

Creamy Asparagus Soup



INGREDIENTS

- 1 lb. asparagus spear, trimmed and cut into 2-inch pieces
- 2 medium potatoes, diced
- 1 onion, diced
- 2 tsp. unsalted butter or oil
 - *use oil
- 2 cups low sodium chicken broth (fresh or canned)
 - *substitute with vegetable broth
- 1 tsp. fresh thyme leaves, chopped or ¼ tsp. dried thyme
- 1 dash hot sauce
- Salt and pepper
- Sour cream & chives for topping, optional
 - *omit sour cream



DIRECTIONS

1. Melt butter (or heat oil) in a large pot over medium heat. Add onions and cook until softened, about 2 minutes.
2. Add all other ingredients (except chives and sour cream) into the pot. Add a little water if needed. Cook over medium heat for about 30 minutes until the asparagus and potatoes are fork tender.
3. Transfer the mixture into your blender and blend until smooth. You will likely need to blend in several batches.
4. Serve topped with sour cream and chives.

NUTRITION FACTS

6 servings
 Calories: 103
 Fat: 2 g
 Sodium: 265 mg
 Total Carbohydrate: 18 g
 Dietary fiber: 3 g
 Protein: 5 g

Southwest Crockpot Chicken Stew

INGREDIENTS

- 3 cups potatoes, peeled and cubed
- 1 cup celery, sliced
- 1 cup carrots, peeled and chopped
- 1 onion, chopped
- 1 (10 oz.) package frozen sweet corn
- 2 cloves garlic, minced
- 1 jar salsa (12 oz.)
- 1½ tsp. ground cumin
- 1 tsp. chili powder
- ½ tsp. black pepper
- 1 skinless, boneless chicken breast, halved (1 lb.)
- 4 skinless, boneless chicken thighs (about 10 oz.)
- 2-3 cups reduced sodium chicken broth
- 4 fresh corn tortillas

DIRECTIONS

1. Place potatoes, corn, celery, carrots, onion, garlic, salsa, salt, cumin, chili powder and pepper in slow cooker. Stir to combine.
2. Distribute chicken over mixture then pour chicken broth on top.
3. Cook on high for 4 hours, covered.
4. Remove cooked chicken and shred into bite-size chunks with a fork; mix back into slow cooker.
5. Cut tortillas into strips and either put them in slow cooker during the last hour of cooking or dry sauté the strips until crispy and top stew upon serving.

NUTRITION FACTS

6 servings
 Calories: 403
 Fat: 5 g
 Sodium: 643 mg
 Total Carbohydrate: 56 g
 Dietary fiber: 4 g
 Protein: 35 g

SHORTCUT PREP

TO PREPARE ON A STOVE: heat 1 Tbsp. of oil in pot and saute onion, celery, garlic, and corn for about 5 minutes. Add potatoes, carrots, salsa, broth, spices, and chicken. Bring mixture to a boil. Reduce heat, cover, and simmer for 15-20 minutes.

Red Lentil Soup

INGREDIENTS

- 3 Tbsp. olive oil
- 1 large onion, diced
- 3 garlic cloves, minced
- 2 Tbsp. tomato paste
- ¼ tsp. ground cumin (or less if desired)
- ¼ tsp. kosher salt
- ¼ tsp. pepper
- ¼ tsp. chili powder or cayenne pepper, optional
- 5 cups chicken broth (low sodium preferred)
 *substitute vegetable broth (or ½ water, ½ broth)
- 1 cup of red lentils
- 2 medium carrots, peeled and diced
- 2 Tbsp. lemon juice, more to taste
- Chopped fresh cilantro, optional
- Plain yogurt, optional

DIRECTIONS

1. Heat olive oil in large pot. Sauté onion, diced carrots, and garlic for 4-5 minutes.
2. Add tomato paste, salt, pepper, cumin and chili powder or cayenne and sauté 2 more minutes.
3. Add broth and lentils and bring up to a boil. Then partially cover pot and turn heat down to low.
4. Simmer until lentils start to fall apart, about 30 minutes.
5. Stir in lemon juice and cilantro, to taste. Serve with a dollop of yogurt if desired.

