

Recipe Title: Easy Minestrone (vegetarian)

1

Ingredients & Directions:

- 2 large carrots, diced
- 2 Celery ribs, diced
- 1 medium onion chopped
- 1 Tbsp. olive oil
- 1 Tbsp. butter
- 2 Garlic cloves, minced
- 2 cans (14.5 oz. each) vegetable broth
- 2 cans (8 oz. each) tomato sauce no-salt added
- 1 can (16 oz.) kidney beans, rinsed & drained
- 1 can (15 oz.) chickpeas, rinsed & drained
- 1 can (14.5 oz.) diced tomatoes (undrained)
- 1 1/2 C. Shredded cabbage
- 1 tsp. dried Basil
- 1 1/2 tsp. dried parsley flakes
- 1 tsp. dried oregano
- 1/2 tsp. pepper
- 1 C. uncooked whole wheat pasta
- 11 tsp. grated parmesan cheese

1. In large saucepan saute carrots, celery & onion in oil & butter until tender. Add garlic. Cook 1 minute longer.

2. Stir in the broth, tomato sauce, beans, tomatoes, cabbage, basil, parsley, oregano, pepper, & chickpeas. Bring to a boil. Reduce heat; cover & simmer for 15 min. Add pasta; cook, uncovered, 6-8 min. or until pasta & veggies are tender.

3. Ladle soup into bowls. Sprinkle with grated parmesan cheese.

Recipe Title: Classic Tomato Soup

2

- Ingredient
- 4 tablespoons unsalted butter
 - 1/2 large onion, cut into large wedges
 - 1 (28-ounce) canned tomatoes – I used my own canned tomatoes!
 - 1 1/2 cups water, vegetable stock (made from Better Than Bullion seasoned vegetable base)
 - 1/2 teaspoon fine sea salt
 - Handful of fresh basil, chopped

DIRECTIONS

Melt butter over medium heat in a Dutch oven or large saucepan.

Add onion wedges, water, can of tomatoes with their juices, and 1/2 teaspoon of salt. Bring to a simmer. Cook, uncovered, for about 40 minutes. Stir occasionally and add additional salt as needed.

Blend the soup, and then season to taste. The soup doesn't need to be ultra-smooth, some texture is a nice touch. An immersion blender does make quick work of this, or you can use a blender. I LOVE MY IMMERSION BLENDER! If you use a regular blender, it is best to blend in batches and not fill the blender as much as you usually would since the soup is so hot. We like to remove the center insert of the lid and cover it with a kitchen towel while blending — this helps to release some of the steam and prevents the blender lid from popping off (which can be a big, hot mess)

NUTRITION PER SERVING: Serving Size Half of the recipe / Calories 348 / Total Fat 24.9g / Saturated Fat 14.8g / Cholesterol 61mg / Sodium 1485.4mg / Carbohydrate 29.6g / Dietary Fiber 4.5g / Total Sugars 15.4g / Protein 7.8g

Winner

Recipe Title: Garden Veggie w/ Pesto
(Panera Copycat)

3

Ingredients & Directions:

Ingredients

- 2 cans of diced tomatoes (14.5oz each), undrained
- 1 small zucchini, diced
- 1/2lb fresh green beans, ends cut off and chopped
- 2.5oz fresh baby spinach (about 3 big handfuls)
- 1 small yellow onion, peeled and diced (~1 cup)
- 1 small red bell pepper, diced
- 1/4-1/2 cup pearled barley (not quick cooking)
- 4 cloves garlic, minced
- 2 tablespoons honey
- 1 tablespoon brown sugar
- 2 tablespoons Italian seasonings
- 1 bay leaf
- 4-5 cups vegetable broth *not needed until day of cooking
- 6 tablespoons pesto *not needed until day of cooking

Directions

1. Add all ingredients to your crockpot (except pesto)
2. Cook on "low" setting for 6-8 hours
3. Remove bay leaf
4. Spoon into bowls and top with pesto

To Freeze and Cook Later

1. Add all ingredients except broth and pesto to a freezer bag
2. Remove as much air as possible, seal, and freeze for up to three months
3. When ready to eat, thaw overnight in refrigerator or in morning in water
4. Add to crockpot with broth and cook for 6-8 hours on "low"
5. Remove bay leaf and spoon into bowls with pesto

Recipe Title: Corn & Tomato Chowder

4

Ingredients & Directions:

- 3c peeled, ~~boiled~~ potatoes, diced
- 1c Chopped celery
- 1c Chopped onions
- 1tsp unsalted butter
- 1 bay leaf
- 2c non-fat reduced sodium broth (Veggie)
- 1 1/2 c canned diced tomatoes with liquid
- 1 1/2 c frozen corn thawed
- 1 1/2 c non-fat milk
- Fresh ground pepper

(272 calories/serving)

