

10 Ways to Flavor Soup without Adding Salt

1. **Liquid Base of the soup is made (at least partially) from vegetable juices, not water.** For example: carrot juice + celery juice or tomato juice + celery juice. Buy organic in glass jars when possible.
2. **Juice your own fresh liquid base.** It will make a huge difference, trust me! Carrots, celery, etc. Freshly juiced is much more flavorful and has a lot of great natural sodium.
3. **Blend veggies with the base for added flavor and thickening.** Water saute leeks, onion, garlic, and/or zucchini first, with veggie broth or some of the freshly made/store-bought veggie juice. Then blend and add back to soup before simmering the rest of the soup.
4. **Make the soup creamy.** After the soup is finished, add some of the liquid of the soup (1-2 cups) to the blender and combine raw, unroasted nuts such as cashews (or use cashew butter), pine nuts, or hemp seeds, etc, to a smooth consistency and add back to the soup and mix together.
5. **Make it cheesy flavored.** Add a generous amount of [unfortified nutritional yeast](#) to the whole soup, or to each individual portion for a cheesy flavor. This goes great with #4, creaminess.
6. **Make sweet and sour flavor.** Blend in dried fruits such as prunes, apricots, raisins using the same method as #4, to create a sweet and sour flavor.
7. **Add spices and herbs, fresh or dried.** Use as much as you like, and keep in mind: more is not necessarily better. The rule of thumb I use is: spice/herb mixes can be used with abandon. Single spices/herbs should be used sparingly. (Some great flavors are: any Mrs. Dash flavors, garlic/onion powders, [sun-dried tomatoes](#), [VegeBase](#), cumin/curry/garam masala). Beware of Spike or Bensons spices, as they have questionable ingredients that are probably MSG derivatives.
8. **Add tasty veggies to the soup for pops of flavor.** To give salty, savory, sweet or other flavors. I love celery, onion, garlic, sweet potato, kale, tomatoes, peas, corn, carrots, etc. These make great accents of flavor in almost any soup. **8b. Use higher ratio of vegetables to broth.**
9. **“Finish” the soup.** Make the soup and adjust the final flavoring with each serving when you eat. Add ingredients like lemon juice, vinegar, nutritional yeast, mustard, extra spices, pepper, curry, cayenne pepper, etc. My favorite combination is blended cashews or cashew butter plus lemon, mustard and nutritional yeast!
10. **Eat the soup with another dish.** This will keep your tastebuds guessing during the meal. Try pouring hot, stew-like soup over a large bowl of greens like arugula, spinach and/or romaine and use it as a salad dressing. Steam a bowl of veggies and use the soup as a dip. Or alternate bites of salad and then soup to create layers of flavor in each meal.

More Tips to Keep in Mind About Nutritarian Soups:

If you're not used to Nutritarian soups and find them bland at first, follow the above tips and just grit your teeth to get through it...because your tastebuds WILL adjust over time and you will appreciate the flavors soon enough. If you find you don't like a soup at first, don't throw it away. Freeze it and come back to it in month or two. It can take several tries (15+!) before you like something and it can take several weeks before your taste buds adjust to low-salt and natural plant food flavors. Each plant food has it's own wonderful flavor and it is worth it to put in the work of getting used to more flavors than just oil, salt and sugar.

FRIDGE CHEAT-SHEET

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1. Liquid base of the soup is made (at least partially) from vegetable juices, not water.
2. Juice your own fresh liquid base (carrot, celery or tomato).
3. Blend veggies with the base for added flavor and thickening (leek, zucchini, etc).
4. Make the soup creamy with cashews, hemp seeds, or pine nuts.
5. Make it cheesy flavored with nutritional yeast.
6. Make sweet and sour flavor with blended dried prunes, apricots or raisins.
7. Add spices and herbs, fresh or dried. (Mrs Dash, curry, VegeBase, etc)
8. Add tasty veggies to the soup for pops of flavor (corn, peas, sweet potato, onion, etc).
8b. Use higher ratio of vegetables to broth.
9. "Finish" the soup with lemon juice, vinegar, nutritional yeast, mustard, extra spices, pepper, curry, cayenne pepper, etc.
10. Eat the soup with another dish (on top of salad, as a dip for steamed veggies, etc) .

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