FOOD & CULINARY

Low Calorie Soup Recipes Uk

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The Ultimate Guide to Low Calorie Soup Recipes UK

Soup has long been a staple of British comfort food. From a warming bowl of tomato soup on a rainy afternoon to a hearty broth after a winter walk, it is a meal that nourishes both body and soul. For those looking to manage their weight, eat more vegetables, or simply enjoy a lighter meal, **low calorie soup recipes UK**home cooks have perfected offer the ideal solution. Packed with flavour, seasonal produce, and satisfying textures, these soups prove that eating well does not mean sacrificing taste.

In this comprehensive guide, we explore why soups are such an effective tool for healthy eating, what ingredients work best for keeping calories low while maximising nutrition, and share five delicious recipes you can easily make in your own kitchen. Whether you are following a calorie-controlled plan or simply want to add more wholesome meals to your routine, these recipes will become firm favourites.

Why Low Calorie Soups Work So Well for Weight Management

Soups are naturally high in water content, which adds volume to your meal without adding calories. This means you can eat a generous portion and feel full without consuming excessive energy. Research consistently shows that starting a meal with a low calorie soup can reduce total calorie intake during that meal, making it a smart strategy for anyone aiming to lose or maintain weight.

Additionally, soups are an excellent way to increase your vegetable intake. Many of us struggle to eat the recommended five portions of fruit and vegetables per day, but a single bowl of homemade soup can easily provide two or three portions. By using seasonal UK vegetables such as leeks, carrots, parsnips, kale, and swede, you not only support local farmers but also benefit from produce at its nutritional peak.

Another advantage is how easily soups can be prepared in batches. A Sunday afternoon spent cooking a large pot of soup means you have ready-made lunches or dinners for the week ahead. This reduces the temptation to reach for processed, calorie-dense convenience foods when you are short on time or energy.

Key Ingredients for Low Calorie Soup Recipes UK

When creating low calorie soups, the ingredients you choose make all the difference. The following are staples you will find in many healthy UK kitchens:

- Stock or broth – Use homemade or shop-bought vegetable, chicken, or bone broth. Opt for low salt versions to control sodium intake.
- Seasonal vegetables – Root vegetables like carrots, parsnips, and celeriac are naturally sweet and filling. Leafy greens such as kale and spinach add nutrients with minimal calories.
- Legumes and pulses – Lentils, chickpeas, and beans add protein and fibre, helping you stay full for longer without needing cream or cheese.
- Herbs and spices – Fresh or dried herbs like thyme, rosemary, bay leaves, and parsley add depth of flavour. Spices such as cumin, turmeric, ginger, and smoked paprika bring warmth and complexity.
- Aromatics – Onions, garlic, leeks, and celery form the flavour base of many soups and are very low in calories.
- Healthy fats in moderation – A small amount of olive oil, rapeseed oil, or coconut oil for sautéing adds richness without excessive calories.

Avoid relying on cream, butter, or large amounts of cheese to add flavour. Instead, use a hand blender to create a creamy texture by blending a portion of the cooked vegetables. This technique works beautifully for soups like cauliflower, courgette, or butternut squash.

Five Delicious Low Calorie Soup Recipes UK Home Cooks Love

Below are five carefully crafted recipes. Each serves four people and contains under 250 calories per portion. They are simple to prepare and use ingredients easily found in UK supermarkets or grown in local gardens.

This is the soup that grandmothers across the UK have been making for generations. It is comforting, nourishing, and endlessly adaptable. Use whatever vegetables you have on hand, but the following combination is a classic.

Ingredients:

- 1 tablespoon olive oil
- 1 large onion, diced
- 2 garlic cloves, minced
- 2 celery sticks, sliced
- 3 carrots, diced
- 2 parsnips, diced
- 1 small swede, peeled and diced
- 1 leek, cleaned and sliced
- 1 litre low salt vegetable stock
- 2 bay leaves
- 1 teaspoon dried thyme
- Salt and black pepper to taste
- Handful of fresh parsley, chopped

Method:

1. Heat the olive oil in a large saucepan over a medium heat. Add the onion, garlic, celery, and leek. Sauté for 5 minutes until softened but not browned.
2. Add the carrots, parsnips, and swede. Stir for another 2 minutes.
3. Pour in the vegetable stock and add the bay leaves and thyme. Bring to a gentle boil, then reduce the heat to a simmer.
4. Cover and cook for 25–30 minutes, until all vegetables are tender.
5. Remove the bay leaves. Season with salt and pepper. Stir in the fresh parsley just before serving.

Calories per serving: Approximately 120 calories

This soup is a perfect example of how **low calorie soup recipes UK**families have enjoyed for decades can be both simple and satisfying. Serve with a slice of wholemeal bread for a more substantial meal.

