

Why soup deserves a spot in your winter routine

Dhaka winters are unlike any other season — a subtle chill in the air that seems to carry nostalgia with it. As December rolls in, homes buzz with the soft hum of tea kettles, and dinner tables transform into cosy gathering spots. But amidst all this seasonal cheer, one comforting companion is quietly making a comeback: **soup**.

The case for soup in winter

With the steam rising up like a comforting whisper, there's something enchanting about encircling a warm bowl of soup with your hands. In their busy, sometimes frantic lives, Bangladeshis are beginning to rediscover this pleasure, which is more than simply eating.

Once confined to the role of a side dish, soup has now earned its position as a convenient, healthful, and decadent staple.

Why soup?

Deliciously Healthy: Rich in nutrients, soups are a simple way to include fish, veggies, and even proteins in your diet. For example, prawn soups have the optimum balance of taste and protein, making them suitable for sustaining energy levels in the cooler months.

Quick Comfort: With everyone juggling work, family, and the endless WhatsApp pings, cooking can feel like a marathon. Enter soup — a meal that's hearty, wholesome, and ready in minutes.

Hydration on the Go: Winter often tricks people into drinking less water, leading to dehydration. Soups step in as a sneaky



hydration hero, offering fluids without effort.

Appetite Booster: A piping hot bowl of soup stimulates your senses and appetite, especially after long days navigating the grind of urban life.

Flavours to fall for

Rich, varied tastes are nothing new to Bangladeshis, and soups are no different. The selection is as diverse as your cravings, ranging from robust vegetable mixtures, to broths filled with prawns. There is something for everyone with options including Winter Vegetables, Thai, and Corn with Chicken.

Thai Soups: A spicy, tangy delight that pairs perfectly with prawns or chicken.

Corn with Chicken: This light, creamy recipe is pleasant with every bite.

Winter Vegetables: A unison of veggies in season that will warm your body and soul, including cabbage, spinach, and carrots.

Elevate your soup game

Here's how to do it with Vegetable Soup and a Cheesy twist.

Ingredients

- | MAGGI Vegetable Soup 2 Packets
- | Bread 2 Pieces
- | Carrot (Small Cubes) 2 Tablespoons

- | Cheese (Small Cubes) ¼ Cup
- | Onion (Ring Cut) ¼ Cup
- | Paprika ¼ Teaspoon
- | Minced Garlic ½ Teaspoon
- | Oil 1 Teaspoon
- | Water 4 Cups

Method

Mix MAGGI vegetable soup powder in 4 cups of water and cut bread into small cubes. Fry them lightly in a pan to make croutons.

Heat oil in a pan and brown the garlic. Then, fry the carrots and add the soup.

When the MAGGI vegetable soup boils, cook it for 5 minutes with onions before pouring it into a serving dish. Top it with croutons, cheese, and paprika.

Why it's more than just a bowl of soup

Soup is more than just sustenance in a bowl; it's healing. It's a small pleasure that doesn't push you to step beyond of your comfort zone, the taste of home after a long day, and the warmth you want for on chilly evenings. It reminds Dhaka's citizens that even with all of the city's activity, there is time to pause, relax, and recharge.

Let soup be your cosy companion on chilly days in winter. There is a bowl just waiting to be filled with flavour — and your next memory — whether it's the earthy richness of winter veggies, the zing of Thai spice, or the creaminess of chicken corn.

Discover the joy of soups this winter.

LS Desk

Photo: Courtesy



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Healthy SOUPS

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