

# holiday soup healthy homemade friend

Holiday Soup Healthy Homemade Friend: A Warm Hug in a Bowl

**holiday soup healthy homemade friend**—this phrase might sound like a quirky combination of words, but it perfectly captures the essence of what many of us crave during the festive season. When the air turns crisp and gatherings become more frequent, nothing beats a steaming bowl of soup that feels like a homemade hug from a dear friend. Holiday soup isn't just about taste; it's about nourishing the body and soul with wholesome ingredients, shared moments, and comforting warmth. If you're on the lookout for ways to make your holiday meals healthier and more meaningful, a homemade soup might just be your best ally.

## The Magic of Homemade Holiday Soups

There's something incredibly special about making soup from scratch. It's more than just combining vegetables and broth; it's an act of love and care that fills your kitchen with enticing aromas and your heart with satisfaction. Holiday soups often bring together seasonal produce, aromatic spices, and hearty proteins, creating a dish that's both festive and healthful.

## Why Choose Homemade Over Store-Bought?

While canned or pre-packaged soups can be convenient, homemade versions allow you to control every ingredient. This means less sodium, no added preservatives, and the freedom to tailor flavors to your preference. Plus, cooking at home encourages the use of fresh, nutrient-dense ingredients like winter squash, kale, beans, and herbs—all of which support your well-being during the busy holiday months.

## Health Benefits of Holiday Soup

Holiday soup can be a powerhouse of nutrition. Here's why:

- **Rich in Vitamins and Minerals:** Seasonal vegetables like carrots, celery, and Brussels sprouts provide essential vitamins such as A, C, and K.
- **Hydration and Warmth:** Soups have high water content, helping you stay hydrated while also warming you up on chilly days.
- **Digestive Health:** Many holiday soups include fiber-rich ingredients like legumes and whole grains, promoting digestive comfort.
- **Immune Support:** Ingredients like garlic, ginger, and turmeric add an immune-boosting punch, perfect for the cold season.

# **Creating Your Own Holiday Soup Healthy Homemade Friend**

When crafting a holiday soup that feels like a homemade friend, the key is to blend familiar flavors with a healthy twist. Here are some approaches to inspire your next soup adventure.

## **Start with a Flavorful Base**

The foundation of any great soup is its broth. Opt for homemade vegetable or bone broth to maximize nutrients and flavor. Simmering bones with herbs or roasting vegetables beforehand can deepen the taste, creating a rich base that sets your soup apart from anything store-bought.

## **Incorporate Seasonal Vegetables and Herbs**

Using seasonal ingredients not only enhances flavor but also supports sustainable eating habits. Think roasted butternut squash, sweet potatoes, parsnips, or hearty greens like kale and Swiss chard. Fresh herbs such as rosemary, thyme, and sage bring festive aromas and additional health benefits.

## **Protein Power for Satiety**

A holiday soup that doubles as a hearty meal should include lean proteins. Consider adding shredded chicken, turkey, lentils, or chickpeas. These ingredients will keep you full longer and provide essential amino acids for muscle repair and immune function.

## **Healthy Fats for Flavor and Nutrition**

Don't shy away from adding healthy fats like olive oil or avocado oil. They enhance the mouthfeel of your soup and help your body absorb fat-soluble vitamins from vegetables.

## **Recipes to Inspire Your Holiday Soup Journey**

Here are two simple yet nourishing holiday soup recipes that embody the spirit of a healthy homemade friend.

# Roasted Butternut Squash and Apple Soup

## Ingredients:

- 1 medium butternut squash, peeled and cubed
- 2 apples, peeled and chopped
- 1 onion, diced
- 2 cloves garlic, minced
- 4 cups low-sodium vegetable broth
- 1 tsp fresh thyme
- 1 tbsp olive oil
- Salt and pepper to taste

## Instructions:

1. Preheat oven to 400°F (200°C). Toss squash and apples with olive oil, salt, and pepper. Roast for 25-30 minutes until tender.
2. In a large pot, sauté onion and garlic until translucent.
3. Add roasted squash, apples, broth, and thyme. Simmer for 20 minutes.
4. Blend the soup until smooth and adjust seasoning.
5. Serve warm, garnished with a sprinkle of fresh thyme or a dollop of Greek yogurt.

