

low calorie soup recipes uk

Published: September 3, 2026 | Index ID: #-

Low Calorie Soup Recipes UK: A Delicious Path to Healthy Living

In the bustling culinary scene of the United Kingdom, the quest for tasty yet light dishes has never been more relevant. Whether you're watching your weight, managing a medical condition, or simply craving a comforting bowl of goodness without the extra calories, low calorie soup recipes UK have become a staple in many households. This comprehensive guide will walk you through the science behind low calorie soups, highlight the best UK ingredients, present a variety of mouth watering recipes, and share practical tips to keep your soups both nutritious and satisfying.

Why Choose Low Calorie Soups?

Soups are naturally low in calories because they're primarily liquid, yet they can be packed with fibre, protein, vitamins, and minerals. In the UK, where many people enjoy hearty meals, soups offer a lighter alternative that doesn't sacrifice flavour or satiety. Below are a few reasons why low calorie soup recipes UK deserve a spot on your menu:

- **Weight Management:** Soups can help you feel full with fewer calories, aiding in calorie deficit without the need for drastic dietary changes.
- **Digestive Health:** The high water content and fibre help keep the digestive system running smoothly.
- **Convenience:** Soups can be prepared in bulk, frozen, and reheated, saving time during busy weekdays.
- **Seasonal Adaptability:** From spring asparagus to winter root vegetables, soups can incorporate seasonal produce, ensuring freshness and cost efficiency.
- **Low Glycaemic Impact:** Many low calorie soups are low on refined sugars, making them suitable for those managing blood sugar levels.

Understanding Calorie Content in Soups

Calories in soup come from three main macronutrients: proteins, fats, and carbohydrates. The trick to creating low calorie soups UK is to minimise high calorie fats and refined carbohydrates while maximising fibre and lean proteins.

1. **Use Low Fat Broth:** Chicken, beef, or vegetable broth that's low in sodium and fat forms the base of most soups. Store bought broths often contain added sugars and preservatives, so consider homemade or low sodium options.
2. **Incorporate Fresh Vegetables:** Vegetables like carrots, celery, spinach, and tomatoes are naturally low in calories but high in fibre and micronutrients.
3. **Lean Protein Sources:** Skinless chicken breast, turkey, fish, or legumes (lentils, chickpeas) add satiety without a calorie overload.
4. **Mind the Add Ons:** Cream, cheese, and butter can quickly inflate calorie counts. Opt for Greek yogurt, low fat milk, or a splash of coconut milk for creaminess without the heaviness.

Key UK Ingredients for Low Calorie Soups

Here's a quick reference to common UK staples that can help you keep your soups lean and flavorful:

- **Root Vegetables:** Carrots, parsnips, sweet potatoes, and beetroot are rich in fibre and natural sweetness.
- **Leafy Greens:** Spinach, kale, and Swiss chard add bulk and nutrition.
- **Herbs & Spices:** Fresh herbs like parsley, thyme, and dill, plus spices such as cumin, coriander, and paprika, bring depth without added calories.
- **Legumes:** Lentils, chickpeas, and beans provide protein and fibre; rinsed canned beans can reduce sodium.
- **Whole Grains:** Quinoa, barley, and farro add texture and a modest caloric boost that can help keep you satisfied.
- **Seasonal Produce:** Seasonal produce is often cheaper and fresher, ensuring your soups taste their best.

Recipe Round Up: Low Calorie Soup Recipes UK

Below are five carefully curated recipes that demonstrate how you can create delicious, low calorie soups using readily available UK ingredients. Each recipe includes a nutritional breakdown, preparation steps, and serving suggestions.

1. Classic Chicken & Vegetable Soup

This timeless recipe uses lean chicken breast and an array of seasonal vegetables to deliver a comforting bowl that's under 150 calories per serving.

- Servings: 4
- Calories per serving: 145

Ingredients:

- 1 skinless, boneless chicken breast (about 200 /g)
- 1 litre low sodium chicken broth
- 2 carrots, diced
- 2 celery stalks, diced
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 cup chopped spinach
- 1 tsp dried thyme
- Salt and pepper to taste
- Fresh parsley for garnish

Method:

1. In a large pot, sauté onion and garlic in a splash of olive oil until translucent.
2. Add carrots, celery, and thyme; cook for 5 minutes.
3. Pour in chicken broth and bring to a boil.
4. Reduce heat, add chicken breast, and simmer for 15 minutes.
5. Remove chicken, shred it, and return to the pot.
6. Stir in spinach and season with salt and pepper.
7. Simmer for an additional 5 minutes.
8. Serve hot, garnished with fresh parsley.