Butternut squash is naturally sweet and creamy when blended, making it an ideal base for a low calorie soup. The addition of ginger and a hint of chilli gives it a warming kick, perfect for colder months.

Ingredients:

- 1 tablespoon coconut oil or rapeseed oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 thumb-sized piece of fresh ginger, peeled and grated
- 1 medium butternut squash, peeled, seeded, and cubed (about 800g prepared weight)

- 1 large carrot, chopped
- 1 litre low salt vegetable stock
- ½ teaspoon ground cumin
- ¼ teaspoon chilli flakes (optional)
- Salt and black pepper to taste
- Fresh coriander or parsley for garnish

Method:

1. Heat the oil in a large pot over medium heat. Add the onion and garlic and cook for 4–5 minutes until translucent.
2. Add the grated ginger, cumin, and chilli flakes (if using). Stir for 1 minute until fragrant.
3. Add the cubed butternut squash and carrot. Pour in the vegetable stock.
4. Bring to a boil, then reduce heat and simmer for 20–25 minutes until the squash is very tender.
5. Remove from heat. Use a hand blender to blitz the soup until completely smooth. Alternatively, transfer in batches to a blender.
6. Season with salt and pepper. Serve hot, garnished with fresh coriander or parsley.

Calories per serving: Approximately 160 calories

This soup is rich in vitamin A and fibre. The ginger adds a digestive boost, making it a wonderful light lunch or starter. For added protein, stir through a can of drained chickpeas before blending.

Many people assume that a low calorie soup cannot be hearty, but this recipe proves otherwise. Lentils provide protein and fibre, while a small amount of bacon adds a smoky depth without excess fat.

Ingredients:

- 1 teaspoon olive oil
- 2 rashers smoked back bacon, fat trimmed and chopped finely
- 1 onion, diced
- 2 garlic cloves, minced
- 2 carrots, diced
- 2 celery sticks, sliced
- 150g red lentils, rinsed
- 1 litre low salt chicken or vegetable stock
- 1 teaspoon smoked paprika
- 1 bay leaf
- Salt and black pepper to taste
- Squeeze of lemon juice

Method:

1. Heat the olive oil in a large saucepan over medium heat. Add the chopped bacon and cook for 3–4 minutes until crisp. Remove a small amount for garnish if desired.
2. Add the onion, garlic, carrots, and celery to the pan. Sauté for 5–6 minutes until softened.
3. Stir in the smoked paprika and cook for 1 minute.
4. Add the rinsed lentils, stock, and bay leaf. Bring to a boil, then reduce heat and simmer for 20 minutes, stirring occasionally, until the lentils are soft and breaking down.
5. Remove the bay leaf. Season with salt, pepper, and a squeeze of lemon juice. Serve hot, garnished with the reserved crispy bacon if using.

Calories per serving: Approximately 210 calories

This is one of those **low calorie soup recipes UK**home cooks turn to when they want something truly filling. The lentils thicken the soup naturally, so no cream or flour is needed. It is a complete meal in a bowl.

Cauliflower is a wonderfully versatile vegetable that becomes silky smooth when blended. Paired with gentle leeks, this soup tastes indulgent but is very low in calories.

Ingredients:

- 1 tablespoon olive oil or butter
- 2 leeks, trimmed, cleaned, and sliced (white and light green parts only)
- 2 garlic cloves, minced
- 1 medium cauliflower, broken into florets (about 600g)
- 1 medium potato, peeled and diced (optional for extra creaminess)
- 800ml low salt vegetable stock
- 200ml semi-skimmed milk or unsweetened almond milk
- Salt and white pepper to taste
- Fresh chives or parsley for garnish

Method:

1. Heat the oil or butter in a large saucepan over a medium low heat. Add the sliced leeks and garlic. Cook gently for 6–8 minutes until the leeks are soft and sweet, without browning.
2. Add the cauliflower florets and potato if using. Pour in the vegetable stock.
3. Bring to a boil, then reduce heat and simmer for 15–18 minutes until the cauliflower is very tender.
4. Remove from heat. Add the milk. Use a hand blender to blend until completely smooth and creamy.
5. Season with salt and white pepper. Serve hot, garnished with fresh chives or parsley.

Calories per serving: Approximately 140 calories

The potato adds natural creaminess without the need for actual cream. If you want an even lighter version, omit the potato and use only cauliflower. This soup is also delicious served chilled in warmer weather.

Tomato soup is a beloved classic, but many shop-bought versions are loaded with sugar and additives. This homemade version is naturally sweetened with carrot and red pepper, making it both nutritious and low in calories.

Ingredients:

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