CABBAGE SOUP FOR WEIGHT WATCHERS



It’s getting cold in my place. So I made this soup and it came out so creamy and yummy. Vegetable soups are a healthy and comforting food to include in our diet. Here I used cabbage to make this soup. This brilliant winter soup really is a complete main course in a bowl and it is rich with onion,

tomato and spices like cumin powder and cinnamon, makes the soup fragrant. Cabbage soup are very good for weight loss and you can add any vegetables like potatoes, carrots or mushrooms along with cabbage. Try this weight loss soup and let me know how it turned out.

Ingredients

200 gms(7 Ounce) of Cabbage, Finely Chopped
1/4 Cup of Red Onion, Finely Chopped
1 Small Tomato, Finely Chopped
1 Big Garlic Clove, Finely Chopped
1/2 Tsp of Cumin Powder
1/4 Tsp of White Pepper Powder
1/4 Tsp of Black Pepper Powder
1 Tsp of Salt or to taste
2 Tsp of Olive Oil
1 Small Cinnamon Stick
2 Cups of Water
1 Sprig of Coriander Leaves(Cilantro)

Method

- Heat oil in a pan, when it is hot, add cinnamon stick, onion, garlic and salt, saute this for 2 mins until it turns golden brown.
- Add cabbage, saute this for 2 mins. Add tomato, saute this for few mins. Add cumin powder, white and black pepper powder, mix well. Add 2 cups of water, bring it to a boil, simmer it for 10 – 12 mins until the cabbage turns soft and cooked. Turn off the flame. Let it cool down for 5 mins.
- Transfer the sauteed cabbage and water to a blender (mixie), blend it to a smooth puree.
- Serve this in a soup bowl, garnish with cilantro (coriander leaves) and serve immediately.



Tips

- You can use butter in place of olive oil.
- You can throw the cinnamon stick, if you don’t want to grind.Adjust the amount of spiciness according to your taste.
- If you want little more tangy taste to your soup, add lemon juice in the end.
- If you don’t have white pepper, just add black pepper.

Health Benefits of Cabbage

- Cabbage has cholesterol lowering benefits when you cook it by steaming.
- It has antioxidant and anti-inflammatory properties.
- Good source of vitamin C, K, potassium and fiber.
- Good for weight loss, thereby reduces the bad cholesterol in the blood.
- Prevents cancer and heart disease.
- Good for eyes, bones, cardiovascular, digestive tract and brain health.



Easy Black Bean Soup Recipe



This hearty and comforting soup features black beans, onion, garlic, lemon juice and some Mexican seasonings. I love thick black bean soup, if you like yours thinner, feel free to add some more water. It's raining in my place, so I make this soup with canned black beans also you can make similar soup with dried beans in slow cooker, that tastes more flavorful. Try this healthy, low fat, high in antioxidants vegetarian soup recipe that will warm up your family in less than 20 mins. If you are in diet to lose weight, this is a great recipe for you.

Ingredients

1 Can (15 oz) of Cooked Black Beans
1/4 Cup of Chopped Yellow Onion
1 Big Garlic Cloves, Chopped
1 Chipotle Pepper in Adobo sauce
1/2 Tsp of Mexican Oregano
1/2 Tsp of Goya Adobo All Purpose seasoning
1/2 Tsp of Goya Sazonador Total Seasoning
Dash of Salt and Pepper
1 Tsp of Lemon Juice
1 Cup of Water or Vegetable Broth
1 Tbsp of Olive Oil or Canola Oil

To Garnish

1 Tsp of Chopped Onion
1 Tbsp of Sour Cream or Yogurt
5 Tortilla Chips

Method

- Heat a pan with oil, add chopped onion and garlic, fry for a min.
- Add black beans, water, Mexican oregano, Goya Adobo all purpose seasoning, Goya sazonador total seasoning, chipotle pepper, salt and pepper, bring it to a boil and reduce heat to a simmer. Cook, stirring occasionally for 10 mins.
- Finally mash some part of black beans with masher or in blender. Check the salt. Add lime juice and mix well. Turn off the stove. Just throw the chipotle pepper before serving.
- Transfer this to a serving bowl.
- Garnish with a dollop of yogurt, chopped onion and tortilla chips.
- Serve it with toasted whole wheat bread .



Tips

- Adjust the seasonings according to your taste buds.
- You can follow the same recipe with any beans like red kidney beans(rajma) or chickpeas.
- If you don’t have mexican seasoning, instead you can use cumin powder, salt and pepper.
- If you like it thinner, add some more water to desired consistency.

Health Benefits of Black Beans

- Black beans are an excellent source of the trace mineral, molybdenum, an integral part of the enzyme sulfite oxidase, which is responsible for detoxifying

sulfites.

- Good for diabetes and rich in dietary fiber.
- Lowers cholesterol levels.
- Rich in antioxidants.



Carrot and Potato Soup / Winter Soup



It's raining in my place. So I made carrot and potato soup, it came out really creamy and delicious. Vegetable soups are a healthy and comforting food to include in your diet. This thick carrot soup is very easy to make, it has got bright orange color and a hint of exotic smell. Adding smoked paprika and Italian seasoning gives a nice spark to this potato soup. Try this carrot and potato winter soup and let me know your feedback.

Ingredients

1 Large Size Red Potato, Finely Chopped
2 Medium Size Carrot, Finely Chopped
1 Large Yellow Onion, Finely Chopped
2 Garlic Cloves, Finely Chopped

4 Mushrooms, Finely Chopped
1/4 Tsp of Italian Seasoning
1/2 Tsp of Cayenne Pepper
Pinch of Smoked Paprika (Opt)
1/2 Cup of Milk
3 Cups of Vegetable Broth or Water
2 Tbsp of Olive Oil
Salt and Pepper to taste

To Garnish

1 Green Onion, Finely Chopped
Dollop of Sour cream or yogurt
Few Crackers



Method

- Heat a pan with olive oil, add onion and garlic, saute

this for 2 mins.

- Add carrots, potato, mushroom, Italian seasoning, cayenne pepper, smoked paprika, salt and pepper, saute this for 2 mins.
- Add required amount of water, bring it to rolling boil, then simmer it for 15 mins in medium-low flame until vegetables are tender.
- Add milk, cook it for 2mins and turn off the flame.
- Carefully transfer carrot-potato mixture to a blender or food processor. Take 2 tbsp of carrot- potato mixture, keep this aside in a separate bowl.
- Blend until smooth, add salt and pepper, if necessary.
- Serve this in a soup bowl along with 2 tbsp of carrot-potato pieces, garnish it with chopped green onions and sour cream or yogurt at the top.
- Enjoy this hot soup with crackers on a rainy day.



Tips

- If you eat meat, then you can add beef pieces to it.
- You can use butter instead of olive oil.
- Adding smoked paprika is optional, it gives a smokey flavor to the soup.
- You can use chicken broth or vegetable broth to the soup instead of water.
- You can add any kind of cheese to this soup.



Health Benefits of Carrot and Potato Soup

- Potato are high in fat and calorie content, potato soup is a good source of calcium, vitamin D and vitamin B-12
- Carrot soup is rich in beta-carotene, a phytochemical compound with antioxidant activity that can protect you against some chronic diseases.