**Carla’s Beet Root Soup**

 Makes 7 1-cup servings

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| **Amount Per Serving** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Calories** | **44.7** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Total Fat** | **0.1 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Saturated Fat** | **0.0 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Polyunsaturated Fat** | **0.0 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Monounsaturated Fat** | **0.0 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Cholesterol** | **0.2 mg** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Sodium** | **77.3 mg** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Total Carbohydrate** | **10.7 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Dietary Fiber** | **0.9 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Sugars** | **5.5 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Protein** | **1.2 g** |

**Emma’s Mushroom & Wild Rice Soup**

Makes 7 1-cup servings

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| **Amount Per Serving** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Calories** | **111.2** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Total Fat** | **0.1 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Saturated Fat** | **0.1 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Polyunsaturated Fat** | **0.0 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Monounsaturated Fat** | **0.0 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Cholesterol** | **0.0 mg** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Sodium** | **103.2 mg** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Total Carbohydrate** | **24.2 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Dietary Fiber** | **7.6 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Sugars** | **0.7 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Protein** | **4.7 g** |

 **Nutritional Information**

**Eva’s Lentil & Barley Soup**

 Makes 8 1-cup servings

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| **Amount Per Serving** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Calories** | **77.0** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Total Fat** | **0.5 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|     | **Saturated Fat** | **0.0 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|     | **Polyunsaturated Fat** | **0.0 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|     | **Monounsaturated Fat** | **0.0 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Cholesterol** | **0.0 mg** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Sodium** | **82.2 mg** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Total Carbohydrate** | **16.0 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|     | **Dietary Fiber** | **3.1 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|     | **Sugars** | **1.8 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Protein** | **3.4 g** |

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**Pete’s Split Pea Soup**

 Makes 8 1-cup servings

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| **Amount Per Serving** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Calories** | **75.7** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Total Fat** | **0.6 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Saturated Fat** | **0.1 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Polyunsaturated Fat** | **0.0 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Monounsaturated Fat** | **0.0 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Cholesterol** | **0.0 mg** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Sodium** | **199.2 mg** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Total Carbohydrate** | **13.8 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Dietary Fiber** | **3.1 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Sugars** | **2.0 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Protein** | **4.2 g** |

**Sam’s Potato Soup**

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| **Amount Per Serving** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Calories** | **219.1** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Total Fat** | **2.1 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Saturated Fat** | **0.5 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Polyunsaturated Fat** | **0.5 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Monounsaturated Fat** | **0.8 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Cholesterol** | **1.3 mg** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Sodium** | **598.1 mg** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Total Carbohydrate** | **7.2 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Dietary Fiber** | **0.6 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Sugars** | **0.9 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Protein** | **10.4 g** |

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 Makes 7 1-cup servings

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**Alana’s Alphabet Soup**

 Makes 9 1-cup servings

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| **Amount Per Serving** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Calories** | **95.1** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Total Fat** | **0.3 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Saturated Fat** | **0.0 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Polyunsaturated Fat** | **0.0 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Monounsaturated Fat** | **0.0 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Cholesterol** | **0.0 mg** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Sodium** | **164.6 mg** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Total Carbohydrate** | **20.3 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Dietary Fiber** | **2.6 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
|  | **Sugars** | **2.6 g** |
| **http://assets3.sparkrecipes.com/spacer.gif** |
| **Protein** | **2.5 g** |