- Spray a 4-5 quart non-stick pot w/ cooking spray
- add butter and place over medium heat
- add onions, cook, add celery, cook
- add Bay leaf & broth bring to a simmer - cover - cook 20 mins. stir occasionally
- Remove bay leaf
- Puree @ 2 cups soup in blender or food processor - return to pot
- stir in tomatoes/juice, corn, milk
- Return soup to a simmer
- Season with pepper
- ENJOY

Recipe Title: Beef Stew

5

Ingredients & Directions:

Beef
veggies (carrots, peas, corn, green beans, lima beans)
potatoes
tomato soup
Butter
onion
seasonings

cook beef, mix, simmer

Recipe Title: Garbage Plate Soup "Plate Soup"

6

Ingredients & Directions:

1 lb gr Beef
1 T chili powder
1 + cayenne pepper
1 + paprika
1/4 t thyme
1 + cinnamon
4 c Beef Broth
1 onion
3 diced potatoes
1/2 c milk

- Brown Beef w/ next 5 ingredients & drain
- in separate pan brown potatoes & add onion to it
- Add Beef Broth to Beef & simmer
- Add potatoes/onions & simmer
- Cook elbows separate to very al dente (3 min less than 20 min)
- Cook elbows, add 1-2T mayo & add at very end
- Add milk, cheese sauce & stir.

add milk (1% milk) (1% milk)

Recipe Title: Creamy Tortellini Soup

7

Ingredients & Directions:

1 tbsp	oil	6 cups	chicken broth
1 lb	Italian sausage, removed from its casings	1 package	cheese tortellini
1	yellow onion, diced	1 cup	cream <i>OR Half and Half</i>
1	<i>stalk celery, chopped</i>	6 cups	baby spinach
2	carrots, peeled and sliced		Salt and pepper to taste
2	garlic cloves, minced		
1 tbsp	<u>Italian seasoning</u>		
3 tbsp	all-purpose flour		

In a Dutch oven or soup pot, heat the oil over medium-high heat. Add the sausage and cook, breaking it up with the side of a spoon, until it is no longer pink, about 5 to 6 minutes. Add the onion and ^{celery} carrots. Cook, stirring occasionally, until they begin to soften, about 3 to 4 minutes. Add the garlic and Italian seasoning, and cook until they become fragrant, about 30 seconds. Add the flour and cook, stirring constantly, for another 30 seconds. While stirring, pour in the broth and bring the soup to a boil. Add the tortellini and cream and cook until the tortellini has softened, about 4 to 5 minutes. Season the soup with salt and pepper to taste and add the spinach. Continue to cook until the spinach is wilted, about 1 minute.

Serve immediately or store in the refrigerator for up to 3 days.

SERVINGS:

6

CALORIES: 640

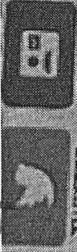
PREP: 10 minutes

COOK: 20 minutes

#8

Reuben Soup

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INGREDIENTS

- 1 (32 oz.) carton low-sodium chicken or beef stock
- 1 pound cooked corned beef or pastrami, diced, fat removed
- 1 (8 oz.) package sauerkraut, rinsed and drained
- 1 yellow onion, chopped
- 4 carrots, chopped
- 3 cloves garlic, minced
- 1 teaspoon oregano
- 1 bay leaf
- 1/3 cup cold water
- 1/4 cup cornstarch
- 1 cup heavy cream
- 1 (12 oz.) package Swiss cheese, sliced
- 2 tablespoons extra-virgin olive oil
- Croutons:
- 6 slices marbled rye bread
- 2-3 tablespoons extra-virgin olive oil or butter, melted
- kosher salt and freshly ground pepper, to taste

Get Ingredients

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Recipe Title:

Slow Cooker Stuffed Pepper Soup

9

Ingredients & Directio

Ingredients

- 1 lb extra-lean ground ~~beef~~ ^{turkey}
- 1 cup onion diced
- 14.5 oz diced tomatoes with basil, oregano, garlic
- 2 cups green peppers and/or red peppers chopped
- 15 oz tomato sauce
- 3 cup beef broth
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1 cup cooked rice

Instructions ^{turkey}

1. Brown your ~~beef~~ with your onion in a skillet over medium heat.
2. Drain your beef and onions and place in your 6-quart slow cooker.
3. Add your tomatoes (juice and all) and the rest of your ingredients.
4. Cover and cook on low for 6-8 hours.

Nutrition

Calories: 151kcal | Carbohydrates: 15g | Protein: 15g | Fat: 3g | Saturated Fat: 1g | Cholesterol: 35mg |
Sodium: 727mg | Potassium: 632mg | Fiber: 3g | Sugar: 6g | Vitamin A: 1455IU | Vitamin C: 57.6mg |
Calcium: 43mg | Iron: 2.8mg