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**Simmer Season**

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By

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Our family absolutely loves soup! There's just something soothing about creating a comforting meal from scratch and letting it simmer on the stove for hours. Now that I'm working from home, my lunch hour is the perfect time to try new soup recipes-- throw it altogether in the pot at noon and it's ready to enjoy by dinner. Another perk of soups? It's the easiest way to combine a bunch of nutritious ingredients into one filling meal. Here are a few I am looking forward to trying!



### [Slow-Cooker Carrot, Butternut Squash & Fennel Soup](#)

This slow-cooker soup combines the deliciously sweet notes of butternut squash with savory fall spices. It cooks low and slow throughout the day so you can bask in the mouth-watering aromas even while you work through the afternoon ?. I have a feeling this simple yet flavorful recipe will quickly become a staple on our fall menu!



### [Guilt-Free Creamy Potato Soup](#)

Creamy potato soup...it's like a warm hug on a cold day! This version of the classic potato soup combines both russet potatoes and a head of cauliflower to make this fan favorite even more nutritious without the post-meal slump the classic version can sometimes do. Top it off with cheddar cheese or crispy bacon and there you have it- all the best flavors of a traditional potato soup with less guilt!



### [Ocean Mist Farms Vegetable Bisque](#)

When you need a break from the heavy holiday foods, look no further than our nourishing Vegetable Bisque! Filled with leeks, fennel, cauliflower and baby spinach, this veggie-loaded pot of goodness is chock-full of vitamins and nutrients. There's no doubt this one will be on my list to make the day after Thanksgiving! ?

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