

BOUNTY OF SOUPS



Full Bloom 2021 eBook

Saving Dinner with



Savory Soup Recipes

5 hearty Soup recipes

Peruvian Peanut Soup

Hearty Chicken Stew

Savory Salmon Chowder

Winter Roasted Veggie Soup

Biscuit Stew

Saving Dinner Savory Soup Shopping List

MEAT

2 1/2 pounds boneless skinless chicken breasts [R1,R2]
1 pound ground beef [R5]

CONDIMENTS

Olive oil [R1,R4]
Non-aerosol cooking spray [R4]
Worcester sauce (2 tablespoons) [R2]
Balsamic vinegar (2 teaspoons) [R4]

PRODUCE

Onions (3 cups chopped) [R1,R2,R3]
Celery (1/2 cup chopped) [R3]
Carrots (3) [R1,R3]
Tomatoes (2 3/4 cups chopped) [R1,R2]
Potatoes (1 cup chopped plus 2 cups diced plus 6 medium) [R1,R2,R3]
New potatoes (4) [R4]
Butternut squash (1 small) [R4]
Rutabagas (3) [R4]
Parsnips (4) [R4]
Peas (1/2 cup cooked) (or buy frozen) [R1]
Corn (3 ears) (or buy frozen) [R2]
Parsley (1 tablespoon chopped) [R1]
Rosemary (2 sprigs) [R4]

CANNED GOODS

Low sodium chicken Broth (14 cups) [R1,R2,R3]
Chicken stock (10 cups) [R4]
1 (14.5-oz.) can diced tomatoes [R5]
Tomato paste (1/3 cup) [R1]
1 (16-oz.) can kidney beans [R5]
1 (15.25-oz.) can whole kernel corn [R5]
1 (15-oz.) can creamed corn [R3]
1 (12-oz.) can evaporated milk [R3]
2 (16-oz.) cans salmon [R3]

SPICES

Garlic Powder (1 teaspoon) [R3]
Dill weed (1 teaspoon) [R3]

DAIRY CASE

Butter (3 tablespoons) [R3]
Shredded cheddar cheese (8 ounces) [R3]
Milk (1/3 cup) [R5]

DRY GOODS

Raw peanuts (1/2 cup) [R1]
Biscuit/ baking mix (1 cup) [R5]

FROZEN

Peas (1/2 cup cooked) (if not using fresh) [R1]
Corn (3 ears) (if not using fresh) [R2]

GLUTEN FREE

Worcester sauce (2 tablespoons) [R2]
Balsamic vinegar (2 teaspoons) [R4]
Low sodium chicken Broth (14 cups) [R1,R2,R3]
Chicken stock (10 cups) [R4]
1 (14.5-oz.) can diced tomatoes [R5]
Tomato paste (1/3 cup) [R1]
1 (16-oz.) can kidney beans [R5]
1 (15.25-oz.) can whole kernel corn [R5]
1 (15-oz.) can creamed corn [R3]
2 (16-oz.) cans salmon [R3]
Biscuit/ baking mix (1 cup) [R5]

Peruvian Peanut Soup

Serves 8

INGREDIENTS:

3/4 cup chopped onion
3/4 cup chopped tomato
1 tablespoon parsley, chopped
1 tablespoon olive oil
6 cups low sodium chicken broth
1 pound boneless skinless chicken breasts,
cut into 1-inch pieces
1/2 cup cooked peas
1 carrot, cooked and chopped fine
1/2 cup raw peanuts (finely chopped in food processor)
1 cup chopped potatoes
Salt and pepper to taste



COOKING INSTRUCTIONS:

Saute onion, tomato and parsley in oil over medium-high heat until onion is tender. Add remaining ingredients. Cook without stirring for 30 minutes or until potato is tender and chicken is cooked through.

Nutrition per serving: 203 Calories; 7g Fat; 25g Protein; 11g Carbohydrate; 2g Dietary Fiber; 33mg Cholesterol; 502mg Sodium.
Exchanges: 1/2 Grain (Starch); 3 Lean Meat; 1/2 Vegetable; 1 Fat.
Points: 4

Hearty Chicken Stew

Serves 8

INGREDIENTS:

1 1/2 pounds boneless skinless chicken
breasts
6 cups low sodium chicken broth
2 cups chopped tomato
6 medium potatoes, finely chopped
1 1/2 cups chopped onion
2 tablespoons Worcestershire sauce
1 tablespoon pepper
3 ears of fresh corn, cut off the cob
1/3 cup of tomato paste
Salt to taste



COOKING INSTRUCTIONS:

Boil chicken; shred with 2 forks. Combine chicken and remaining ingredients. Simmer for 2 hours and add salt to taste.

Nutrition per serving: 267 Calories; 2g Fat; 32g Protein; 32g Carbohydrate; 4g Dietary Fiber; 49mg Cholesterol; 649mg Sodium.
Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable.
Points: 5

Savory Salmon Chowder

Serves 8

INGREDIENTS:

3 tablespoons butter
3/4 cup chopped onion
1/2 cup chopped celery
1 teaspoon garlic powder
2 cups diced potatoes
2 carrots, diced
2 cups low sodium chicken broth
1 teaspoon salt
1 teaspoon pepper
1 teaspoon dried dill weed
2 (16-oz.) cans salmon
1 (12-oz.) can evaporated milk
1 (15-oz.) can creamed corn
8 ounces shredded Cheddar cheese



COOKING INSTRUCTIONS:

Melt butter in a large pot over medium heat. Saute onion, celery and garlic powder until onions are tender. Stir in potatoes, carrots, broth, salt, pepper and dill. Bring to a boil; reduce heat, cover and simmer 20 minutes. Stir in salmon, evaporated milk, corn and cheese. Cook until heated through.