# Hearty Lentil and Kale Holiday Soup

## Ingredients:

- 1 cup green or brown lentils, rinsed
- 1 bunch kale, chopped
- 1 carrot, diced
- 1 celery stalk, diced

- 1 onion, diced
- 3 cloves garlic, minced
- 6 cups low-sodium vegetable broth
- 1 tsp smoked paprika
- 1 tbsp olive oil
- Salt and pepper to taste

#### Instructions:

1. Heat olive oil in a large pot. Sauté onion, garlic, carrot, and celery until softened.
2. Add lentils, broth, and smoked paprika. Bring to a boil, then reduce heat and simmer for 25 minutes.
3. Add chopped kale and cook for another 10 minutes until tender.
4. Season with salt and pepper and serve with crusty whole-grain bread.

## **Tips for Making Your Holiday Soup Experience Even Better**

### **Batch Cooking and Freezing**

Holiday soup is ideal for batch cooking. Prepare a large pot and freeze portions for quick meals during hectic days. This strategy not only saves time but also ensures you have a healthy, homemade option ready whenever you need it.

### **Personalize with Your Favorite Spices**

Don't hesitate to experiment with spices. A pinch of cinnamon or nutmeg in butternut squash soup can add warmth, while a dash of cumin or coriander can deepen the flavor of lentil soups. Tailoring spices allows you to make your soup uniquely yours.

## **Pairing Soup with Healthy Sides**

Enhance your holiday meal by pairing your soup with whole grain rolls, mixed green salads, or roasted vegetables. This balance ensures a well-rounded, nutrient-rich dining experience that satisfies both palate and nutrition needs.

## **Beyond the Bowl: The Social and Emotional Benefits**

Sharing a homemade holiday soup with friends and family goes beyond nutrition—it fosters connection. The act of preparing soup together or serving it at a gathering creates moments of joy, warmth, and gratitude. In many cultures, soup symbolizes comfort and hospitality, making it a perfect “friend” during the holiday season.

Whether you’re hosting a festive dinner or seeking a cozy meal for yourself, holiday soup as a healthy homemade friend brings together the best of taste, nutrition, and companionship. It’s a reminder that the simplest ingredients, when combined with care, can create something truly nourishing for body and soul.

## **Frequently Asked Questions**

### **What are some healthy homemade soup recipes to share with friends during the holidays?**

Healthy homemade holiday soups to share with friends include butternut squash soup, lentil and vegetable soup, and chicken vegetable soup. These recipes use fresh ingredients and are low in fat and calories, making them perfect for festive gatherings.

### **How can I make my holiday soup healthier while cooking for friends?**

To make holiday soup healthier, use low-sodium broth, add plenty of fresh vegetables, use lean proteins like chicken or turkey, and avoid heavy creams. Incorporate herbs and spices for flavor without added salt or fat.

### **What are the benefits of serving homemade soup during holiday gatherings with friends?**

Serving homemade soup during holidays is comforting, nutritious, and can be tailored to dietary needs. It’s a warm and inviting dish that promotes sharing and can be prepared in advance, making holiday hosting easier and healthier.

## Can I prepare healthy holiday soups ahead of time for friends' gatherings?

Yes, many healthy holiday soups can be made ahead and stored in the refrigerator or freezer. Soups like vegetable, lentil, or chicken soup often taste even better the next day as flavors meld, making them convenient for entertaining friends.

## What ingredients should I avoid to keep holiday soups healthy when cooking for friends?

Avoid heavy creams, excessive butter or oil, high-sodium broths, and processed meats to keep holiday soups healthy. Instead, opt for fresh vegetables, herbs, whole grains, and lean proteins to enhance nutrition and flavor.

## How can I make holiday soup appealing to friends who prefer healthy eating?

To appeal to health-conscious friends, focus on fresh, colorful vegetables, use herbs and spices for flavor, serve soups with whole-grain bread, and clearly label ingredients. Offering options like vegan or gluten-free soups can also accommodate different dietary preferences.

