

Soup Recipes

Quick Tortilla Soup

- 1 (15 oz.) can fire-roasted tomatoes, undrained
- 1 medium onion, chopped
- 4 cups chicken broth
- 1 garlic clove
- 3 tbsp chopped cilantro
- 3 cups shredded rotisserie chicken

Place fire-roasted tomatoes, onion, chicken broth, garlic, and cilantro in a blender. Puree. Pour into a large saucepan. Add chicken. Bring to a boil; reduce heat and simmer 20 minutes.

Ideal Protein Soup

- Pam Cooking spray
- 1 cup celery
- 1 cup spinach
- 1/2 cup low sodium, low fat Chicken broth
- 1 cup water
- 1 Ideal Protein Chicken soup or Leek soup packet

1. Spray Pam in skillet and on medium high heat saute the celery in the skillet.
2. Blend sauteed celery in a blender until smooth. Add the spinach to the blender and blend until smooth.
3. Warm up the chicken broth and water in the microwave or stovetop.
4. Add the chicken broth/water mixture to the blender along with the Ideal Protein soup packet.
5. Blend until smooth.

*This can be made ahead of time and refrigerated in proper portion sizes to reheat as meals.

*For Mushroom soup substitute Low Sodium Beef Broth for the Chicken broth and try it with mushrooms instead of celery.

*For chunkier soup, do not blend the veggies, and instead add them to the blended up broth/water/Ideal Protein soup mixture

*Whatever Ideal Protein veggies you are going to eat that day, substitute them in place of celery and spinach for a change up.

Chicken Soup

(veggies variable based on preferences, just don't exceed the maximum 4 c. per day)

1 tsp. olive oil
green onions
celery
1/2 cup parsley or cilantro
1 small can of chopped green chilies
2 boxes of chicken broth
chicken off of the bone
season to taste

Preparation:

1. Saute green onions in 1 teaspoon olive oil for 5-7 minutes.
2. Add the chopped celery and cook with salt until soft,
3. Add 1/2 cup of parsley or cilantro.
4. Add seasonings you wish to add.
5. Add can of chopped green chilies.
6. Add the two boxes of chicken broth and simmer covered for 2-3 hours.
7. Add the chicken off of the bone to the soup.
8. Season to taste.

Hungarian Mushroom Soup

2 cups of mushrooms sliced
2 tsp. grape seed oil
2 tsp. dill weed
1 tsp. Hungarian Paprika (or regular paprika if you don't have Hungarian)
1 tablespoon Tamari soy sauce
2 cups beef stock (no carb)
2 packets Ideal Protein creamy mushroom soup mix, prepared with 1 cup of water
Fresh ground black pepper, to taste
2 tsp. fresh lemon juice (optional)
Fresh dill (optional)

Heat oil over medium-high heat in sauce pan, add mushrooms and cook until browned.

Add dill weed, paprika, tamari and 1/2 cup stock. Simmer for 5 minutes over low-medium heat.

Add remaining beef stock and mushroom soup mix and heat through gently. Season with fresh ground black pepper.

Just before serving, garnish with lemon juice and fresh dill if desired.

Kelly's Green Chili Recipe

Mix together the seasonings to keep on hand to provide multiple servings for the recipe below, or to use on meat.

- 2 tsp. salt
- 1 Tbsp cumin
- 2 tsp. black pepper
- 1 Tbsp. garlic salt
- 1 Tbsp. Mexican oregano
- 1 Tbsp. garlic powder
- 1 Tbsp. red pepper flakes

Take 1 package of Ideal Protein Chicken Soup and cook per instructions, add green onions and chopped green chili's and some of the seasoning mix from above (to taste). You could also add 2 ounces of cooked pork loin or chicken pieces to this. Just make sure you then subtract the amount from your ounces for dinner.

Trisha's Chicken Rice Soup

- 1 packet of Creamy Chicken soup mix
- 8 oz. water
- 2 oz. chopped, cooked chicken
- 1/3 package of Miracle rice, prepared per package instructions
- 1 cup cooked veggies of choice (celery, broccoli, spinach, zucchini...)

Prepare creamy chicken soup mix as directed. Put in a microwave safe (large) bowl. Add chicken, rice and veggies. Heat slowly in microwave.

*Remember to subtract 2 oz. of meat from your dinner meal if you have this soup for lunch and add another cup of veggies on the side or in your salad).

Nancy's Slow Cooker Chili Verde

Makes 4-5 servings

2- 7 ounce cans of diced green Chiles
2 cups of chopped onions
1 tsp crushed or minced garlic
2 cups of chopped zucchini
2 cups of chopped tomatillos (this would count as a tomato, which is an occasional veggie)
1/2 tsp cumin
1/4 tsp pepper
1 tsp sea salt
1/2 tsp dried oregano
1/8 tsp cayenne pepper, or 1/4 tsp of chipotle chili powder
2 cups of chicken broth
1 Tbsp of grape seed oil
1 20 oz. package of 99% fat free ground turkey breast

Saute garlic and zucchini in grape seed oil and brown meet into vegetables. Add to crockpot with Tomatillos, green chilies, onions and spices. Cook on low for 4 hours. Very filling and a great way to get those veggies in!!

Chinese Broccoli Soup

Equivalent to 1 Ideal Protein Packet. Yield: 4 portions

1 Leek Soup Packet
4 cups of water
Chicken or vegetable broth cube or powder, to taste
1 head of Chinese broccoli
Fresh ground pepper
Fresh chopped chives

Boil water in a pot. Add salt. Blanch broccoli, bottoms down, in boiling water for one or two minute(s) only, for maximum taste and color (and greater enzyme goodness). Drain and immerse in ice-cold water to preserve the bright green color.

In a blender, pour 2 cups of cold water, the contents of one (1) Leek Soup packet and the broccoli. Blend for one whole minute till smooth. Dissolve bouillon powder or cube in 2 cups of boiling water and add to broccoli soup. Serve hot or cold. Garnish with fresh ground pepper and chopped chives.