



Cold soup season is here. Are you ready?

Soup shouldn't stop just because summer is upon us. It's time to get creative with cold soups! Think beyond gazpacho: there is a whole world of cold soups, blended or chunky, that are as nourishing as they are refreshing.

Cold soups are built almost entirely from water-rich vegetables, fruits, legumes, and herbs, which means they deliver fiber, vitamins, minerals, and phytonutrients in a form that is easy to eat and easy to digest. A bowl before a meal is one of the simplest ways to front-load nutrition, curb appetite, and avoid hitting the main course ravenous. This is the volumetrics principle at work: foods with high water content fill you up fast, and cold soup gives you a bowl of something flavorful and nutritious that you actually want to eat in July.

The vegetables, legumes, and herbs that go into most cold soups are among the most nutrient-dense foods you can eat, and consuming them raw or minimally cooked preserves more of those compounds than longer cooking methods do. Those compounds, including flavonoids, carotenoids, polyphenols, and sulfur-containing phytonutrients from alliums like garlic and onion, are associated with reduced inflammation, stronger immune defenses, better blood sugar regulation, and lower cardiovascular risk.

Most cold soups require little to no cooking. Some start with a quick roast or simmer, and others are 100% raw.

Here are some cold soups to try. If they sound good to you, do a web search to find a recipe with a high rating and give it a go!

Gazpacho (Spanish): raw tomatoes, cucumber, bell pepper, garlic, olive oil, and sherry vinegar, blended until smooth. The purest expression of summer vegetables in a bowl.

Salmorejo (Spanish): a thicker cousin of gazpacho, made with bread, tomatoes, garlic, and olive oil. Richer and more filling, traditionally topped with hard-boiled egg, easily adapted to plant-based.

Ajo blanco (Spanish): blanched almonds, bread, garlic, olive oil, and sherry vinegar blended until silky. Unusual, subtle, and worth trying.

Chilled cucumber yogurt soup (Middle Eastern): cucumber, yogurt or plant-based yogurt, garlic, fresh mint, and dill. Cooling, tangy, and ready in minutes with no cooking required.

Vichyssoise (French): chilled leek and potato soup, silky and mild, traditionally made with cream but equally good with oat or cashew milk.

Chilled roasted red pepper soup (Spanish-inspired): roasted red peppers blended with tomato, garlic, smoked paprika, and a touch of vinegar. Deep, smoky, and one of the most satisfying cold soups you can make.

Chilled avocado soup (Mexican): avocado, cucumber, lime, cilantro, and vegetable broth blended until silky. Rich in healthy fats and substantial enough to stand alone as a light meal.

Chilled beet soup (Eastern European): roasted or boiled beets blended with yogurt, lemon, and fresh dill. Stunning color, earthy and tangy, and loaded with nitrates that support cardiovascular health and energy.

Chilled coconut and lemongrass soup (Thai-inspired): coconut milk, lemongrass, galangal or ginger, lime, and fresh herbs, served cold. Aromatic, creamy, and completely unlike anything else on this list.

Chilled Roasted Red Pepper Soup



Roasting concentrates the natural sweetness of the peppers and adds a smokiness that raw peppers simply cannot deliver. This works as a light meal on its own or as a starter, and it keeps well in the fridge for several days.

Ingredients (serves 4):

- 4 large red bell peppers
- 2 medium tomatoes, roughly chopped
- 2 cloves garlic, unpeeled
- 3 tablespoons olive oil, divided
- 1 teaspoon smoked paprika
- 1 tablespoon sherry vinegar or red wine vinegar
- ½ cup plain Greek yogurt or plant-based yogurt, plus more for serving
- ½ cup vegetable broth, plus more to thin
- Salt and black pepper to taste
- To finish: Fresh basil or parsley
- A drizzle of good olive oil
- Toasted pine nuts or slivered almonds, *optional*

Instructions:

1. Preheat the oven to 425°F. Place the peppers, tomatoes, and garlic on a sheet pan. Drizzle with 2 tablespoons of olive oil and roast for 30 to 35 minutes, turning the peppers once, until the skins are charred and blistered. Transfer the peppers to a bowl, cover, and let steam for 10 minutes. Peel off the skins and remove the seeds. Squeeze the garlic from its skins.
2. Transfer the peppers, tomatoes, garlic, smoked paprika, vinegar, yogurt, broth, remaining olive oil, salt, and pepper to a blender and blend until very smooth. Taste and adjust for salt, acidity, and smokiness. Add more broth to reach your preferred consistency.
3. Refrigerate for at least 2 hours before serving. Serve cold, topped with a spoonful of yogurt, fresh herbs, a drizzle of olive oil, and toasted nuts if using.

Note: This soup gets better overnight as the flavors settle. It keeps refrigerated for up to 4 days.