifestyle and the tasty meals you serve.

Each of our soups is served up in Livliga soups bowls, Celebrate, Halsa or Vivente, to make it easy to measure and beautiful to serve. And don't forget the LivSpoons, our truly unique serving spoons with measurement that have been nationally recognized!

Enjoy! And Live Vibrant!





Recipe was served up on [Livliga's Halsa](#) pattern from the Aveq serving bowl with a LivSpoon

# Cantaloupe Soup with Fresh Ginger



Serves 4-6 (1 cup First Course serving; 1 ½ cup for meal serving)



Calories: 79 per 1 ½ cup

There is nothing more refreshing than a cold soup in the summer. It can be served as a first course or as the main course for a simple supper when it is just too hot to cook or put much effort into a meal. Soups are also handy because you can make them ahead of time so all you need to do is spoon it up when you are ready to eat.

## INGREDIENTS

- 1 cantaloupe, ripe and large, skin pre-washed before cutting
- 2 tablespoons ginger, grated
- 2 teaspoons orange zest, freshly grated
- 1 teaspoon honey
- 1 cup nonfat Greek yogurt, plain (Chobani)
- ⅔ cup orange juice
- 1 tablespoon lemon juice
- Mint for garnish
- Lemon zest for garnish

## DIRECTIONS

1. Place cantaloupe, ginger, orange zest and honey in a food processor or blender and puree.
2. Add yogurt and blend until smooth.
3. Next add the orange and lemon juice. Pulse just until blended.
4. Pour into a bowl, cover and place in the refrigerator for at least 1 hour.
5. Serve when ready and garnish with fresh mint and lemon zest.

To make it a meal: add a simple green salad with our [Italian dressing](#) and a [Tuscan Lemon Muffin](#).

## NUTRITIONAL INFORMATION

Fat 0.3g; Protein 6.6g; Carb 13.1g; Fiber 0.9g; Sugars 10g; Sodium 29mg.



Recipe was served up on [Livliga's Vivente](#) pattern

# Warm and Cozy Chicken Soup



Serves 12  
Serving Size: 1 Cup



Calories: 241

We all know that chicken soup is good for the soul and nurtures our bodies. And it isn't an urban myth...because of all the healthy ingredients in homemade chicken soup it really does help us cure what ails us. Whenever someone comes down with the cold or flu in our family the first thing I do is make my own chicken soup with bone broth. This soup can be made in a stockpot or crockpot. It is a favorite regardless of whether you need some extra TLC or not!

## INGREDIENTS

- 8 cups water
- 4 cups chicken broth, low sodium
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 parsnip, chopped
- 1 teaspoon onion powder
- 1 teaspoon chopped garlic
- 1 teaspoon instant chicken bouillon granules
- 1 (3-4 pound) whole chicken, neck, liver and gizzards removed
- ½ cup parsley, chopped (optional)

## DIRECTIONS

1. Place all ingredients in a large stockpot or crockpot. Place on high and bring to a boil for 10 minutes, then lower heat to simmer and cook for 6 to 7 hours.
2. Remove the chicken and all bones. Separate the chicken from the bones.
3. Shred the chicken and place it back into the soup.
4. Select 3 to 4 large chicken bones and place them back into the pot. Throw the rest of the bones away.
5. Soup is ready to serve. It is great to serve as is or add egg noodles (2 cups) to make chicken noodle soup. Want to make a heartier meal? Prepare rice and serve up ½ cup rice and pour 1 cup of chicken soup over it. Top with a sprinkle of parsley, if desired.

To make it a meal: Add an [Applesauce Bran Muffin](#) and make a simple tossed green salad with one or our [homemade salad dressings](#).

## NUTRITIONAL INFORMATION

Fat 8.9g (Saturated Fat 2.4g); Sodium 370mg; Protein 34.7g; Carbohydrate 3.3g; Fiber .8g; Sugars 1.3g.



Recipe was served up on [Livliga's Celebrate](#) pattern

# Slow Cooker French Onion Soup



Serves 12  
 Serving Size: 1½ cups  
 with 2 slices cheese  
 topped baguette



Calories: 301

For years I was intimidated by the thought of making an authentic French Onion Soup. Recipes I had read made it sound like it would take days. It seemed way too complicated and time consuming. Then I talked to a dear friend who is, in fact, a chef who “poo-pooed” the idea that delicious, homemade onion soup was difficult to accomplish. With that I decided to take on the challenge. Check out this vegetarian recipe below. My family loves it and enjoys it as easy meals for a couple of days during the week!

