

Garden Tomato Soup

- 1 cup chopped celery
- 1 small onion, chopped
- 1 medium carrot, shredded
- 1 medium green pepper, chopped
- ¼ cup butter (or vegetable oil/butter substitute)
- 4 ½ cups vegetable or chicken broth
- 4 cups chopped tomatoes (about 7 medium)
- 2 tsp. sugar (optional)
- ¼ tsp. curry powder
- ½ tsp. salt
- ¼ tsp. pepper

In a 3 quart saucepan, sauté celery, onion, carrot and green pepper in butter until tender. Add 4 cups of broth, tomatoes, sugar, curry, salt and pepper - bring to a boil. Reduce heat and simmer, uncovered for 20 mins.

Yields 6 generous servings.

Mom's Turkey Soup

Make your turkey stock:

1 turkey carcass, including any leftover drippings, skin, uncooked neck – put into a large pot. Add cold water, enough to cover carcass + 1". Bring to a boil and add:

1 med. – large yellow onion, quartered or cut into thick wedges

1 – 2 carrots, roughly chopped (can include tops)

Several sprigs fresh parsley

1 – 2 sprigs thyme or 1 tsp. dried thyme

1 bay leaf

1 celery rib, roughly chopped & some celery tops

5 – 10 peppercorns, salt & pepper

Skim off any foam crud as the bones cook. Simmer for approximately 4 hours, partially uncovered. Strain broth – may reduce stock if desired.

Make your Soup:

In a large pot, heat some oil. Add 1 ½ cups each of chopped carrots, onions & celery. Saute and cook until onions are softened (about 10 mins) Add 2 cloves of chopped garlic and cook for a minute more, until garlic is fragrant.

Then add the stock to the pot.

Add seasoning: a couple of tsps. or more of poultry seasoning (to taste) or a combination of ground sage & thyme & marjoram and/or bouillion cube (if desired)

Bring to a simmer & cook only until the vegetables are just cooked through.

Add chopped turkey meat you reserved earlier.

May also add cooked noodles/rice/quinoa if desired. May add dash of Tabasco sauce for a kick.

Chicken Tortilla Soup

- *For the soup:*
- 2 tablespoons vegetable oil
- 1/2 medium onion, medium dice (about 3/4 cup)
- 1/2 small carrot, peeled and medium dice (about 1/4 cup)
- 1/2 medium celery stalk, medium dice (about 1/4 cup)
- 1/2 medium red bell pepper, medium dice (about 1/4 cup)
- 1 medium garlic clove, minced
- 1/2 teaspoon chili powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 4 cups (1 quart) stock or low-sodium chicken broth
- 1 cup water
- 1/2 cup canned crushed tomatoes
- 1 1/2 teaspoons kosher salt, plus more as needed
- 1/2 teaspoon freshly ground black pepper, plus more as needed
- 4 to 5 (6-inch) corn tortillas, cut into 1/2-inch pieces *For the tortilla strips:*
- 1 1/2 cups vegetable oil
- 4 (6-inch) corn tortillas
- Kosher salt
- Freshly ground black pepper *To finish:*
- 1 1/2 cups shredded, cooked chicken (about 8 ounces)
- 1/2 cup heavy cream

- Kosher salt
- Freshly ground black pepper *Optional garnishes:*
- Shredded Monterey Jack cheese
- Thinly sliced scallions
- Sour cream

There are a lot of ingredients in this soup, but each one plays a part in its big flavor. To make it, first soften vegetables including onion, carrot, and bell pepper in a pot, then add dry spices to bring out their flavors. Add chicken broth, tomatoes, and tortillas, then let the mixture simmer until everything melds and the tortillas disintegrate to make a thick and hearty soup. Finally, throw in shredded chicken and garnish with fried tortilla strips, or if you want to skip frying the strips, just use regular crushed-up tortilla chips.

Game plan: For a thicker soup, use 5 corn tortillas rather than 4. You can easily double this recipe to make a big pot of soup for a crowd.

This dish was featured as part of our [Cozy Chicken recipe gallery](#).

