

# **Low Calorie Soup Recipes Under 100 Calories**



# 10 HEALTHY LOW CALORIE SOUP RECIPES



Ak Pal Kitchen

Low calorie soup recipes under 100 calories are an excellent choice for anyone looking to

maintain a healthy diet without sacrificing flavor or satisfaction. Soups are a versatile dish that can be packed with nutrients, making them a perfect option for weight management. In this article, we will explore various low-calorie soup recipes, their health benefits, and tips for creating your own delicious concoctions that won't break the calorie bank.

## Why Choose Low-Calorie Soups?

Low-calorie soups offer numerous advantages, especially for those watching their weight. Here are some reasons why incorporating these soups into your diet can be beneficial:

- **Nutrient-Dense:** Soups can be loaded with vegetables, legumes, and lean proteins, providing essential vitamins and minerals while keeping calories low.
- **Hydration:** Many soups have a high water content, which can help keep you hydrated.
- **Satiety:** The warmth and volume of soup can create a feeling of fullness, helping to curb hunger and prevent overeating.
- **Versatility:** Soups can be tailored to individual tastes and dietary restrictions, making them perfect for anyone.

## Essential Ingredients for Low-Calorie Soups

To create delicious low-calorie soups, it's important to focus on the right ingredients. Here are some staples to consider:

### Vegetables

- **Leafy Greens:** Spinach, kale, and Swiss chard are low in calories and high in nutrients.
- **Cruciferous Vegetables:** Broccoli, cauliflower, and Brussels sprouts add bulk and flavor.
- **Root Vegetables:** Carrots and turnips provide sweetness and texture without many calories.

### Broths and Bases

- **Vegetable Broth:** A great base for any soup, offering flavor without added calories.
- **Chicken Broth:** Opt for low-sodium varieties to control your salt intake.
- **Tomato Base:** Canned or fresh tomatoes can create a rich and savory foundation.

### Proteins

- **Legumes:** Lentils and beans are filling and nutritious, providing protein and fiber.
- **Lean Meats:** Skinless chicken or turkey can be added in moderation for extra protein.

## Herbs and Spices

- Fresh Herbs: Basil, cilantro, and parsley can enhance flavor without adding calories.
- Spices: Cumin, paprika, and pepper are great for adding depth and complexity.

## Delicious Low-Calorie Soup Recipes

Now that we've covered the essentials, let's dive into some specific recipes for low-calorie soups that you can enjoy, all of which are under 100 calories per serving.

### 1. Classic Vegetable Soup

Ingredients:

- 1 cup diced tomatoes (fresh or canned)
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup chopped onion
- 2 cups vegetable broth
- 1 teaspoon dried oregano
- Salt and pepper to taste

Instructions:

1. In a large pot, combine all ingredients and bring to a boil.
2. Reduce heat and simmer for 20 minutes until vegetables are tender.
3. Season with salt and pepper before serving.

Calories: Approximately 50 calories per serving (1 cup).

### 2. Spicy Tomato Basil Soup

Ingredients:

- 2 cups diced tomatoes
- 1 cup vegetable broth
- 1 clove garlic, minced
- 1 teaspoon crushed red pepper flakes
- Fresh basil leaves
- Salt and pepper to taste

Instructions:

1. In a saucepan, combine tomatoes, vegetable broth, garlic, and red pepper flakes.
2. Simmer for 15 minutes, then blend until smooth.
3. Garnish with fresh basil before serving.

Calories: Approximately 70 calories per serving (1 cup).

### **3. Lentil and Spinach Soup**

Ingredients:

- 1 cup cooked lentils
- 2 cups spinach
- 1 cup vegetable broth
- 1 teaspoon cumin
- Salt and pepper to taste

Instructions:

1. In a pot, combine lentils, spinach, and vegetable broth.
2. Add cumin, salt, and pepper, and simmer for 10 minutes.
3. Serve warm.

Calories: Approximately 90 calories per serving (1 cup).