## INGREDIENTS

- Cooking Spray, olive oil flavored
- 2 tablespoons unsalted butter
- 6 thyme sprigs
- 1 bay leaf
- 5 pounds large yellow onions, vertically sliced (about 16 cups)
- 1 teaspoon sugar
- 6 cups low-sodium vegetable stock
- 2 tablespoons balsamic vinegar
- ½ teaspoon kosher salt
- 24 (¼ inch slices whole grain French bread baguette)
- 1 ¼ cup Gruyere cheese, shredded

## DIRECTIONS

1. Spray slow cooker with cooking spray. Add butter, thyme and bay leaf to pot. Next place ten ions and sprinkler them with sugar. Cover and cook on HIGH for 8 hours.
2. Remove the sprigs of thyme and bay leaf; discard. Add stock, vinegar, salt and pepper. Cover and cook on HIGH for 30 minutes.
3. Preheat broiler to high
4. Arrange bread in single layer on a cookie sheet.; broil each side until browned. Next place a generous ½ tablespoon of cheese on the top of each slice of bread. Broil until melted.
5. Fill right-sized soup bowls with 1 ½ cups of onion soup. Top with two slices of cheese topped baguette. Serve hot.

To make it a meal: Add a tossed green salad with a homemade [light vinaigrette](#).


## NUTRITIONAL INFORMATION

Fat 6.8g; Protein 12.7g; Carb 48.8g; Fiber 4.7g; Sugars 9.8g; Sodium 643mg



# Roasted Tomato Soup



 Serves 4  
Serving Size: about 1½ cups

 Calories:187

During the summer months we have a vegetable garden with tomato plants. Typically we have more tomatoes than we can use so we can them and freeze whole cherry and roma tomatoes. These can be used during the winter months to make soups and sauces. Alternatively you can buy vine ripe tomatoes at the grocery store. Here is a Tomato Soup to warm up your spirits and your insides.

## INGREDIENTS

- 18 medium tomatoes, quartered
- 4 garlic cloves, peeled
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 3 tablespoons olive oil, divided
- 2 yellow onions, thinly sliced
- 2 cups unsalted vegetable stock
- 1 cup torn basil leaves (optional)

## DIRECTIONS

1. Preheat oven to 425°F. Toss together tomatoes, garlic, salt, pepper, and 2 tablespoons olive oil in a large bowl. Spread mixture in a single layer on a rimmed baking sheet lined with parchment paper. Roast at 425°F until tomatoes are softened and browned, 45 to 50 minutes.

2. Meanwhile, heat remaining 1 tablespoon olive oil in a large saucepan over medium-low. Add onions, cover, and cook, stirring occasionally, until onions are softened and caramelized, about 20 minutes, adding water if necessary if mixture becomes too dry.
3. Transfer roasted tomato mixture and onions to a blender. Secure lid on blender, and remove centerpiece to allow steam to escape. Place a clean towel over opening. Process until smooth, about 1 minute.
4. Transfer tomato mixture back to pot. Stir in 2 cups vegetable stock; bring to a boil over medium-high. Reduce to medium-low, and simmer, stirring occasionally, until heated through, about 5 minutes. Top soup with basil leaves, if desired, and serve immediately.

To make it a meal: Serve this luscious soup with a homemade muffin like [Maple Squash](#) or [Apple N'Spice](#).

## NUTRITIONAL INFORMATION

Fat 0.3g; Protein 6.6g; Carb 13.1g; Fiber 0.9g; Sugars 10g; Sodium 29mg.

Recipe was served up on [Livliga's Celebrate](#) pattern



Recipe was served up on [Livliga's Vivente](#) pattern

# Slow Cooker Vegetable Beef Soup



Serves 6  
Serving Size: 1½ cups



Calories: 310

Soups are one of the categories of meals that are budget-friendly. Recently I bought a large bag of frozen mixed vegetables at a great price. I wanted to use them to make a variety of meals. One meal I wanted to include was a soup. Below is the slow cooker soup recipe I came up with. Everyone loved it and we all thought it got more flavorful with time. It made enough for a couple of meals, which made it the best of budget-friendly meals.

## INGREDIENTS

- 1 Tablespoon olive oil
- 1 lb beef, stew-quality meat, cut into bite-size cubes
- 1 lb potatoes, cut into cubes
- 1 medium yellow onion, chopped
- 4 cloves garlic, finely chopped
- 1 teaspoon seasoned salt
- ½ teaspoon pepper
- 2 bay leaves
- 2 cans (14 oz each) beef broth, low sodium
- 1 can (14 oz) diced tomatoes, undrained
- 1 can (15 to 16 oz) great northern beans, drained and rinsed
- 2 ½ cups frozen mixed vegetables

## DIRECTIONS

1. Heat olive oil in skillet. Add onion and garlic. Cook for 2-3 minutes on high. Next add meat and brown on all sides. Place in slow cooker.
2. Mix in remaining ingredients, except frozen vegetables.
3. Cover and cook on low heat setting 7 to 8 hours.
4. Add mixed vegetables. Increase heat setting to High. Cover and cook 20 to 30 minutes longer or until vegetables are crisp-tender. Remove bay leaves before serving.

