

4 Super Smart SOUP Recipes You Can Savor Year Round

Do you want to prepare more meals at home, but feel like you don't have enough time or skill or whatever? If so, it might be time to soup up your kitchen. It's is one of the simplest ways to make a meal with minimal effort. The next time you need to pull together a quick and healthy dinner, make soup.

SOUP is a Simple Organic Universal Pleasure.

Here are four of my favorite SOUP recipes: Simple SOUP, Organic SOUP, Universal SOUP and Pleasure SOUP.

Simple SOUP

Soup is relatively easy to make. Everything goes into one pot, or sometimes two if you make noodles on the side. As long as you have a number of ingredients on hand, you can almost always pull together a tasty soup. With just a few vegetables, beans, spices or herbs, you have the makings for a good meal. If you add barley or another whole grain, you can make a well-balanced complete meal in one pot. If you like rich soup, add extra carats.



You can make soup one day and have the leftovers the next day or two, or freeze portions of it in separate containers and eat it sometime in the near future.

Soup clean-up is relatively easy compared to other cooking methods. After a meal you only have one pot and a few bowls and spoons to wash. If you have leftovers, you can put the lid on the soup pot and store it in your refrigerator for the next day.

Sometimes singles avoid cooking because they don't want to bother to cook for one. Anytime you need to cook a meal for one person, soup is a great option. It's worth taking the time to make a good pot of **Single SOUP** that can last for numerous meals.

Organic SOUP

One of the biggest benefits of cooking at home is that you have a much better idea what you're eating. When you eat out, the menu may list the majority of ingredients, but restaurants need to control their costs, so the majority of them use conventional foods which are likely to contain traces of pesticides or herbicides which can be toxic over time. If you've ever worked in a restaurant, you know that other quality and cleanliness issues can sometimes be an issue as

well.



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When you make soup using organic ingredients, the soup can be as delicious as it is nutritious. Soup made with medicinal ingredients such as ginger, garlic, turmeric or miso can be surprisingly tasty and healthful. As with any food you eat, carefully consider the source and avoid ingredients that come in packages. Another advantage of making your own soup is that you can customize it to suit your own taste and nutritional needs.

One great thing about soup is that you don't need to plan recipes in advance. You can buy first and plan later. The best way to shop is to buy what's fresh, local and in season. If you want to try some new recipes with what you have on hand, type the main ingredients into any search engine, such as Google, Yahoo! or Bing. This is a great way to discover new recipes and websites.

If you're in a hurry and want to filter out everything except recipes, use Yummly. You can type in any combination of ingredients such as "vegan soup garlic sweet potato," for example. This is an easy way to explore tastes from other cultures or to add new spice to some of your tried and true recipes.

If you're making soups for a special someone who doesn't yet appreciate the value of organic foods, tell him or her that it's **Orgasm SOUP**. Almost everyone appreciates the value of a good meal or orgasm. *When Harry Met Sally*

Universal SOUP

In most cultures, people eat soup. It's a universal dish with many benefits. When you're making soup, you can add extra ingredients from the refrigerator that need to be eaten. It helps to cut back on wasted food. People rarely ask about every ingredient in the soup as long as it tastes good.

When you make soup, many people will eat things they normally wouldn't if they were prepared alone or in large recognizable pieces. Soup flavors all blend together, fading away the distinct tastes of individual ingredients. This is a great way to get family members to add more variety to their diet so that they get all the nutrients they need to maintain good health.

Soup is a great appetizer. In many parts of Asia, it's common to begin a meal with a small cup of soup. Soup helps you feel partially satisfied before eating more. If you want to lose weight, begin your meals by savoring a small bowl of soup. It can help to curb your appetite.

Soup can be the main dish. Throughout Asia, you can find noodle and hot pot restaurants that feature soup as the main course for lunch or dinner.

☒ Many of the world's centenarians eat soup year-round. Hong Kong has the highest percentage of centenarians in the world. Many of them eat Cantonese slow-cooked soups, such as fish skin noodle soup, or wonton soup. These soups don't include butter, cream, oil, or fatty meats. They enjoy the mild pleasant flavors of the fresh ingredients.

