

## Five Nutritious Soups You Have to Try this Fall

Fall is here and that means it's time for some piping hot bowls of soup paired with crusty rolls, cornbread, or simple crackers. We've rounded up six soups recipes you can share with clients for some delightful soup and salad nights.

Most of these are either fast to make, or can be prepped ahead of time and served up later, making a hearty meal an option even when busy schedules make it hard to find time for a home cooked meal every night.

### Homemade Tomato Soup

Nothing says comfort food like a rich tomato soup. Paired with grilled cheese, it's one of the go-to's for many homes when it's cold, you're tired, and the everyone's hungry. This [tomato soup recipe](#) allows you the option of pouring the soup directly over the cheddar sandwich in a high edged dish and spooning up lovely scoops of deliciousness.

### Butternut Squash Soup

This creamy, smooth [butternut squash soup](#) is created without cream, and is flavored with shallots and garlic. Ideally, pair with a nice wine and a Caesar salad for the perfect, delicious, and healthy hot meal at the end of a long day. Don't forget the freshly ground black pepper on top!

### White Bean Kielbasa Stew

Crank up that crockpot, dump everything in, and turn it on to simmer away. There's nothing like walking in the front door to the smell of this spicy, rich, thick, [white bean and kielbasa stew](#) full of healthy white beans and delicious sausage. A handful of fresh spinach in the bowl before the stew is poured in and a crusty piece of oaf bread makes this a complete meal.

### French Onion Soup

This incredible dish depends on caramelizing the onions perfectly before continuing with the recipe. The wine lends a terrific flavor to the [French Onion Soup](#), and the entire deep brown concoction is properly topped with a double handful of shredded cheeses and slipped under the broiler for the traditional bubbly look. Serve with rounds of toasted French bread and a red wine.

### Pumpkin Everything Soup

'Tis the season of the big orange squash. This 7 ingredient [Simple Pumpkin Soup](#) has a special twist; coconut milk. The kale / sesame seed topping is fancy, but you can always substitute croutons or some parmesan for a faster ready to serve dish.

Enjoy the warm nutrition and hearty taste of these five fall inspired soups and add some new depth to your weekly menu. Aside from the White Bean and Kielbasa stew, all can be used for Meatless Mondays as well.

**Author:**

CPH & Associates