A Healthy Soup That’s Good for Your Liver

February 12, 2020 By Connie M. Welch

A Healthy Soup that’s good nutrition for the Liver is a highlight from the Mayo Clinic. A delicious soup that you can get creative and use your favorite vegetables or even add pasta or chicken.

Less processed food is healthier for the liver. This soup also freezes very well in individual containers and ready to go anytime you are. This is one of our favorite soups here at Life Beyond Hepatitis C. This soup is so good it can be made anytime of the year. See the Mayo Clinic for more Healthy Recipes.

Summer Vegetable Soup

1 tablespoon olive oil

1 yellow onion, chopped

3 cloves garlic, chopped or minced

4 plum (Roma tomatoes, peeled and seeded, diced) or use 1 can of petite diced tomatoes, no need to drain) *** I use 2-3 plum tomatoes and add I can of diced tomatoes seasoned, plus I do not drain tomatoes).

1 tablespoon chopped fresh oregano or 1 teaspoon dried

1 teaspoon ground cumin

4 cups (32 fl oz) Vegetable stock or broth if you don’t prefer to make your own

1 bay leaf

1 carrot, peeled, halved lengthwise, and thinly sliced crosswise

1 yellow bell pepper, seeded and diced

1 zucchini, halved lengthwise, and thinly sliced crosswise

1 tablespoon grated lemon zest

2 tablespoons chopped fresh cilantro

¼ teaspoon salt

¼ teaspoon freshly ground pepper

***You can also cut up yellow squash or other veggies. Or if you desire add Jimmy Dean's precooked crumbled Turkey Sausage, or Cooked Chicken, or add pasta or beans, but that will change the calorie count so adjust.

In large saucepan, heat the olive oil over medium heat. Add the onions and sauté until soft and translucent, about 4 minutes. Add the garlic and sauté for 30 seconds; do not let the garlic brown.

Add the tomatoes, oregano, and cumin and sauté until the tomatoes are softened, about 4 minutes.

Chop vegetables.

Add the stock and bay leaf and bring to a boil, then reduce the heat to medium-low and bring to a simmer. Add the carrot and bell pepper and cook for 2 minutes. Add the zucchini and simmer until the vegetables are tender, about 3 minutes longer.

Stir in the grated lemon zest and cilantro. Season with the salt and pepper. Discard bay leaf.

Ladle the soup into individual bowls or mugs and serve immediately. This also freezes great in individual size portions, ready on hand for later. ~ Yum! Super Yum!

Serves 8

Per Serving:

Calories 60

Protein 2g

Carbohydrate 9g

Total fat 2g

Saturated fat <1g

Monounsaturated fat 1g

Cholesterol 0mg

Sodium 311mg

Fiber 2g

Do you have a favorite soup recipe or another healthy recipe to share?

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