Try These Delicious Fall Soups for COPD

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Comforting & Healthy Options

If you have COPD, eating healthy foods is important. Soups can be a great choice because they are easy to make, warm and comforting. Here are five soups that are good for people with COPD, including a tasty homemade tomato soup!

Ward Off Colds With These Soups for COPD

1. Chicken Vegetable Soup

Chicken vegetable soup is a comforting choice. It has protein from chicken and many healthy vegetables.

Ingredients

- Chicken breast.
- Carrots.
- Celery.
- Spinach.
- Chicken broth.

How to Make It

- **Cook the chicken:** Boil the chicken until it is cooked through.
- **Chop the vegetables:** Cut carrots, celery and spinach.
- **Combine everything:** Add the chicken and vegetables to a pot with chicken broth. Cook until the vegetables are soft.

This soup is hearty and provides nutrients to support your health.

2. Lentil Soup

Lentil soup is full of fiber and protein. It is very filling and helps keep you satisfied.

Ingredients

- Lentils.
- Carrots.
- Onions.
- Garlic.
- Vegetable broth.

How to Make It

- **Prepare the lentils:** Rinse the lentils and set them aside.
- **Cook the vegetables:** Sauté onions and garlic in a pot.
- **Add lentils and broth:** Add lentils, chopped carrots, and vegetable broth. Simmer for about 30 minutes until the lentils are soft.

Lentil soup is not only tasty but also great for your health.

3. Butternut Squash Soup

Butternut squash soup is creamy and sweet. It is easy to digest and full of vitamins.

Ingredients

- Butternut squash.
- Onion.
- Vegetable broth.
- Nutmeg.

How to Make It

- **Chop the squash:** Peel and cube the butternut squash.
- **Cook the onion:** Sauté the onion in a pot until soft.
- **Add squash and broth:** Mix in the butternut squash and vegetable broth. Simmer until the squash is soft.
- **Blend:** Use a blender to make the soup smooth. Add a pinch of nutmeg for flavor.

This soup is comforting and good for your lungs.

4. Pea Soup

Pea soup is nutritious and easy to make. It is rich in protein and fiber.

Ingredients

- Green peas.
- Onion.
- Garlic.
- Vegetable broth.

How to Make It

- **Cook the onions and garlic:** Sauté them in a pot until soft.
- **Add peas and broth:** Mix in the green peas and vegetable broth. Let it simmer for about 15 minutes.
- **Blend:** Blend the soup until smooth.

Pea soup is a simple and healthy option that is great for your body.

5. Homemade Tomato Soup

Homemade tomato soup is delicious and easy to make. To prepare it, you will need fresh tomatoes, onions, garlic, and vegetable broth.

Ingredients

- 5 pounds tomatoes.
- 4 ribs celery, sliced.
- 1?2 yellow onion, sliced.
- 1?4 cup olive oil.
- 1?4 teaspoon basil.
- 1?4 teaspoon oregano.
- Salt and pepper to taste.
- 2 quarts water.

Directions

1. Wash, core and slice tomatoes.
2. Saute the celery and onion in a medium sized pan with olive oil until the onion is translucent.
3. In a large soup pot, add the tomatoes, sauteed veggies and herbs.
4. Add the water and add salt and pepper to taste.
5. Cook on low heat, covered, for one hour.

6. Homemade Onion Soup

The old recipes for onion soup have it all wrong — you need more onions in onion soup.

Ingredients:

- 5 pounds onions of your choice, sliced.
- 1 clove garlic, diced.
- 2 tablespoons olive oil.
- 2 1/2 quarts water.
- Beef broth.
- Salt and pepper to taste.

Directions:

1. Saute onions and garlic in the olive oil. Add beef broth.
2. Add sauteed mixture to soup pot.
3. Add water.
4. Cook on low, simmering for 30 minutes. Salt and pepper to taste.

7. Homemade Chicken Rice Vegetable Soup

Ingredients:

- 3 pounds diced, cooked chicken thighs.
- 2 tablespoons olive or coconut oil.
- 1 red pepper, diced.
- 1 green pepper, diced.
- 2 parsnips, sliced.
- 6 carrots, sliced.
- 4 ribs celery, diced.
- 1 bunch green onions, diced.
- 1 red sweet onion, diced.
- 1?2 bunch fresh parsley, diced.
- 2 cloves garlic, diced.
- 3 1/2 quarts water.
- 1 cup rice.
- Salt and pepper.

Directions

1. Saute the diced chicken for three minutes only in half the amount of olive oil to sear it.
2. Add the chicken to the soup pot.
3. Saute the onions and celery in the remaining oil until translucent, then add to the soup pot.
4. Add the garlic, bell peppers, parsnips, carrots, parsley and leeks, then add the water. Salt and pepper it.
5. Add the rice.

Cover the soup pot and simmer on low for an hour.