## Additional Resources

Holiday Soup Healthy Homemade Friend: A Nourishing Tradition for the Festive Season

**holiday soup healthy homemade friend**—this phrase encapsulates more than just a meal; it represents a comforting tradition that combines health, warmth, and companionship during the holiday season. As families and friends gather around the table, the appeal of a wholesome, homemade soup often becomes a centerpiece of festive dining. The intersection of health-conscious choices and the nostalgic charm of holiday cooking has elevated homemade soups to a beloved status, reaffirming their role as a “healthy homemade friend” that nourishes both body and spirit.

In recent years, the culinary landscape has witnessed a resurgent interest in soups as a go-to dish during the holidays. This trend corresponds with broader shifts toward mindful eating, where individuals prioritize nutrient-dense, homemade foods over processed alternatives. Holiday soups offer a unique avenue to incorporate seasonal vegetables, lean proteins, and comforting spices, creating meals that support wellness without sacrificing flavor or tradition.

## The Nutritional Edge of Holiday Soups

Holiday soups, when prepared at home with fresh ingredients, serve as an excellent vehicle for delivering essential nutrients. Unlike many ready-made or restaurant options, homemade soups allow for precise control over ingredients, sodium levels, and added preservatives. This control is crucial in maintaining the “healthy” aspect, especially in the context of holiday indulgences that often lean toward richer, calorically dense fare.

A typical holiday soup might include a variety of vegetables such as carrots, celery, kale, and squash, along with lean proteins like turkey or chicken. These components contribute to a high-fiber, vitamin-rich, and protein-balanced dish. For example, incorporating root vegetables enhances fiber intake, which aids digestion and satiety, essential for managing holiday overeating. Lean proteins assist in muscle repair and keep energy levels sustained during busy holiday activities.

Moreover, the warm broth base commonly used in holiday soups can be hydrating and soothing, especially in colder climates. Broth-based soups often have fewer calories than cream-based alternatives, making them suitable for those monitoring their caloric intake without compromising on portion size or satisfaction.

## **Homemade Versus Store-Bought: The Health Implications**

The choice between homemade and store-bought holiday soups is significant when considering health impacts. Commercial soups frequently contain high levels of sodium, artificial flavors, and preservatives designed to extend shelf life but potentially detract from nutritional value. According to a study published in the *Journal of Nutrition & Food Sciences*, many canned soups exceed recommended daily sodium limits in just one serving, posing risks for individuals with hypertension or cardiovascular concerns.

By contrast, a homemade holiday soup offers transparency of ingredients. Home cooks can adjust seasoning, avoid additives, and incorporate superfoods or nutrient boosters such as turmeric, ginger, or garlic. These ingredients not only enhance flavor but also bring anti-inflammatory and immune-supporting properties, highly beneficial during the winter months when colds and flu are prevalent.

## **Holiday Soup as a Cultural and Social Anchor**

Beyond its nutritional merits, holiday soup plays an integral role as a “homemade friend” — a dish that fosters connection and tradition. Many families hold recipes passed down through generations, each iteration telling a story of heritage and celebration. This cultural significance imbues holiday soup with emotional warmth, making it more than just sustenance.

Sharing soup at holiday gatherings encourages communal dining, a practice linked to improved mental health and social bonds. The act of preparing soup together can also serve as a participatory ritual, strengthening relationships among family members and friends. This social dimension elevates the humble holiday soup to a symbol of togetherness and care.

## **Varieties of Holiday Soups and Their Unique Benefits**

The diversity of holiday soup recipes reflects regional tastes, seasonal availability, and dietary preferences. Exploring different types of soups can reveal unique health benefits and culinary experiences.

- **Vegetable Minestrone:** A fiber-rich, tomato-based soup loaded with beans, pasta, and fresh vegetables. Minestrone offers a balance of macronutrients and antioxidants, supporting heart health and digestion.
- **Chicken and Wild Rice Soup:** Combining lean protein with whole grains, this soup is both filling and heart-healthy. The inclusion of herbs like thyme adds anti-inflammatory benefits.
- **Butternut Squash Soup:** High in beta-carotene and vitamins A and C, this creamy yet healthy soup supports immune function and skin health.
- **Lentil Soup:** Rich in plant-based protein and iron, lentil soup is ideal for vegetarians and those seeking to maintain energy levels during busy holiday seasons.

