

Sustainable Slurping: Experts Name the Best Eco-Soups

The ultimate cold-weather food comes in varieties that'll get you warm without steaming up the planet. **SierraClub.org** asked soup experts to recommend their favorites.



CHRISTIANNE KLEIN, a former ABC News anchor, now appears on cooking shows such as [Emeril Green](#). Her first cookbook is [Christianne's Herbal Kitchen: Fresh Herb Recipes for Body and Soul](#).

"For a fantastic soup, I turn to **TRADER JOE's Organic Butternut Squash Soup**. It's gluten-free, fat-free, low sodium, and still packs a flavor punch.

It's the perfect well-rounded dish: creamy and light, savory, and a touch sweet. You can serve it right out of the container or dress it up for a dinner party: Top it with pan-crisped fresh sage, a dash of herb-infused oil, or a dollop of herbed sour cream."

\$2.79 for 32 ounces



TODD ENGLISH started more than a dozen restaurants, including NYC's [Plaza Food Hall](#). He hosts the PBS show [Food Trip With Todd English](#) and has written three cookbooks. (For one of his soup recipes, [click here](#).)

"A staple in my pantry is always a good **organic free-range-chicken broth**, because it's the perfect base for so many of my organically driven soups. One

of my favorites is from **PACIFIC NATURAL FOODS**. It's low in sodium, which is important because you always want to be able to control the salt. And it comes in recyclable [Tetra Paks](#) as well." *\$3.39 for 32 ounces*



YVETTE GARFIELD created [Handstand Kids](#), a globally minded cookbook company for children. Each of her books features a soup recipe from a different country, including *albondigas* soup from Mexico, minestrone from Italy, and wonton soup from China.

"**The Tortilla Soup With Baked Chips from DR. McDOUGALL'S RIGHT FOODS** has a fresh, spicy corn-and-tomato flavor with tortilla

pieces that provide a great crunch. The hearty brown rice and pinto beans make it seem homemade. The packaging is made from biodegradable paper, none of the ingredients are genetically modified, and the brand never uses animal products." *\$1.59 for 2*

ounces of dry soup mix



IAN RITCHIE is the "chief soup operator" at [SoupBycycle](#), a Louisville, Kentucky, "soupscription" service that combines his loves of cooking and cycling. Each week, he delivers vegan, vegetarian, and meaty offerings to his clients via bicycle.

"I am a big fan of **AMY'S KITCHEN** organic soups, with the deliciously rich and hearty **Indian Dal Curried Lentil** topping my list. Its robust, earthy flavor reminds me of my favorite local Indian spot. Add a scoop of quinoa and one can turns into a quick dinner for two. Amy's commitment to organic and whole-food ingredients inspires me as a soup maker and gives me the warm fuzzies." *\$3.39 for 14.5 ounces*





NAVA ATLAS is the author of [Vegan Soups and Hearty Stews for All Seasons](#), as well as eight other vegetarian cookbooks. Her site, [Veg Kitchen](#), lists hundreds of easy, seasonal recipes, including a slew of

soups.

"I have a penchant for making vegan soups from scratch, but I do indulge in one or two culinary subterfuges to add flavor to a soup's base. A box of

Vegan Vegetable Bouillon cubes from RAPUNZEL is always in my pantry. They come in three varieties, all organic and kosher, and infuse soups with a symphony of subtle herbal notes. It's an economical way to add extra flavor to soup." *About \$3 for a box of eight*



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