

SOUP

RECIPES



Creamy Butternut Squash

Warm up this fall with a bowl of creamy, comforting butternut squash soup! This easy recipe uses roasted butternut squash, carrots, and a hint of spice for a flavor-packed, silky smooth soup you'll crave all season long. Perfect for chilly days and so simple to make. Enjoy this wholesome soup with your favorite bread for the ultimate cozy meal.



Ingredients :

- 1 large butternut squash, peeled, seeded, and cubed
- 2 large carrots, chopped
- 1 small yellow onion, diced
- 3 garlic cloves, minced
- 4 cups vegetable broth
- 1 cup coconut milk or heavy cream
- 1 tbsp olive oil
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- Salt & pepper to taste
- Fresh thyme or parsley for garnish

How To Make :

- 1 Set your oven to 400°F (200°C).
- 2 On a baking sheet, toss the butternut squash, carrots, and garlic with olive oil, salt, and pepper. Spread evenly.
- 3 Roast for 25-30 minutes, until the squash and carrots are tender and slightly caramelized.
- 4 In a large pot over medium heat, sauté the diced onion until soft and fragrant.
- 5 Add roasted veggies, sautéed onion, cinnamon, and nutmeg to the pot. Pour in vegetable broth and bring to a simmer. Blend with an immersion blender until smooth (or transfer to a blender).
- 6 Stir in the coconut milk or heavy cream, and adjust salt and pepper to taste. Let simmer for 5 more minutes to blend flavors.
- 7 Ladle into bowls, garnish with fresh thyme or parsley, and enjoy!

Mediterranean Lentil



Enjoy a flavorful and nutritious meal with Mediterranean Lentil Soup with Veggies. This easy-to-make dish is packed with hearty vegetables and rich Mediterranean spices, making it a perfect healthy dinner option for any night.

Ingredients :

- 1 cup green lentils, rinsed and drained
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 1 zucchini, chopped
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1 bay leaf
- 4 cups vegetable broth
- 1 can diced tomatoes
- Salt and pepper to taste
- Fresh parsley, chopped, for garnish

How To Make :

- 1 Heat the olive oil in a large pot over medium heat. Add the onion and garlic, and cook until the onion is soft and translucent.
- 2 Add the carrots, celery, zucchini, and lentils to the pot. Stir in the oregano, thyme, basil, and bay leaf. Cook for a few minutes until the vegetables are slightly softened.
- 3 Pour in the vegetable broth and diced tomatoes. Bring the soup to a boil, then reduce the heat and let it simmer for about 30 minutes or until the lentils are tender.
- 4 Remove the bay leaf and discard. Season the soup with salt and pepper to taste.
- 5 Ladle the soup into bowls and garnish with chopped fresh parsley.

Broccoli-Parmesan Chicken

Broccoli-Parmesan Chicken Soup is a delicious and comforting soup that's perfect for chilly days or cozy nights in. Packed with tender chunks of chicken, fresh broccoli florets, and creamy Parmesan cheese, this soup is both hearty and flavorful.

Ingredients :

- 1 medium onion, chopped
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 4 cups broccoli florets
- 1 lb boneless, skinless chicken breast, diced into bite-sized pieces
- 4 cups chicken broth
- 1 cup grated Parmesan cheese
- 1/2 cup heavy cream
- Salt and black pepper, to taste

How To Make :

- 1 In a large pot, heat the olive oil over medium-high heat. Add the chicken and cook for 5-7 minutes, or until browned on all sides.
- 2 Add the chopped onion and minced garlic to the pot and cook for 3-4 minutes, or until the onion is translucent.
- 3 Add the broccoli florets and chicken broth to the pot. Bring to a boil, then reduce heat to low and simmer for 10-15 minutes, or until the broccoli is tender.
- 4 Using an immersion blender, blend the soup until smooth. If you don't have an immersion blender, transfer the soup to a blender in batches and blend until smooth, being careful not to fill the blender too full.
- 5 Stir in the heavy cream and grated Parmesan cheese until the cheese is melted and the soup is heated through.
- 6 Season with salt and black pepper to taste.
- 7 Serve hot with additional Parmesan cheese, if desired.



Homestyle Chicken Noodle

Nothing beats the comforting, classic taste of homemade Chicken Noodle Soup! Our delicious recipe features tender pieces of chicken, perfectly cooked egg noodles, and a blend of savory herbs and spices that will warm your heart and soul. Whether you're feeling under the weather or just in need of some cozy comfort food, a piping hot bowl of our Chicken Noodle Soup is sure to do the trick.



Ingredients :

- 250 gms Licious Chicken Mini Bites
- Salt and pepper to taste
- Mixed Vegetables (carrots green peas, corn, spring onion)
- Chicken broth
- 1/2 cup uncooked noodles
- 1 can of diced tomatoes undrained

How To Make :

- 1 Step-by-step guide for making chunky chicken noodle soup.
- 2 This chunky chicken noodle soup is the perfect comfort food for any chilly day. It's easy to make and can be tailored to your taste. This step-by-step guide will show you how to make the best chunky chicken noodle soup.
- 3 Start by heating some oil in a large pot. Then, add your chopped onions and garlic, and cook until softened.
- 4 Next, add the Licious Chicken Mini Bites and cook until browned.
- 5 Now, it's time to add the broth and noodles. Bring the soup to a boil, then reduce the heat and let it simmer for a few minutes until the noodles are cooked through.
- 6 Finally, stir some vegetables (like peas and carrots) and season to taste with salt and pepper.
- 7 Serve hot, garnished with some chopped fresh parsley or thyme if desired. Enjoy!

Chicken Tortilla



Dive into the vibrant flavors of WiseLivn's Chicken Tortilla Soup, a Mexican-inspired delight that's both simple and satisfying. This recipe blends tender chicken, hearty black beans, and a medley of spices for a comforting meal perfect for any occasion. Ideal for a quick weeknight dinner or a cozy weekend lunch, this soup will surely become a household favorite!

Ingredients :

- 2 tbsps olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 jalapeño, seeded and minced
- 1 tsp ground cumin
- 1 tsp chili powder
- 1 tsp paprika
- 1 can (14.5 oz) diced tomatoes with green chilies
- 4 cups chicken broth
- 2 cups shredded cooked chicken
- 1 can (15 oz) black beans, drained and rinsed
- 1 cup corn kernels (fresh, frozen, or canned)
- 1/4 cup chopped fresh cilantro
- Salt and pepper to taste
- Juice of 1 lime

How To Make :

- 1 Heat olive oil in a large pot over medium heat. Add chopped onion and cook until soft and translucent, about 5 minutes. Add minced garlic and jalapeño, and cook for another minute until fragrant.
- 2 Stir in ground cumin, chili powder, and paprika, and cook for 1 minute to toast the spices.
- 3 Pour in the diced tomatoes with their juice, chicken broth, and shredded cooked chicken. Stir well to combine.
- 4 Bring the soup to a boil, then reduce the heat and let it simmer for 15-20 minutes to allow the flavors to meld together.
- 5 Stir in the black beans and corn kernels. Cook for another 5-7 minutes until heated through.
- 6 Add chopped fresh cilantro, and season with salt, pepper, and lime juice to taste. Stir well.
- 7 Ladle the soup into bowls and top with your favorite toppings like tortilla strips, avocado slices, shredded cheese, sour cream, fresh cilantro, and lime wedges. Enjoy!



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