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Heat the oven to 180 °C. Cut off the top of the garlic bulbs, cover with some olive oil and wrap the garlic in a tin foil. Bake

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for 90 minutes, then let the garlic cool for a few minutes. In the meantime, heat 2 tablespoons of olive oil and some butter in a saucepot, on medium temperature.

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This hearty chowder is one of our favorite healthy soup recipes. Loaded with beans, noodles and bright herbs, it's so comforting on a chilly day.

—Vivian Haen, Menomonee Falls, Wisconsin. Get Recipe. 6 / 60. Greens and Beans Turkey Soup.

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Garlic soup, made with 50 cloves of garlic, onion and thyme can beat most types of influenza and colds. Although medicine is constantly evolving, people increasingly believe in nature.

Antibiotics and other drugs are not always effective, because bacteria and viruses from day to day are more and

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