

🍲 A look at soup's origins—and comforting, oil- and dairy-free favorite to try. 📧 Forwarded this newsletter? Subscribe and get future recipes straight to your inbox.

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Celebrating Comfort in a Bowl on February 4th!

Hi ,

National Homemade Soup Day is a tribute to the art of homemade soup-making—a culinary practice that is as nourishing for the soul as it is for the body. From hearty chowders to light broths, homemade soups symbolize comfort, warmth, and the simple pleasures of life.

Why Soup Is One of Humanity's Oldest Foods

If you read [my blog](#), you know I love learning how food traditions and recipes came to be—so I had to dig a little deeper into where soup came from.

Long before recipes were written down, humans were already making soup. As soon as our ancestors learned to heat water in simple containers—using hot stones, animal skins, or early pottery—they began simmering roots, grains, and greens together. They quickly realized that soup softened tough foods, stretched scarce ingredients, and made nourishment accessible to everyone.

In many ways, soup wasn't invented—it *inevitably* happened. And thousands of years later, a humble pot of soup is still one of the most comforting, nourishing meals we can make. 🍲

Get the Recipe

I have [so many soup recipes](#), and the biggest compliment I receive every time I make any one of them is my husband's adorable comment: *"Mmmm, you make good soup!"* Truly—every time! And even after 37 years, I never tire of hearing it.

Whether you a fan of [Smoky Green Split Pea](#) or [Butternut Squash Pumpkin](#) soups, I am sure you will find [one that you'll love](#).

Today, I'm sharing one of my favorites—a quick, easy, and creamy soup that makes wonderful use of parsnips (wildly underrated and underused) and pears (for just a touch of sweetness). Yes, it's a bit off the beaten path and not rooted in Italian cuisine, but it's one I make when I want to switch things up a bit.

→ [Quick, Easy, Healthy Creamy Parsnip & Pear Soup \(Dairy-Free\)](#)



Exclusive PLANTifull Fare WFPB Soups + The Ultimate Plant-Based Bundle!

In honor of **National Homemade Soup Day**, warm your kitchen and your soul with my **four brand-new WFPB, dairy-free, oil-free soups**—not on my blog and part of my contribution to the 2026 **Vegan Health Bundle: PLANTifull Fare with Italian Flair Vol 3** (35+ recipes).

This incredible bundle **over 55 contributions**—chefs, doctors, fitness pros, and more—with a **one-time price of \$49!**

*Available only once per year, completely different from last year, and **only available Feb 14–22!***

👉 **[Grab Your Vegan Health Bundle Here!](#)** (Link goes live Feb 14th.)

Start Cooking & Nourishing Today

Let's make some healthy soup! And remember: the most important ingredient is **you**.

If this newsletter speaks to you, feel free to [share it](#) with family or friends who might enjoy pulling up a chair at the PLANTifull Fare table.

From my kitchen to yours, keeping it PLANTifull and nourishing!

~ Donna



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Ready to start?

My goal is to inspire **you** to embrace a plant-fueled lifestyle for a healthier, more vibrant life.
Tell me what classes interest you, or grab a few helpful freebies—and don't forget a little flavor boost with my favorite kitchen ingredient, California Balsamic vinegars!

Cooking Class Interest

Tell me what classes you'd like to see

Free Salad Dressing Recipes

Oil- & dairy-free inspiration

Health Goal Worksheet

Rechargers vs. Depleters

Transform Your Recipes (California Balsamics)

Add rich, tangy flavor to salads, roasted veggies, and desserts



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