Each variety can be tailored to meet dietary restrictions, such as gluten-free, dairy-free, or low-sodium needs, making holiday soups versatile and inclusive.

## Practical Tips for Creating a Healthy Homemade Holiday Soup

Crafting a nutritious holiday soup requires thoughtful ingredient selection and preparation techniques. Here are some professional insights to maximize both health benefits and culinary appeal:

1. **Prioritize Fresh, Seasonal Ingredients:** Using locally sourced vegetables and herbs enhances nutrient density and flavor complexity.
2. **Limit Added Salt:** Experiment with herbs, spices, and citrus to boost taste without excessive sodium.
3. **Incorporate Lean Proteins:** Choose skinless poultry, legumes, or seafood to keep the dish light yet satisfying.
4. **Balance Textures:** Combine creamy purees with chunky vegetables or grains to create an engaging mouthfeel.
5. **Prepare Broth from Scratch:** Homemade broth reduces preservatives and controls fat content compared to store-bought alternatives.

Attention to these details ensures that the holiday soup remains a highlight of the festive table without undermining health goals.



# The Role of Holiday Soup in Weight Management and Wellness

In the context of holiday eating, which often involves calorie-rich desserts and heavy main courses, holiday soup can serve as a strategic “healthy homemade friend” to aid in weight management. Starting a meal with a broth-based soup has been shown in some studies to reduce overall calorie intake during the subsequent meal by promoting satiety.

Additionally, soups high in fiber and protein help regulate blood sugar levels and sustain energy, mitigating the common post-holiday slump. For individuals with specific health conditions, such as diabetes or cardiovascular disease, homemade holiday soups offer a customizable option that aligns with medical dietary guidelines.

The versatility of holiday soup also accommodates various wellness trends, including plant-based diets, paleo adaptations, and low-carb variations, reflecting its adaptability to modern nutritional science.

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As holiday traditions evolve, the role of a healthy homemade soup remains steadfast. It is more than a simple dish; it is a carefully crafted “friend” that supports health, fosters social connections, and honors cultural heritage. Whether simmered slowly on the stove or prepared in advance for convenience, holiday soup embodies the spirit of nourishment and togetherness that defines the festive season. Its enduring appeal lies in its ability to be both comforting and conscientious—perfectly suited to meet the demands of modern holiday celebrations.

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**holiday soup healthy homemade friend: Chicken Soup for the Soul: Christmas Is in the Air** Amy Newmark, 2020-10-13 Get into the holiday spirit with these 101 magical stories about the most wonderful time of the year! Prepare to be inspired by these tales of giving, gratitude, and kindness. You'll also pick up some creative ways to make your own holidays even more special, with new plans for family fun, gift ideas, and activities. These 101 true personal stories are filled with the cheer of the season. They'll leave you smiling and eager to share the joy of the holidays, from Thanksgiving to Hanukkah to Christmas and New Year's. We didn't forget the kids either. All the stories in this collection are “Santa safe,” meaning they keep the magic alive even for precocious

readers. And your purchase will support Toys for Tots as well, creating miracles for children all over the U.S. 25¢ per book sold will go to Toys for Tots.

**holiday soup healthy homemade friend: Make Vegetables Great Again** Whalen Book Works,, Zondervan,, 2020-10-06 Make Vegetables Great Again is the go-to cookbook for making kids (and kids at heart) love their veggies! Some kids say vegetables like it's the dirtiest word they've ever heard. (Heck, some parents feel the same way!) But it doesn't have to be like that! It's time to Make Vegetables Great Again! Inside this polished little hardcover cookbook you'll find: Over 100 recipes, variations, and tips and tricks for making every meal (secretly!) chock full of vegetables! Brilliant ideas for sneaking vegetables into kids' diets! Prep-ahead plans and other tricks for making mealtimes (and on-the-go mealtimes) super fun, fast, easy, and delicious! Beautiful food photography that will reel in even the pickiest eater! Fun facts on how to select luscious produce, plus ways to get the most flavor and nutrition out of your vegetables! Feeding a little person healthy, fresh, seasonal produce doesn't have to be difficult. Make Vegetables Great Again will win over even the stubbornest little eater. They'll be gobbling up that cauliflower in no time! Go on, get cooking--veg-filled breakfasts, fresh lunches, healthy snacks, and happy family dinners await!