### **4. Carrot and Ginger Soup**

Ingredients:

- 2 cups chopped carrots
- 1 tablespoon fresh ginger, minced
- 1 cup vegetable broth
- 1 tablespoon lime juice
- Salt and pepper to taste

Instructions:

1. In a pot, combine carrots, ginger, and broth.
2. Bring to a boil, then simmer until carrots are tender (about 20 minutes).
3. Blend until smooth, stir in lime juice, and season with salt and pepper.

Calories: Approximately 80 calories per serving (1 cup).

### **5. Cabbage and White Bean Soup**

Ingredients:

- 2 cups chopped cabbage
- 1 cup cooked white beans (cannellini or navy)
- 2 cups vegetable broth
- 1 teaspoon thyme
- Salt and pepper to taste

Instructions:

1. In a pot, combine cabbage, white beans, and broth.
2. Add thyme, salt, and pepper, then simmer for 15 minutes.
3. Serve warm.

Calories: Approximately 100 calories per serving (1 cup).

## **Tips for Making Your Own Low-Calorie Soups**

Creating your own low-calorie soups can be a fun and rewarding experience. Here are some tips to get you started:

- Experiment with Flavors: Don't be afraid to mix different herbs and spices to create unique flavor profiles.
- Use Fresh Ingredients: Whenever possible, opt for fresh vegetables and ingredients, which often have more flavor and nutrients than canned alternatives.
- Batch Cooking: Make a large pot of soup and portion it out for easy meals throughout the week.
- Freeze for Later: Soups freeze well, so consider making extra and storing portions in the freezer for quick meals.

## **Conclusion**

Incorporating low calorie soup recipes under 100 calories into your diet can be a delicious way to stay healthy and satisfied. These recipes are not only easy to make but also versatile enough to suit any palate. By using fresh, nutrient-dense ingredients and experimenting with flavors, you can create a variety of soups that will nourish your body and keep your calorie count in check. Whether you enjoy them as a starter, a light lunch, or a comforting dinner, low-calorie soups are a fantastic addition to any meal plan. So grab your pot and start cooking!

## **Frequently Asked Questions**

### **What are some ingredients commonly used in low calorie soups under 100 calories?**

Common ingredients include broth (vegetable or chicken), plenty of vegetables (like spinach, zucchini, and tomatoes), herbs and spices for flavor, and sometimes legumes or low-calorie proteins like chicken breast.

### **Can I make a creamy low calorie soup under 100 calories?**

Yes, you can use pureed vegetables like cauliflower or blended beans to create a creamy texture without adding many calories.

## **What is a popular low calorie soup recipe under 100 calories?**

A popular recipe is the classic vegetable soup, made with a variety of chopped vegetables, low-sodium broth, and herbs, often coming in at around 50-80 calories per serving.

## **How can I add flavor to low calorie soups without adding calories?**

Use fresh herbs, spices, garlic, onion, and citrus zest or juice to enhance flavor without significantly increasing calorie content.

## **Are there any low calorie soup recipes that are also vegan?**

Yes, many low calorie soups are vegan, such as a tomato basil soup or a lentil vegetable soup, both of which can be made under 100 calories per serving.

## **What types of broth are best for low calorie soups?**

Low-sodium vegetable broth or chicken broth are best for keeping calories low while still providing a rich flavor.

## **Can I freeze low calorie soups? If so, how?**

Yes, you can freeze low calorie soups. Allow them to cool, then portion them into airtight containers or freezer bags, leaving space for expansion, and freeze for up to 3 months.

## **What is the serving size for a low calorie soup under 100 calories?**

Typically, a serving size for low calorie soups is about 1 cup, which allows you to enjoy a hearty bowl while keeping the calorie count low.

## **How can I make my low calorie soup more filling?**

Add high-fiber vegetables like beans, lentils, or whole grains, and include a source of protein, such as tofu or lean meat, while still keeping it under 100 calories per serving.

## **Are there low calorie soup recipes for specific diets like keto or paleo?**

Yes, there are low calorie soup recipes suitable for keto and paleo diets, such as a creamy mushroom soup made with coconut milk or a chicken broth-based vegetable soup without grains.

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