NUTRITION FACTS 4 large servings

Calories: 296 Total Carbohydrate: 35 g
 Fat: 10.25 g Dietary fiber: 5.6 g
 Sodium: 815 mg Protein: 14 g

Savory Bean and Veggie Soup



INGREDIENTS

- 1 (15-oz.) can cannellini or other white beans, drained & rinsed
- 1 Tbsp. olive oil
- 1 medium yellow onion, diced (about 1 cup)
- 2 carrots, peeled and chopped (about 1 cup)
- 2 stalks celery, diced (about ½ cup)
- 1 small zucchini, diced (about 1½ cups)
- 2 cloves garlic, minced
- 2 tsp. chopped fresh thyme leaves (or ½ tsp. dried)
- 2 tsp. chopped fresh sage leaves (or ½ tsp. dried)

- ½ tsp. salt
- ¼ tsp. freshly ground black pepper
- 4 cups low-sodium chicken broth
 - *substitute with vegetable broth
- 1 (14.5-oz.) can diced tomatoes (no-salt-added preferred)
- 2 cups chopped greens (baby spinach preferred)
- ½ cup freshly grated parmesan, optional
 - *omit parmesan cheese



DIRECTIONS

1. Heat the oil in a large soup pot over medium-high heat.
2. Add onion, carrots, celery, zucchini, garlic, thyme, sage, ½ tsp. of salt, and ¼ tsp. of pepper, and cook, stirring occasionally until the vegetables are tender, about 5 minutes.
3. Add the broth and tomatoes with the juice and bring to a boil.
4. Add the beans and the greens and cook until the leaves are wilted, about 3 minutes more.
5. Serve with a sprinkle of parmesan cheese (optional).

NUTRITION FACTS		6 servings
Calories: 145	Total Carbohydrate: 21 g	
Fat: 4 g	Dietary fiber: 5 g	
Sodium: 529 mg	Protein: 8 g	

Italian Wedding Soup

INGREDIENTS

- 1 lb. chicken or turkey meatballs (pre-cooked, found in meat aisle), or Italian turkey sausage (chopped into chunks), or vegetarian sausage
- 1 Tbsp. olive oil
- 1 cup chopped onion
- 2 cloves garlic, minced
- 5 cups chicken broth (low sodium preferred)
- 4 large tomatoes, peeled, seeded and chopped
- 1 cup chopped carrots
- 1 Tbsp. fresh basil leaves, chopped
- ½ tsp. dried oregano
- 1 (8 oz.) can tomato sauce
- 1½ cup sliced zucchini
- 8 oz. tortellini (fresh is in refrigerated case near dairy, or frozen in frozen food aisle)
- *use gluten free pasta
- 3 Tbsp. chopped fresh parsley



NUTRITION FACTS		6 servings
Calories: 312	Total Carbohydrate: 31 g	
Fat: 13 g	Dietary fiber: 6 g	
Sodium: 546 mg	Protein: 21 g	

DIRECTIONS

1. In large pot, sauté sausage or meatballs lightly in 1 Tbsp. olive oil. Remove and set aside.
2. In same pot sauté onions and garlic – add a bit of extra oil if needed.
3. Stir in broth, tomatoes, carrots, basil, oregano, tomato sauce and sausage.
4. Bring to a boil. Reduce heat and simmer uncovered for 30 minutes.
5. Stir in zucchini and parsley. Simmer for 20 minutes.
6. Add tortellini and cook an additional 10 minutes or according to package directions.

Vegetarian Chili



INGREDIENTS

- ¾ cup uncooked quinoa, rinsed
- 1½ cups water
- 1 Tbsp. canola oil
- 1 onion, chopped
- 1 Tbsp. chili powder
- ½ tsp. ground cumin
- 1 (28 oz.) can crushed tomatoes
- 1 (15 oz.) can tomato sauce
- 2 (19 oz.) cans black beans, rinsed and drained
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 1 jalapeno, minced, with seeds for spicy chili
- 1 Tbsp. minced chipotle peppers in adobo sauce
- 1 tsp. dried oregano
- Pinch of salt and pepper to taste
- 1 cup frozen corn
- ¼ cup fresh cilantro, chopped