This soup is perfect for a light lunch or a starter, and it pairs wonderfully with a slice of whole grain toast if you need a bit more energy.

2. Spicy Lentil & Tomato Soup

Rich in protein and fibre, this lentil soup is both hearty and low in calories, thanks to the use of tomatoes and

spices.

- Servings: 4
- Calories per serving: 160

Ingredients:

- 1 cup dried red lentils, rinsed
- 1 litre low sodium vegetable broth
- 1 onion, diced
- 2 garlic cloves, minced
- 1 can (400 /g) diced tomatoes
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp chili flakes (optional)
- 2 tbsp lemon juice
- Fresh coriander for garnish

Method:

1. Sauté onion and garlic in a small amount of oil until soft.
2. Add cumin, paprika, and chili flakes; stir for 30 seconds.
3. Pour in lentils, tomatoes, and broth; bring to a boil.
4. Reduce heat, cover, and simmer for 20 minutes until lentils are tender.
5. Season with lemon juice, salt, and pepper.
6. Blend partially with an immersion blender for a creamier texture.
7. Garnish with fresh coriander before serving.

The spicy kick keeps the soup lively, while the lentils provide a filling protein source that keeps you satisfied.

3. Creamy Pumpkin & Chickpea Soup

Using pumpkin instead of cream gives this soup a velvety texture without the extra calories. Chickpeas add protein and make the dish more filling.

- Servings: 4
- Calories per serving: 190

Ingredients:

- 1 small pumpkin (about 1 /kg), peeled and diced
- 1 cup canned chickpeas, drained and rinsed
- 1 litre low sodium vegetable broth
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp fresh ginger, grated
- 1 tbsp lemon juice
- Fresh mint or parsley for garnish

Method:

1. Sauté onion, garlic, ginger, and spices in a small amount of oil until fragrant.
2. Add pumpkin and chickpeas; stir to coat.
3. Pour in broth and bring to a boil.
4. Reduce heat and simmer for 20 minutes until pumpkin is tender.
5. Use an immersion blender to puree the soup until smooth.
6. Stir in lemon juice, season with salt and pepper.
7. Serve hot, garnished with fresh mint or parsley.

This soup offers a delightful blend of sweet pumpkin and earthy chickpeas, making it a satisfying yet low calorie option.

4. Mushroom & Barley Soup

Barley adds a chewy texture and a subtle nutty flavor. Mushrooms provide umami, while the broth keeps the calorie count low.

- Servings: 4
- Calories per serving: 170

Ingredients:

- 1 cup pearl barley, rinsed
- 2 cups sliced mushrooms (e.g., cremini or button)
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 litre low sodium vegetable broth
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 2 tbsp fresh parsley, chopped
- Salt and pepper to taste

Method:

1. In a pot, sauté onion and garlic until translucent.
2. Add mushrooms and cook until they release their moisture.
3. Stir in barley, thyme, and rosemary.
4. Pour in broth, bring to a boil.
5. Reduce heat, cover, and simmer for 30 minutes until barley is tender.
6. Season with salt and pepper.
7. Serve garnished with fresh parsley.

The barley's chewiness keeps you full, while the mushrooms add depth without adding many calories.

5. Mediterranean Tomato & Fennel Soup

This light, aromatic soup is a celebration of Mediterranean flavors, perfect for a sunny day or a quick dinner.

- Servings: 4
- Calories per serving: 140

Ingredients:

Baca Juga (Artikel Terkait)

- [sims 3 trophy guide and roadmap](#)

URL: <http://1storleanscouts.com/sims-3-trophy-guide-and-roadmap.pdf>

- [the elf on the shelf story online](#)

URL: <http://1storleanscouts.com/the-elf-on-the-shelf-story-online.pdf>

- [biological classification pogil](#)

URL: <http://1storleanscouts.com/biological-classification-pogil.pdf>

- [kubota 3 cylinder diesel engine manual](#)

URL: <http://1storleanscouts.com/kubota-3-cylinder-diesel-engine-manual.pdf>

Tags: [#calorie](#) [#soup](#) [#recipes](#)

