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This French Onion Soup from Famous & Barr in St. Louis, MO is my all time favorite. The restaurant maybe be long gone but I'm so grateful this recipe was saved! Find healthy, delicious bean soup recipes including black bean, lentil and white bean soup. Healthier recipes, from the food and nutrition experts at EatingWell. This is the classic Italian soup recipe (pasta and beans in a tomato base), though we've reduced the sodium and swapped in whole-grain. Chicken soup is a soup made from chicken, simmered in water, usually with various other ingredients. The classic chicken soup consists of a clear chicken broth, often with pieces of chicken or vegetables; common additions are pasta, noodles, dumplings, or grains such as rice and barley. Be creative with your holiday leftovers--there's more to after-Thanksgiving eating than cold turkey sandwiches. This simple turkey soup is loaded with cannellini beans, which add protein and fiber without adding calories., Cooking Soup Creative Center Company.

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