To make it a meal: Add a delicious homemade muffin like our [Perfect Cornmeal Muffin](#).

## NUTRITIONAL INFORMATION

Fat 7.3g (Saturated Fat 2.2g); Sodium 686mg; Protein 15g; Carbohydrate 30.4g; Fiber 6.4g; Sugars 6.1g.



# About Livliga

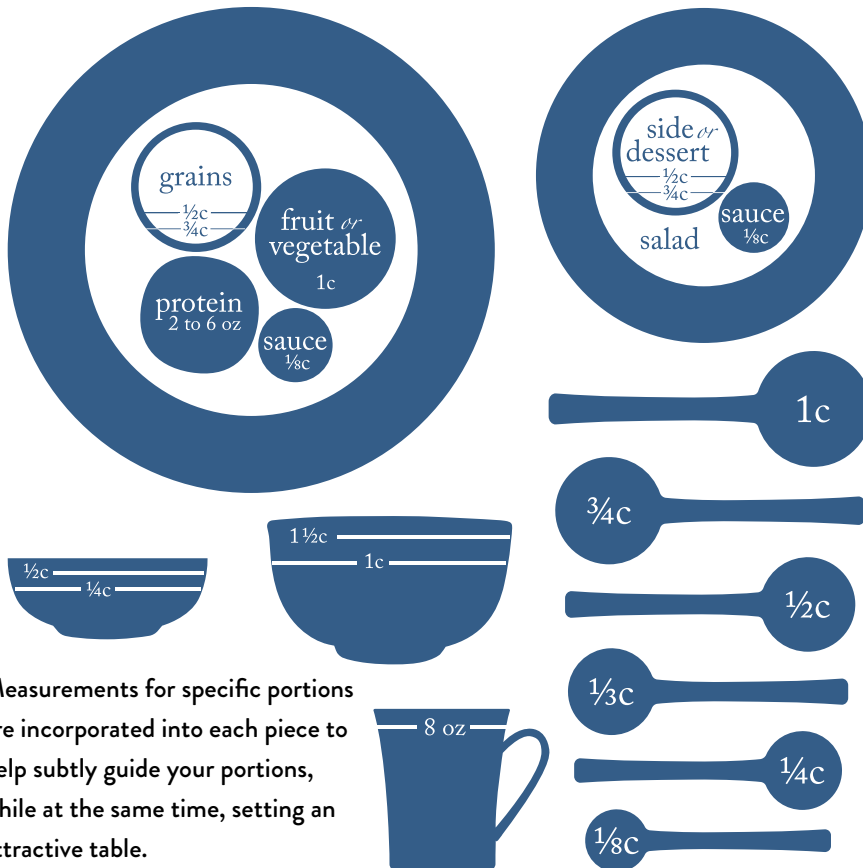


We wanted to create this ebook of soups as a way to support your healthy lifestyle journey. A big part of that journey is what we eat as well as how much we eat. Healthy foods in right-sized portions is what Livliga is committed to supporting.

Livliga® is innovative tableware that makes it easy to embrace healthier eating. It is portion control made easy, attractive, and accessible. The products' proprietary designs uniquely incorporate the psychology of eating for anyone wanting a beautiful, yet subtle, way to improve and control their food environment. Each piece of tableware has measurements built into right-sized porcelain dinnerware, stainless steel serveware, and chip-resistant glassware in a variety of patterns. Together the Livliga suite of tableware acts as a system to make it effortlessly mindful to eat healthful portions. This award-winning and patented tableware is lead-free, eco-friendly, and dishwasher safe; dishware is also microwave safe.

We respond to the environment we live in. As all of us can see we are doing a great job of mirroring the current super-sized environment of over abundance. Now is the time to start transforming the world we live in to realize the healthy lifestyle we all want to have and, quite frankly, deserve.

There is a solution. We can live life as our healthiest selves. Today is the day to start. To your health! And always remember to Live Vibrant!



Measurements for specific portions are incorporated into each piece to help subtly guide your portions, while at the same time, setting an attractive table.



 **livliga**<sup>®</sup>  
mindful eating

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