

High Calorie Soup Recipes

Quick Black Bean Soup

Recipe by Epicurious

- 2 TB olive oil
- 1 cup chopped onion
- 4 large garlic cloves, chopped
- 1 TB chopped fresh thyme (or 1.5 tsp dried)
- 3 – 15 ounce cans black beans, drained (reserve 1 cup liquid)
- 3-4 cups low salt chicken broth
- 1 - 28 ounce can diced tomatoes in juice
- 2 teaspoons ground cumin
- 1.5 teaspoons hot pepper sauce (optional)



Heat oil in large pot over medium heat. Add onion, garlic, thyme. Sauté until onion is golden. Add beans reserved liquid, broth, tomatoes with juices, cumin and hot pepper sauce. Bring to a boil, reduce heat to medium low and simmer until flavors blend and soup thickens. Using an immersion blender, blend to desired consistency.

Calorie boosters – top with a scoop of prepared guacamole and a dollop of sour cream.

Creamy Tomato Soup

Recipe by Epicurious

- 4 pounds plum tomatoes, halved lengthwise
- 2 teaspoons kosher salt, divided
- 1/2 teaspoon freshly ground black pepper
- 6 tablespoons olive oil, divided
- 1 medium onion, coarsely chopped
- 1 cup heavy cream



Preheat oven to 400°F.

Place tomatoes, cut side up, on a large rimmed baking sheet. Season with 1 1/2 tsp. salt and 1/2 tsp. pepper, then drizzle with 3 Tbsp. oil. Roast tomatoes until tender and caramelized, about 1 hour and 15 minutes. Let cool slightly.

Meanwhile, heat 3 tablespoons of olive oil in a pot over medium heat. Cook onion and 1/2 tsp. salt, stirring occasionally, until soft and translucent, 8–10 minutes.

Add roasted tomatoes and any accumulated juices, cream, and 1 1/4 cups water to pot.

Bring to a boil, then reduce heat and simmer until flavors have melded, 20–25 minutes.

Using an immersion blender, blend to desired consistency. Taste and adjust seasonings if needed.

Calorie boosters – top with shredded cheese, croutons.

Slow-Cooker African Peanut Soup

Recipe by Canadian Lentils

2 cups vegetable or chicken stock
2 14 oz cans light coconut milk
2 cups grated or small diced sweet potato
1 cup grated or small diced carrot
1 cup finely diced white onion
4 garlic cloves, minced
1 cup split red lentils
1 Tbsp harissa spice blend (optional)
1/2 cup peanut butter (no added sugar, where possible)
1 lime, zest and juice to taste
Salt and pepper to taste
1/2 cup chopped fresh cilantro



In a 6-quart slow cooker, combine stock, coconut milk, sweet potato, carrot, onion, garlic, lentils, spices, and peanut butter. Stir well so that the peanut butter is evenly distributed. Secure the lid and cook for 3.5 hours on high setting or until vegetables are tender.

When soup is ready, stir in lime juice and zest, and season to taste with salt and pepper. Pour into bowls and garnish each with cilantro. Using an immersion blender, blend to desired consistency. This recipe can be halved.

Cheddar Horseradish

Recipe by Food Network

2 medium carrots, diced
2 medium leeks, diced
1.5 TB butter
Dash cayenne pepper
3 TB flour
2 TB dry mustard
1 12oz bottle beer
¼ cup horseradish
3 cups water
Dash of Worcestershire
2 cups half-and-half
1 ½ cups shredded cheddar cheese



Sauté carrots and leeks in 1.5 TB butter. Add cayenne, flour and dry mustard. Cook 2 minutes. Add beer, horseradish, water and Worcestershire and simmer until thick. Whisk in half-and-half, and cheddar cheese. Using an immersion blender, blend to desired consistency.