Try These Delicious Fall Soups for COPD

by DONNA SCHWONTKOWSKI

Ward Off Colds With These Soups for COPD

During the fall and winter months, the very last thing you need when you have chronic obstructive pulmonary disease (COPD) is another cold or flu that could progress to pneumonia, a dangerous complication of COPD, and a stay in the hospital.

There are many ways to boost the immune system, and eating soup is one of the most overlooked methods. Making one pot of soup for the entire week is definitely something you or your caregiver can handle.

Really, all that is required is slicing up some vegetables and throwing them into to the soup pot with some meat. The soup cooks itself on your burner, and often, it doesn't even need much stirring.

One pot of soup is more than enough medicinal goodness for you for the entire week. But what types of soups should you consider? Here are a few recipes for soups for COPD to help get you started.

Homemade Tomato Soup

Ingredients:

- 5 pounds tomatoes
- 4 ribs celery, sliced
- 1?2 yellow onion, sliced
- 1?4 cup olive oil
- 1?4 teaspoon basil
- 1?4 teaspoon oregano
- Salt and pepper to taste
- 2 quarts water

Directions:

1. Wash, core and slice tomatoes.
2. Saute the celery and onion in a medium sized pan with olive oil until the onion is translucent.
3. In a large soup pot, add the tomatoes, sauteed veggies and herbs.
4. Add the water and add salt and pepper to taste.
5. Cook on low heat, covered, for one hour.

Next page: two more delicious soup recipes.

Homemade Onion Soup

The old recipes for onion soup have it all wrong — you need more onions in onion soup.

Ingredients:

- 5 pounds onions of your choice, sliced
- 1 clove garlic, diced
- 2 tablespoons olive oil
- 2 1/2 quarts water
- Beef broth
- Salt and pepper to taste

Directions:

1. Saute onions and garlic in the olive oil. Add beef broth.
2. Add sauteed mixture to soup pot.
3. Add water.
4. Cook on low, simmering for 30 minutes. Salt and pepper to taste.

Homemade Chicken Rice Vegetable Soup

Ingredients:

- 3 pounds diced, cooked chicken thighs
- 2 tablespoons olive or coconut oil
- 1 red pepper, diced
- 1 green pepper, diced
- 2 parsnips, sliced
- 6 carrots, sliced
- 4 ribs celery, diced
- 1 bunch green onions, diced
- 1 red sweet onion, diced
- 1?2 bunch fresh parsley, diced
- 2 cloves garlic, diced
- 3 1/2 quarts water
- 1 cup rice
- Salt and pepper

Directions:

1. Saute the diced chicken for three minutes only in half the amount of olive oil to sear it.
2. Add the chicken to the soup pot.
3. Saute the onions and celery in the remaining oil until translucent, then add to the soup pot.
4. Add the garlic, bell peppers, parsnips, carrots, parsley and leeks, then add the water. Salt and pepper it.
5. Add the rice.

Cover the soup pot and simmer on low for an hour.