

Fun Fact of the Week

Cozy Up with These Healthy and Delicious Canned Soups for Fall*

By Danielle St. Pierre

If you're craving a hot bowl of soup but pinched for meal-prep time, canned soup is here to save the day. While nothing truly compares to a bowl of homemade chicken noodle soup, canned soups can provide the same comfort and delicious taste in a fraction of the time.

PSA: Canned soups can often be loaded with sneaky amounts of sodium, cholesterol, or fat, so it's important to be vigilant when reading those ingredient labels before buying. Luckily, we've done that part for you to help narrow down your search for only the healthiest canned soups for fall, plus a few classics. Soup's on!



NEW FLAVOR ALERT

Campbell's *Well Yes!* Cauliflower & Roasted Potato Sipping Soup

Part of Campbell's line of *Well Yes!* soups with clean ingredient and no added sugars, this new cauliflower and roasted potato sipping soup is one of our new favorite flavors for fall. Much easier to sip straight from the container instead of cracking open a can, this is a delicious, healthy, and convenient meal choice.



Daily-Harvest.com

You may have seen health-food brand Daily Harvest's line of frozen single-serving smoothies or harvest bowls trending on social media, but we think their soups are the highlight of the brand. Simply add water or broth to the fill line, microwave for 5 minutes, and dig into your low-calorie, superfood-filled feast in a cup. We love their Lentil + Mesquite Soup (featured), which is packed with sweet potatoes, kale, purple corn, and a savory touch of cacao. Daily Harvest's weekly or monthly delivery plans make it super easy to build your own customizable soup cleanse or detox diet.



Campbell's Condensed Chicken Noodle Soup

Whether you're feeling homesick or a bit under the weather, chicken noodle soup (albeit a bit high in sodium) is a classic and comforting cold-weather go-to staple. This original beloved recipe from Campbell's is Amazon's top-selling canned soup for good reason — it's good for the soul!



Health Valley Organic Minestrone Canned Soup

If you're watching your sodium intake, this no-salt-added organic minestrone soup from Health Valley will be your new best friend this season. Loaded with organic veggies like chunky carrots, celery, and peas, this minestrone is made in a yummy tomato broth with just a touch of lemon juice for balanced acidity.



Amy's Chunky Vegetable Organic Soup

Certified organic, free of cholesterol and MSG, and loaded with wholesome chunks of fresh, tender veggies, there's a lot to love about this Chunky Vegetable canned soup from Amy's. We love serving this hearty soup alongside crusty bread on a chilly night.



Dr. McDougall's Right Foods Organic Split Pea Soup

This split pea soup from Dr. McDougall's Right Foods is gluten-free, vegan, and much lower in sodium than most packaged or canned soups. It's made with all-organic ingredients, including split peas, veggies, and a good amount of garlic in a savory spiced broth. At less than 300 milligrams of sodium per serving, this is a healthy soup you won't feel guilty about eating for a quick and comforting meal.



Campbell's Chunky Healthy Request Savory Vegetables Soup

Campbell's might not be a brand you think of when you want to start eating healthier, but their Healthy Request line might make you reconsider. This canned veggie soup is actually both low in cholesterol and an excellent source of vitamin A. Bonus: The can has an easy-to-open pull-tab for ultimate convenience!



Progresso Organic Minestrone Soup

We're all about Progresso's new line of organic and non-GMO soups made without artificial flavors, colors, or preservatives. At 90 calories per serving, this minestrone soup is low-fat, low-calorie, and packed with heart-healthy kidney beans and veggies in a flavorful tomato broth.



Campbell's Well Yes! Italian Vegetable with Farro Soup

Campbell's Well Yes! line of better-for-you soups are canned using a non-BPA lining, and they're chock-full of carefully chosen heart-healthy ingredients. We love the inclusion of whole-grain farro, protein-packed Great Northern beans, and flavorful fennel in this tasty Italian veggie soup.



Amy's Organic Light-in-Sodium Lentil Vegetable

These BPA-free cans are packed full of fiber (8 grams!) from the lentils and vegetables. The ingredients aren't mushy like many canned soups, and each can has 50% less sodium than typical soups.



Pacific Foods Organic Creamy Tomato Soup

OK, this soup is not *technically* in a can, but it *is* really delicious. When you hear the word "creamy," you may gravitate toward chowders, but this tomato-based soup uses low-fat milk as its dairy option to keep calories and fat lower. Plus, it's gluten-free.



[*https://www.bestproducts.com/eats/food/g645/healthy-canned-soup/](https://www.bestproducts.com/eats/food/g645/healthy-canned-soup/)