**holiday soup healthy homemade friend: Healthy Meal Planning** Laura Anderson, AI, 2025-02-22 Healthy Meal Planning offers a practical guide for busy families seeking to create nutritious and delicious meals without sacrificing time. The book emphasizes the importance of understanding dietary guidelines and implementing time-efficient cooking techniques to foster healthy eating habits. It challenges the misconception that healthy meals are time-consuming by demonstrating how informed planning can make them convenient and budget-friendly. Discover ways to effectively plan your meals, shop for groceries, and reduce stress associated with daily cooking. The book begins with an introduction to essential nutritional concepts and dietary guidelines, setting the stage for informed food choices. Subsequent chapters explore meal planning techniques, including creating weekly menus and batch cooking strategies. You'll find quick and nutritious recipes suitable for busy weeknights, breakfasts, lunches, and snacks. The book culminates with long-term strategies for maintaining healthy eating habits, adapting meal plans to individual dietary needs and preferences. This book stands out by providing realistic solutions for busy households, empowering readers to take control of their family's nutrition. It offers a family-centered approach to meal planning and recipe studies, emphasizing evidence-based strategies for practical application in your daily life.

**holiday soup healthy homemade friend: The Sentimental Kitchen** Janet L. Gaebel, 2013-11-21 This cookbook was originally written as a Christmas gift for my daughter, Lindsey. I worked morning, noon, and night to gather a collection of recipes from my own kitchen as well as recipes from family and friends. These recipes were Lindseys favorites, those she would request time after time. The more people I talked to about their recipes, the more people would come to me because they heard I was looking for Lindseys favorites. What started out to be just a little booklet was turning into a full-fledged cooking encyclopedia! I gave Lindsey the small, unedited version for Christmas that year, with the understanding that I needed it back so that I could put together the other recipes I had collected. I continued working on my book, and what started out as a forty-page cookbook was now over one hundred pages. This book contains a conglomeration of recipes from friends, family, and even Lindsey, as well as from me and my fianc, Curt. We have all contributed our best-loved favorite recipes. No matter who contributed the recipes, they are all contributed with love. After all, that was the original intent of my gift to my daughter. Finally I give this gift to Lindsey with all my love.

**holiday soup healthy homemade friend: Chicken Soup for the Soul: The Spirit of Christmas** Amy Newmark, 2025-10-14 Get into the holiday spirit with these tales of Christmas, plus all the other holiday fun from Thanksgiving to New Year's! These 101 true personal stories are filled with the cheer of the season—from the true meaning of Christmas to holiday miracles, from Thanksgiving turkeys to New Year's Eve toasts, from the joy of children to family reunions, and from holiday mishaps to the perfect gifts. Share the love, fun, and wonder of the holidays with your family

and friends. What a great way to keep that Christmas spirit alive for many months to come! And your purchase will support Toys for Tots, creating miracles for children all over the U.S. Chicken Soup for the Soul books are 100% made in the USA and include stories from as diverse a group of writers as possible.

**holiday soup healthy homemade friend: A Second Chicken Soup for the Woman's Soul**

Jack Canfield, Mark Victor Hansen, 2012-09-18 This latest collection of stories celebrates the shared experiences of being a woman in 101 new ways. You will be moved by these true accounts of how women like you have embraced life's defining moments by finding love, dealing with loss, overcoming obstacles and achieving their dreams and goals. Like spending time with a trusted friend, A Second Chicken Soup for the Woman's Soul will put difficult times into perspective, renew your faith in yourself and make you aware of the miracles in your own life.

**holiday soup healthy homemade friend: Runner's World , 2002**

**holiday soup healthy homemade friend: Los Angeles Magazine , 2003-11** Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

**holiday soup healthy homemade friend: Love Food and Be Slim** Natasha Reddy,

2012-03-30 What does it really take to lose weight and feel great forever? Why is it that many diet and exercise regimes simply don't work? What are the secrets of the slim and fit? What's special about the way they think? What are the thoughts and actions that effortlessly propel you towards your ideal weight? How can anyone start to have a better body image immediately? And what if being trim and full of energy were simply about waking up to your own thoughts and strategies? If you want to befriend your appetite and then hone your shape with effective nutrition and exercise plans, read on. This book uses easy keys to unlock the way you think, change the way you eat and change your body and your life!

