



Cold Soup Summer Recipe Collection

Refreshing Recipes for Health and Enjoyment

A close-up photograph of a white ceramic bowl filled with a light-colored cold soup. The soup is garnished with various fresh ingredients, including sliced cucumbers, red radishes, and green herbs like dill and chives. The bowl is set against a light, neutral background.

Immerse yourself in the refreshing flavors of summer with our exclusive collection of cold soups.

As temperatures soar, these dishes serve as perfect culinary retreats, designed to rejuvenate and nourish with every spoonful.

From crisp cucumbers to sweet mangoes, these soups ensure a delightful eating experience with minimal effort. Ideal for any occasion, they offer a stylish and simple way to enjoy the season's best and keep cool in the summer heat.

1. Chilled Avocado and Cucumber Soup

Ingredients:

- 2 ripe avocados, peeled and pitted
- 1 large cucumber, peeled and chopped
- 1 cup Greek yogurt
- 2 cloves garlic, minced
- 1 tablespoon lime juice
- Salt and pepper, to taste
- Chili flakes, for garnish

Instructions:

1. In a blender, combine avocados, cucumber, Greek yogurt, garlic, and lime juice.
2. Blend until smooth.
3. Season with salt and pepper.
4. Chill in the refrigerator for at least one hour.
5. Serve cold, garnished with cucumber slices and a sprinkle of chili flakes.



2. Watermelon Gazpacho

Ingredients:

- 4 cups diced watermelon
- 1 medium tomato, diced
- 1 red bell pepper, diced
- 1 cucumber, peeled and diced
- 1 small jalapeño, seeded and minced
- 2 tablespoons minced fresh mint or basil
- 2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- Salt, to taste

Instructions:

1. In a blender, combine watermelon, tomato, bell pepper, cucumber, and jalapeño.
2. Blend until smooth.
3. Stir in mint or basil, vinegar, and olive oil.
4. Season with salt.
5. Chill for at least two hours before serving.

3. Cold Beet and Coconut Soup

Ingredients:

- 4 medium beets, roasted and peeled
- 1 can (14 oz) coconut milk
- 2 cups vegetable broth
- 1 tablespoon grated ginger
- 1 tablespoon lemon juice
- 1 teaspoon honey
- Salt, to taste

Instructions:

1. In a blender, combine beets, coconut milk, broth, ginger, lemon juice, and honey.
2. Blend until smooth.
3. Season with salt.
4. Chill thoroughly before serving.



4. Green Pea and Mint Soup

Ingredients:

- 3 cups green peas (fresh or frozen)
- 1/4 cup fresh mint leaves
- 3 cups vegetable broth
- 1/2 cup sour cream or yogurt
- Salt and pepper, to taste

Instructions:

1. In a saucepan, bring the peas and vegetable broth to a boil.
2. Reduce heat and simmer for 10 minutes.
3. Add mint and blend the mixture until smooth.
4. Season with salt and pepper.
5. Chill in the refrigerator.
6. Serve cold with a dollop of sour cream or yogurt.

5. Carrot and Orange Soup

Ingredients:

- 6 large carrots, peeled and sliced
- 2 cups fresh orange juice
- 1 tablespoon grated ginger
- 1/2 cup cream
- Salt, to taste

Instructions:

1. Steam the carrots until tender.
2. In a blender, combine the steamed carrots, orange juice, and ginger.
3. Blend until smooth.
4. Stir in cream and season with salt.
5. Chill well before serving.



6. Spicy Tomato and Almond Soup

Ingredients:

- 4 large tomatoes, chopped
- 1/2 cup roasted almonds
- 1 small piece stale bread, soaked in vinegar
- 2 cloves garlic
- 1 teaspoon cayenne pepper
- 1/4 cup olive oil
- Salt, to taste

Instructions:

1. In a blender, combine tomatoes, almonds, bread, garlic, and cayenne.
2. Blend until smooth.
3. While blending, gradually add olive oil.
4. Season with salt.
5. Chill for at least two hours before serving, garnished with slivered almonds.

7. Lemon Sorrel Soup

Ingredients:

- 2 cups sorrel leaves, chopped
- 1 large potato, peeled and diced
- 1 onion, chopped
- 4 cups vegetable broth
- Zest and juice of 1 lemon
- Salt and pepper, to taste

Instructions:

1. In a pot, combine sorrel, potato, onion, and broth.
2. Bring to a boil, then simmer until vegetables are tender.
3. Blend the soup until smooth.
4. Stir in lemon zest and juice.
5. Season with salt and pepper.
6. Chill thoroughly before serving.



Here are Bonus Recipes for You...

1. Chilled Mango and Cucumber Soup

Ingredients:

- 2 ripe mangoes, peeled and diced
- 1 large cucumber, peeled and diced
- 1 small red bell pepper, diced
- 1 jalapeño, seeded and minced (optional for heat)
- Juice of 2 limes
- 1 tablespoon honey (optional)
- 1 cup coconut water
- Fresh mint leaves, for garnish
- Salt, to taste

Instructions:

1. In a blender, combine mangoes, cucumber, red bell pepper, jalapeño (if using), lime juice, honey (if using), and coconut water.
2. Blend until smooth. If the soup is too thick, add a little more coconut water until you reach the desired consistency.
3. Season with salt to taste.
4. Chill in the refrigerator for at least an hour.
5. Serve cold, garnished with fresh mint leaves.



2. Cold Spanish Green Tomato Soup

Ingredients:

- 2 pounds green tomatoes, chopped
- 1 cucumber, peeled and chopped
- 1 green bell pepper, chopped
- 1 small white onion, chopped
- 1 clove garlic, minced
- 1/4 cup white wine vinegar
- 1/4 cup extra virgin olive oil
- 2 cups chilled vegetable broth
- Salt and freshly ground black pepper, to taste
- Thinly sliced green onions, for garnish

Instructions:

1. In a blender or food processor, combine the green tomatoes, cucumber, bell pepper, onion, garlic, vinegar, and half of the olive oil.
2. Blend until the mixture is smooth.
3. Add the chilled vegetable broth and continue to blend. Adjust the consistency by adding more broth if needed.
4. Season with salt and pepper.
5. Chill the soup for at least 2 hours before serving.
6. Drizzle with the remaining olive oil and garnish with sliced green onions when serving.





We hope these recipes bring a refreshing touch to your meals and help you enjoy a healthier, lighter summer. Remember, each soup can be customized to your taste and dietary needs. Enjoy the flavors of summer, stay cool, and nourish your body and soul with every delightful bowl!