

HEALTH TOTAL

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slimming

soup recipes

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French Mushroom Soup

French Mushroom Soup is a quite interesting option for those on weight loss diet. Take a break from the boring salad and soup options and treat your taste buds to this healthy soup!



PREP TIME
15 minutes



COOK TIME
20 minutes



SERVINGS
1 person

INGREDIENTS



6 Mushrooms



3 cloves of garlic



1/2 medium Onion



1/4 cup French Beans



5 florets of Cauliflower



1 cup Vegetable Stock



1/2 tsp Oil or Butter



Salt to taste



Pepper to taste

RECIPE NOTES

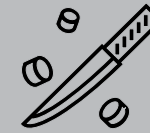
It's a high fibrous healthy soup.

INSTRUCTIONS

1. Wash and clean the vegetables. Cook the cauliflower with little salt, cool it and puree them. Slice the mushroom. Peel onion and garlic. Chop them finely.
2. Cook French beans in boiling water for 5 minutes. Drain the water (do not throw the water; use as vegetable stock).
3. Heat oil in pan, put chopped garlic and onion sauté them. Add sliced mushrooms and stir-fry them.
4. Put French beans and sauté, add cauliflower puree and vegetable stock as required and boil. Add salt, pepper and serve hot with garlic stick.

Clear Vegetable Soup

Clear Vegetable Soup works amazing as a detoxifying food as well as for weight loss. You can indulge in it at any hour without feeling guilty!



PREP TIME
5 minutes



COOK TIME
15 minutes



SERVINGS
1 person

INGREDIENTS



1/2 tsp Butter



1 Onion (chopped)



1 Tomato (blanched)



Tabasco Sauce to taste



Pepper to taste



Salt to taste

INSTRUCTIONS

1. Take ½ tsp butter. Add chopped onions and cook them until golden brown.
2. Add water. Boil for some time and then strain the water.
3. In this stock, add Tabasco, pepper and add the paste of blanched tomato.
4. Serve hot.

RECIPE NOTES

A good recipe to detoxify.

Vegetable soup with French beans

Vegetable Soup with French Beans is an amazing option, especially for those on a weight-loss diet. This soup has high nutrition content.





PREP TIME
10 minutes



COOK TIME
15 minutes



SERVINGS
1 person

INGREDIENTS

-  2 Tomatoes
-  1/2 Onion
-  150 gms Dudhi
-  50 gms Carrot
-  50 gms French Beans
-  Chopped Garlic
-  Tabasco Sauce

INSTRUCTIONS

1. Take 1/2 tsp of oil. Add chopped onions and cook them until golden brown.
2. Add 2 glasses of water. Boil for some time and then strain the water.
3. In this stock, add tabasco, pepper, blanched tomatoes, chopped vegetables and powdered spices as desired like garlic and cinnamon sticks.

Spicy Vegetable Soup

Spicy soup with Vegetables is quite easy to prepare and proves to be a treat to your taste buds. Try it today!



PREP TIME
30 minutes














COOK TIME
10 minutes



SERVINGS
1 person

INGREDIENTS

-  1 tsp Oil
-  50 gms Tomatoes
-  1/2 Onion
-  50 gms Mushroom
-  50 gms Cauliflower
-  25 gms Red Bell Peppers
25 gms Yellow Bell Peppers
-  50 gms Capsicum
-  2 tsp Ginger-Garlic paste
-  1/2 tsp Pepper
-  500 ml Water
-  Salt to taste
-  Tabasco to taste

INSTRUCTIONS

1. Add 1 tsp of oil in a vessel. Roast onions till they turn brown. Add ginger garlic paste.
2. Then, add chopped tomatoes followed by water.
3. Now strain the mixture.
4. Add Mushroom, Cauliflower, Red and Yellow Pepper and Capsicum.
5. Boil it for 2 minutes. Add Salt, Pepper, Tabasco and lime juice and serve it hot.

RECIPE NOTES

This recipe is good for weight loss.

Tomato Soup

Tomatoes are rich in Lycopene, a potent anti-oxidant, making it beneficial for heart health as well as your skin. Potassium present in tomatoes along with garlic makes it good for the heart. Bay leaf helps in digestion. This soup boosts immunity and is recommended for people with cardiovascular disease and hypertension.



PREP TIME
10 minutes



COOK TIME
20 minutes



SERVINGS
1 person

INGREDIENTS



2 medium size Tomatoes



1/2 tsp Oil



1/4 tsp Cumin Seeds



1/2 cup Onions (chopped)



3 cloves of garlic



1/4 tsp Turmeric



1/4 tsp Black Pepper



1 cup Water



1/2 tsp Salt



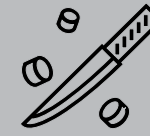
1 small Bay Leaf

INSTRUCTIONS

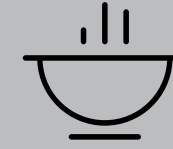
1. Heat oil in a saucepan over medium heat. When hot, add cumin and cook for 1 minute or until the cumin seeds get fragrant.
2. Add chopped onions, garlic and a pinch of salt. Cook for 4 to 5 minutes or until the onions are translucent. Stir occasionally.
3. Add turmeric and pepper. Mix for a few seconds. Let it cool.
4. Blanch the tomatoes. Add the onion mixture to a blender. Add the blanched tomatoes and blend until pureed.
5. Transfer the pureed mixture back to the saucepan. Add water, bay leaf and salt and cook over medium heat for 12 to 14 minutes. Add more water if needed.
6. Serve hot. Enjoy!

