



Best Herbs to Add to Soup

-  **PARSLEY** – Fresh, bright flavor; rich in vitamins A, C, and K.
-  **THYME** – Earthy flavor; pairs well with chicken and vegetables.
-  **ROSEMARY** – Robust flavor; excellent in beef and potato soups.
-  **SAGE** – Warm and savory; complements turkey, sausage, and squash.
-  **OREGANO** – Great for tomato-based and Italian soups.
-  **BASIL** – Sweet, fresh flavor for tomato and vegetable soups.
-  **DILL** – Perfect in potato, seafood, and creamy soups.
-  **BAY LEAF** – Adds depth to long-simmered soups and stews.
-  **GINGER** – Bright, warming flavor for chicken, vegetable, and Asian-inspired soups.
-  **TURMERIC** – Adds golden color and earthy flavor; pairs well with black pepper.



Cheryl's Herbal Soup Tip

For the richest flavor, add hardy herbs like rosemary, thyme, sage, and bay leaves early in the cooking process. Stir in delicate herbs such as parsley, dill, basil, or cilantro during the last few minutes of cooking to preserve their fresh flavor, color, and nutrients.

A bowl of homemade herbal soup combines nourishing broth, vegetables, lean proteins, and flavorful herbs into a comforting meal that's easy to customize for every season.



Scan for
more herbal
recipes & tips!

DOWNLOAD THIS PAGE

www.EverythingHerbalbyCherylJabz.com

Print • Save • Share