DIRECTIONS

1. Add quinoa and water to a saucepan over high heat and bring to a boil. Reduce heat to medium-low, cover, and simmer until tender and water is absorbed, 15-20 minutes; set aside.
2. Meanwhile, heat the vegetable oil in a large pot over medium heat. Stir in onion and cook until it turns translucent, about 5 minutes.
3. Add garlic, chili powder, and cumin; cook and stir 1 minute to release flavors. Add the tomatoes, beans, all 4 types of peppers, zucchini, and oregano. Bring to a boil, reduce heat to low, cover, and simmer 20 minutes. Add a small amount of water, as needed to thin chili.
4. After 20 minutes, stir in corn and quinoa. Simmer until heated through, about 5 minutes. Remove from heat and stir in cilantro.



NUTRITION FACTS

6 servings
 Calories: 360
 Fat: 6 g
 Sodium: 60 mg
 Total Carbohydrate: 62 g
 Protein: 19 g

Totally Delicious Butternut Squash Soup



INGREDIENTS

- 2 Tbsp. olive oil
- 2 yellow onions, chopped
- 4 shallots, minced (optional, but adds lots of flavor)
- 4 cloves of garlic, minced
- 1 Tbsp. fresh ginger
- 4 cups water or vegetable broth
- 1 Tbsp. chili powder
- 2 medium butternut squash (or 5-6 cups of pre-cubed frozen butternut squash)
- 1 ripe banana
- 1 green apple
- 1 hot pepper, whole
- 2 tsp. salt
- 1 lime, juiced

DIRECTIONS

1. Cook butternut squash by roasting, boiling or microwaving, or for quick prep, buy frozen butternut squash cubes and cook according to package directions.
2. Saute onions, shallots and garlic in olive oil until soft.
3. In stock pot, add onion mixture to drained and cooked butternut squash. Add water or vegetable broth to vegetable mixture.
4. Grate ginger. Peel and core apple and grate. Add ginger, apple, chili powder, peeled banana, and whole hot pepper to soup mixture. Cook for 20 -30 minutes.
5. In small batches, puree soup in blender. Add lime juice and season with salt before serving.



NUTRITION FACTS		6 servings
Calories: 160	Total Carbohydrate: 30 g	
Fat: 5 g	Dietary fiber: 5 g	
Sodium: 399 mg	Protein: 3 g	

Broccoli, Cauliflower and Corn Soup



INGREDIENTS

- 1 Tbsp. oil
- 1 large onion, coarsely chopped
- 1 carrot, peeled and chopped
- 1 celery stalk, sliced
- 1 garlic clove, peeled and minced
- 3 cups of a mixture of raw broccoli and cauliflower
- 1 cup corn
- 8 cups low sodium vegetable broth

DIRECTIONS

1. Saute onion, carrot, celery and garlic and cook until tender – 10 minutes or so.
2. Add broth and cook uncovered for 20 minutes. Add the cauliflower, broccoli and corn and cook about 15 more minutes – but NO LONGER. If you cook too long, vegetables become mushy and strong tasting.
3. Puree some of the soup, but you can leave some chunky pieces. Or you can puree it all.

NUTRITION FACTS *6-8 servings*

Calories: 107 Total Carbohydrate: 18.75 g
 Fat: 3.3 g Dietary fiber: 4.5 g
 Sodium: 159 mg Protein: 3.75 g

Easy Tomato Basil Soup



INGREDIENTS

- 1 tsp. olive oil (or for oil free prep, use a dab of water)
- 1 medium onion, chopped
- 3 large cloves of garlic chopped finely
- 7 cups of chopped fresh tomatoes
- 1 handful of fresh basil leaves
- 1½ tsp. salt
- 1 tsp. pepper

DIRECTIONS

1. Cook onion and garlic in oil or water for a few minutes, until starting to turn golden.
2. Add the chopped tomatoes. Cook over medium heat, stirring every few minutes until tomatoes have broken down and are soft.
3. Remove from heat and add basil and salt and pepper.
4. Carefully blend in a blender, food processor or with a stick immersion blender until smooth.
5. Serve immediately



NUTRITION FACTS *6 servings*

Calories: 78 Total Carbohydrate: 28 g
 Fat: 1 g Dietary fiber: 4 g
 Sodium: 482 mg Protein: 4 g