Adapted from "Neiman Marcus Cookbook" by Kevin Garvin and John Harrison

INSTRUCTIONS

For the soup:

1. **1**Heat the oil in a large saucepan or Dutch oven over medium heat until shimmering. Add the onion, carrot, celery, and bell pepper and season with salt and pepper. Cook, stirring occasionally, until the vegetables have softened, about 6 minutes.
2. **2**Add the garlic, chili powder, coriander, cumin, oregano, paprika, and cayenne and cook, stirring occasionally, until fragrant, about 2 minutes. Add the broth, water, tomatoes, and measured salt and pepper, stir to combine, and bring to a boil.
3. **3**Reduce the heat to low, add the tortillas, and stir to combine. Simmer, stirring occasionally, until the tortillas have disintegrated and the soup has thickened, about 1 hour. Meanwhile, make the tortilla strips. **For the tortilla strips:**

1. **1**Heat the oil in a large frying pan over medium-high heat until shimmering but not smoking (about 350°F on a deep-frying/candy thermometer), about 6 minutes.
2. **2**Meanwhile, stack the tortillas on a cutting board. Cut the stack in half, then cut crosswise into 1/4-inch strips; set aside. Line a baking sheet with paper towels; set aside.
3. **3**When the oil is ready, add half of the tortilla strips and fry, stirring occasionally, until golden brown and crisp, about 2 to 2 1/2 minutes. Remove with a slotted spoon to the prepared baking sheet and season with salt and pepper. Repeat with the remaining tortilla strips; set aside.

To finish:

1. When the soup is ready, add the chicken and cream and stir to combine. Simmer until the flavors meld, about 15 minutes. Taste and season with salt and pepper as needed.

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2. Serve the soup topped with the tortilla strips, passing any desired garnishes on the side.

Spicy Thai Carrot Sweet Potato Soup

from "Oh She Glows Everyday" via Giedre Abromaitis. This recipe makes 8 cups (2 L) or 4 servings

Ingredients:

1 Tbsp coconut oil
2 cups diced sweet onion
2 cloves garlic, minced
1 Tbsp. minced fresh ginger
2 Tbsp red curry paste
4 cups low sodium vegetable broth (more actually), or chicken broth
1/4 cup almond or peanut butter (if using peanut, use peanuts only kind)
3 cups diced peeled carrots
3 cups diced peeled sweet potatoes
1/2 tsp sea salt, or to taste
1/4 tsp cayenne pepper (optional, but I always use it) freshly ground pepper

Toppings: minced fresh cilantro, lime wedges

1. Prepare all the ingredients before starting to cook 2.
- In a large pot, melt the coconut oil over medium heat.
3. Add the onion, garlic, and ginger and saute for 5-6 minutes, until the onion is translucent.
4. Stir in the curry paste.
5. In a small bowl, whisk together some of the broth with the almond butter until smooth. Add the mixture to the pot, along with the remaining broth, carrots, sweet potatoes, salt and cayenne. Stir until combined.
6. Bring the soup to a low boil over medium-high heat and then reduce the heat to mediumlow. Cover and simmer for 15-20 minutes, until the potatoes and carrots are fork-tender.
7. Ladle the soup carefully into a blender in batches. With the lid slightly ajar to allow steam to escape, blend on low and slowly increase the speed until the soup is completely smooth.

It will be quite thick!

8. Return the soup to the pot, season with salt and pepper and reheat. At this point, I always add quite a bit more stock as the thickness of this soup is more like porridge than soup.
9. top with minced cilantro and a squeeze of lime.

This soup will keep in the fridge for up to a week, and freezes well fro 1-2 months.

Enjoy!

SLOW COOKER BROCCOLI CHEESE SOUP



PREP TIME

15 mins

COOK TIME

4 hours

TOTAL TIME

4 hours 15 mins

Rich n' creamy easy slow cooker broccoli cheese soup. So tasty you'll crave it all year round!

Author: Tiffany

Recipe type: Main Dish / Soup

Cuisine: American

Serves: 4-6

INGREDIENTS

- 4 tablespoons butter
- 5 tablespoons flour
- 3 cups milk (I like fat free half & half, use your favorite. The higher the fat content - such as heavy cream - the creamier and richer your soup will be)
- 3 cups chicken broth (or vegetable broth for vegetarian)
- ½ onion, diced
- 3-4 cups chopped broccoli florets (just the bushy tops - discard the stems or use them for another recipe)
- 1 tablespoon minced garlic
- 1 teaspoon Italian seasoning
- 2 ounces cream cheese
- 2 cups shredded sharp cheddar cheese (yellow)
- 2 teaspoons salt (or to taste)

- 1-4 teaspoon black pepper (or to taste)
- optional: extra cheese for topping

Order Ingredients

INSTRUCTIONS

1. In a large sauce pan, melt butter over medium heat. When melted, stir in the flour until mixture clumps up. Very gradually whisk in the milk until all milk has been added and a thick white sauce forms.
2. Add chopped onions, broccoli, garlic, Italian seasoning, and cream cheese to your slow cooker. Add the sauce from the pan, and the chicken broth. Stir to combine. Cover and cook on high for 3-4 hours or on low for 4-6 hours.
3. Uncover soup and add the sharp cheddar cheese, salt, and pepper. Stir until the cheese melts into the soup. Taste and add salt and pepper if needed. Serve warm and top with additional shredded cheese if desired. Enjoy!