**holiday soup healthy homemade friend: Tropical Times , 2005**

**holiday soup healthy homemade friend: SOS! The Six O'Clock Scramble to the Rescue**

Aviva Goldfarb, 2005-09-23 Dinner with kids shouldn't be a battleground. And it shouldn't make a martyr out of the parent whose job it is to get it on the table fast, fresh and hot every day at 6 PM. Aviva Goldfarb's cheerful Scramble system takes the hassle and worry out of mealtime. Her users and readers rely on her grocery lists, weekly meal plans and recipes not just for the healthy dinners themselves but for taking the stress out of dinnertime. She wants families to actually enjoy their dinners together! Now, with SOS! The Six O'Clock Scramble to the Rescue, Goldfarb is taking an extra-of-the-moment stress away from meal planning for busy families: concern about the environment, about the cost of shipping out-of-season food halfway around the world, about packaging, about additives and preservatives. In SOS! The Six O'Clock Scramble to the Rescue, readers will get a full year of weekly meals that: --help readers eat seasonally without missing their favorite foods --move toward a slightly more vegetarian menu for health and a lighter environmental footprint --reveal when organic matters (and when it doesn't) --save money through easy, efficient planning, bulk buying, freezing and storing, and avoiding waste --pack the power of achievable ethnic meals, such as Easy Cheesy Tex Mex Scramble and Greek Pasta Salad --make grocery trips count

**holiday soup healthy homemade friend: Maangchi's Big Book of Korean Cooking** Maangchi,

Martha Rose Shulman, 2019 The definitive book on Korean cuisine by YouTube's Korean Julia Child and the author of Maangchi's Real Korean Cooking. --

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**Best Friend** Heviz's, 2015-12-03 Table of content\* Delicious Grilled Seafood\* Beer Batter Seafood\* Seafood on a Cracker (Appetizers)\* Oven Seafood Bake (Pesce Al Cartoccio)\* Baked Fish Fillets\*

Outrageously Good Broiled Shrimp!\* Baked Shrimp with Lemon Garlic Crumbs\* Chip's Grilled Bluefish\* Mojo Garlic-Orange Shrimp\* Salmon Patties\* Panko Encrusted Cod\* Baked Fish With Toasted Sesame Seeds\* Easy Baked Salmon in Honey Mustard Sauce\* Baked Salmon With Herbed Mayonnaise\* Shrimp Crescent Appetizers\* Oven Baked Fish\* Honey -Lime Marinade for Shrimp\* Shrimp and Cheddar Patties\* Pan-Grilled Salmon\* Super Healthy Tuna Burgers With Lemon Garlic Mayonnaise\* Shirley's Fried Scallops

**holiday soup healthy homemade friend:** **Ebony Man** , 1988-11

**holiday soup healthy homemade friend:** Journey for Health Theo Koufas, 1985

**holiday soup healthy homemade friend:** **Headcase** Stephanie Schroeder, Teresa Theophano, 2019 A provocative collection of texts and artwork by mental health consumers and providers alike, HEADCASE: LGBTQ Writers & Artists on Mental Health and Wellness breaks new ground in documenting issues in LGBTQ mental health care with superbly written and powerfully rendered personal and political stories and images.--Back cover.

**holiday soup healthy homemade friend:** **Chicken Soup for the Grandparent's Soul** Jack Canfield, Mark Victor Hansen, 2012-08-07 In this latest addition to the Chicken Soup family, children and grandchildren will relive memories of their parents and grandparents as they read stories of love, humor and wisdom.

**holiday soup healthy homemade friend:** *Indianapolis Monthly* , 2001-11 Indianapolis Monthly is the Circle City's essential chronicle and guide, an indispensable authority on what's new and what's news. Through coverage of politics, crime, dining, style, business, sports, and arts and entertainment, each issue offers compelling narrative stories and lively, urbane coverage of Indy's cultural landscape.

**holiday soup healthy homemade friend:** *Vegetarian Times* , 1988-12 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

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