Italian Tomato Soup

This is a great recipe for people who love their pasta and find it hard to stay away from it. Here's a healthy and delicious recipe of Italian Tomato soup that will keep you healthy and your taste buds happy.



PREP TIME
15 minutes



COOK TIME
15 minutes



SERVINGS
1 person

INGREDIENTS

-  2 medium Tomatoes
-  1/2 small Onion
-  3 cloves of Garlic
-  1/2 cup Penne Pasta or Spaghetti (cooked)
-  3 Basil leaves
-  1/4 tsp Dry Oregano Leaves
-  1 cup Vegetable Stock
-  1 tsp Oil
-  Salt to taste
-  Pepper to taste

INSTRUCTIONS

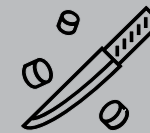
1. Wash tomatoes; blanch them into boiling water for 5-8 minutes. Remove the skin and puree them.
2. Peel garlic, onion and chop finely. In a pan, heat oil, put chopped garlic and onion and sauté.
3. Add tomato puree, vegetable stock and mix well. Add roughly chopped basil leaves and bring it to boil.
4. Put salt, pepper powder, crushed oregano, cooked pasta and mix well. Garnish it with basil leaves and serve hot.

RECIPE NOTES

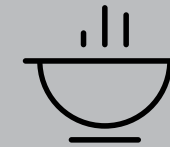
A healthy recipe and a complete meal in itself.

Crunchy Tomato Soup

A twist to your favourite tomato soup, our recipe for Crunchy Tomato Soup will surely be on the top of your favourite foods' list.



PREP TIME
5 minutes



COOK TIME
20 minutes

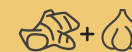


SERVINGS
1 person

INGREDIENTS



2 medium-size Tomatoes



1 tsp Ginger-Garlic paste



4 pieces of Cauliflower

RECIPE NOTES

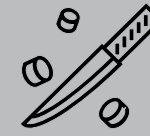
It's a healthy option and also a good snacking option.

INSTRUCTIONS

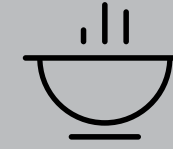
1. Cut tomatoes into pieces. Apply ginger garlic paste to tomatoes and cauliflower pieces. Steam tomatoes and cauliflower pieces together.
2. Grind only tomato pieces into a fine paste. Add boiled water to tomato puree and convert it into a consistency like soup.
3. Add salt and black pepper powder to taste. And put steam cauliflower pieces to it.
4. Serve it hot and consume within 30 minutes. Don't overcook the cauliflower as it will lose its crunchiness.

Palak Soup

Palak Soup is a thick low-calorie soup rich in vitamins A, K and C, and dietary fibre. It contains fibre, folate and iron which helps to relieve constipation and detoxifies the body. Spinach Soup improves skin, boosts immunity and helps manage diabetes and hypertension. Include it in your diet to get maximum health benefits!



PREP TIME
5 minutes



COOK TIME
15 minutes



SERVINGS
1 person

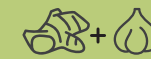
INGREDIENTS



18-20 leaves of Palak
(Spinach)



2 tbsp Roasted Chana



1 tsp Ginger-Garlic paste



1/2 tsp olive oil



Salt to taste



Pepper to taste

RECIPE NOTES

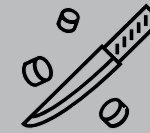
It's a high fibrous healthy soup.

INSTRUCTIONS

1. Blanch Palak and keep it aside
2. Grind roasted chana and add blanched palak to it. Grind again.
3. Add hot water to palak puree to make into a soup consistency.
4. Take a frying pan, add oil and sauté ginger-garlic paste.
5. Put palak puree into it. Bring it to boil.
6. Add salt and pepper to taste. Serve hot.

Broccoli Soup!

Broccoli soup is rich in vitamin K and calcium that are essential for bone health. It's rich in antioxidants, so broccoli soup is good for heart and skin. This soup is also a great detox soup. It helps manage weight and diabetes and boosts immunity.



PREP TIME
5 minutes



COOK TIME
15 minutes

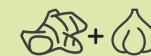


SERVINGS
1 person

INGREDIENTS



150 grams Broccoli florets
(roughly chopped)



1 tsp Ginger-Garlic paste



1/2 no. of Green Chillies



1/4 (50 ml) cup of
Low-fat milk



1 tsp Oil



Salt to taste



1/2 cup of Vegetable Stock



1/4 tsp Pepper

RECIPE NOTES

This soup helps to lose weight.
It is rich in dietary fibre, vitamins,
minerals and antioxidants.

INSTRUCTIONS

1. Take 1 tsp oil in a non-stick deep pan.
2. Add ginger garlic and green chilli paste.
3. Add broccoli florets and sauté for 3-4 minutes.
4. When done, grind the mixture, add the skimmed milk. Stir well. Add the vegetable stock.
5. Boil the contents and add salt-pepper for taste.

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