**Carla’s Beet Root Soup**

Makes 7 1-cup servings

|  |  |  |
| --- | --- | --- |
| **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

|  |  |  |
| --- | --- | --- |
| **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

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | **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** | | | |
|  | | |
|  | |  |
|  | | |
|  | |  |
|  | | |
|  |  |  |
|  | | |
|  |  |  |
|  | | |
|  |  |  |
|  | | |
|  | |  |
|  | | |
|  | |  |
|  | | |
|  | |  |
|  | | |
|  | |  |
|  | | |
|  |  |  |
|  | | |
|  |  |  |
|  | | |
|  | |  |

**Pete’s Split Pea Soup**

Makes 8 1-cup servings

|  |  |  |
| --- | --- | --- |
| **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**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  | | --- | --- | --- | | **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** | | | |
|  | | |
|  | |  |
|  | | |
|  | |  |
|  | | |
|  |  |  |
|  | | |
|  |  |  |
|  | | |
|  |  |  |
|  | | |
|  | |  |
|  | | |
|  | |  |
|  | | |
|  | |  |
|  | | |
|  | |  |
|  | | |
|  |  |  |
|  | | |
|  |  |  |
|  | | |
|  | |  |

Makes 7 1-cup servings

****

**Alana’s Alphabet Soup**

Makes 9 1-cup servings

|  |  |  |
| --- | --- | --- |
| **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** |