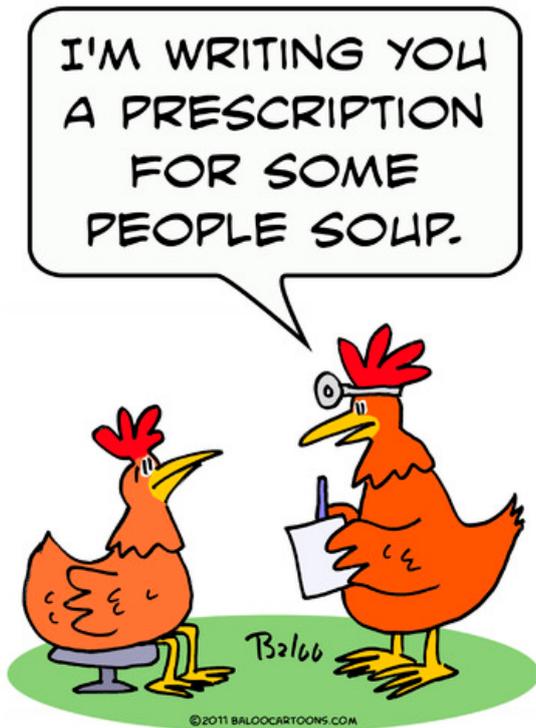
You can put just about anything in soup. Hong Kong and Chinese

people are known for eating bird's nest soup made from swallow's nests. Hong Kong people are the biggest consumers of this healthful delicacy, which can cost anywhere between \$30 to \$100 USD. The nests are high in calcium, iron, magnesium, and potassium. When dissolved in water, it has a gelatinous effect. Bird's nest is used in Traditional Chinese Medicine to boost the immune system, aid in digestion, improve focus, reduce symptoms of asthma, and more.

Chinese centenarians are likely to be familiar with long-simmering herbal soups. Herbs are carefully chosen to regulate various body functions. In China, there are many books on this subject.

The Japanese are notorious for living longer than people in most other countries. Miso soup has been a staple food in Japan for centuries. In traditional Japanese restaurants, you can order miso soup with breakfast, lunch, or dinner. Miso is a combination of soybeans and yeast, which is aged for months, and sometimes even years. The resulting fermented paste can be used not only for soup but for many other dishes as well. Miso helps to alkalize the body and boost your immune system. Miso contains antioxidants and other anti-aging properties that can help to preserve the beauty of your skin.

Soup is an inexpensive way to stretch your food dollars at different times in your life when you need to. Back in my college days when money was tight, I'd often make **University Soup**. Making soup from inexpensive foods like potatoes, garlic and onion can help to keep your food costs down. Believe it or not, many people are living off America's waste. **Dive!**



By the way, **The Onion** is a great ingredient to keep around.

Pleasure SOUP

Soup is a great food year round. It can warm you up when you're cold, be your main food when you're dieting, or help you gain strength when you're not feeling well. Just the smell of simmering soup can help you feel better. Cold soups are great in the summertime.

Soup is a warm comfort food for people of all ages. Even babies and old people without teeth can eat many different types of soups. Whenever necessary, you can add certain ingredients to your soup to achieve certain physical results. If you add extra beans or broccoli to your soup, the fiber can help relieve constipation, for example. Although it may not be your favorite, **Plunger Soup** brings out pleasure in the end.

When you include a variety of herbs, vegetables and other wholesome ingredients into the pot, soup turns out to be one of the world's healthiest foods.

Soup's Most Important Ingredient: Water

When you're making soup, the quality of the water you use is just as important as all the other ingredients. Pure H2O is ideal.

Drink Distilled Water Daily to Detox and Defend Your Body

When you make soup, be sure to use a safe pot made of stainless steel, ceramic or cast iron. Never use anything that contains a teflon coating or aluminum. *Mother Jones*

Avoid eating canned or packaged soups. Most are loaded with salt, preservatives, and other chemicals that have little to no nutritional value and may even harm your health if you eat them too often.

SOUP is a simple, organic, universal, pleasurable way to show you care.