Nutrition per serving: 464 Calories; 24g Fat; 37g Protein; 25g Carbohydrate; 2g Dietary Fiber; 116mg Cholesterol; 1457mg Sodium.
Exchanges: 1 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 2 1/2 Fat. **Points:** 11

Winter Roasted Veggie Soup

Serves 8

INGREDIENTS:

2 sprigs fresh rosemary, chopped
1 pinch salt
2 tablespoons olive oil
Non-aerosol cooking spray
1 small butternut squash, peeled, seeded and cut into large chunks
3 rutabagas, peeled and cubed
4 parsnips, peeled and thickly sliced
4 new potatoes, peeled and halved
10 cups chicken stock
Salt and freshly ground black pepper to taste
2 teaspoons balsamic vinegar



COOKING INSTRUCTIONS:

Preheat oven to 425 degrees

Combine rosemary and salt. Add olive oil and continue to mix until the oil starts to turn a darker green. Set aside. Coat a shallow roasting pan with cooking spray. Place the squash, rutabagas, parsnips and potatoes in a large bowl. Pour the olive oil/rosemary mixture over the vegetables to coat. Evenly spread vegetables on the prepared pan. Roast 30 minutes in the preheated oven until nicely browned and cooked through. While the vegetables are roasting, simmer chicken stock in a large pot over medium low heat. When the vegetables are done add them to the simmering chicken stock and simmer together for about 10 minutes. Use a blender or food processor to puree the soup. Add extra broth or water if the soup is too thick. Season with salt and pepper to taste.

Nutrition per serving: 307 Calories; 4g Fat; 6g Protein; 62g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 2824mg Sodium.
Exchanges: 3 1/2 Grain (Starch); 1/2 Fat. **Points:** 6

Biscuit Stew

Serves 8

INGREDIENTS:

1 pound ground beef
1 (16-oz.) can kidney beans, undrained
1 (15.25-oz.) can whole kernel corn, undrained
1 (14.5-oz.) can diced tomatoes, undrained
1 cup biscuit/baking mix
1/3 cup milk



COOKING INSTRUCTIONS:

In a large saucepan, cook beef over medium heat until no longer pink; drain. Add the beans, corn and tomatoes; bring to a boil. Reduce heat. In a bowl, combine biscuit mix and milk just until moistened. Drop tablespoonfuls onto simmering stew. Cover and simmer for 12 minutes or until a toothpick inserted in a dumpling comes out clean (do not lift cover while simmering). Serve immediately.

Nutrition per serving: 483 Calories; 18g Fat; 26g Protein; 55g Carbohydrate; 16g Dietary Fiber; 50mg Cholesterol; 539mg Sodium. **Exchanges:** 3 1/2 Grain (Starch); 2 1/2 Lean Meat; 3 Fat. **Points:** 10

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SAVING DINNER

with



Savory Soups Volume 2

Savory Soups Volume 2 – Shopping List

MEAT

Boneless skinless chicken breast meat (1 pound plus 2 cups cooked and chopped) [R4,R5]

DELI

1 (6- to 9-oz.) package cheese ravioli (or use frozen) [R3]

CONDIMENTS

Olive oil [D2,D3,D4,D5]

Hot sauce [D5]

PRODUCE

Onions (3 cups chopped plus 1/2 cup diced) [R1,R2,R3,R5]

Garlic (12 cloves) [R2,R3,R4,R5]

Russet potatoes (6 cups cubed) [R2]

Carrots (2 medium) [R1]

Zucchini (3 cups diced) [R1,R3]

Red bell peppers (1/2 cup diced) [R3]

Green bell peppers (1/2 cup diced) [R3]

Spinach (3 1/2 cups torn) [R4]

Cilantro (2 tablespoons chopped) [R5]

Basil (optional sprigs) [R1]

Limes (2 tablespoons juice) [R5]

CANNED GOODS

Low sodium chicken broth (7 cups) [R2,R4,R5]

Low sodium vegetable broth OR chicken broth (38.5 ounces) [R1,R3]

1 (28-oz.) can diced tomatoes [R1]

1 (28-oz.) can fire-roasted crushed tomatoes [R3]

1 (7-oz.) bottle roasted red peppers [R4]

1 (15-oz.) can navy beans [R1]

1 (15-oz.) can cannellini beans [R4]

1 (15-oz.) can great northern beans [R5]

1 (15-oz.) can butter beans [R5]

1 (11-oz.) can whole kernel corn [R5]

SPICES

Sea salt [R1,R2,R4,R5]

Black peppercorns [R1,R2,R3,R4]

Thyme [R1,R2]

Sage [R1]

Bay leaves [R1]

Crushed red pepper flakes (optional) [R3]

Basil [R3]

Rosemary [R4]

Ground cumin [R5]

Oregano [R5]

DAIRY/DAIRY CASE

2% milk (1 cup) [R2]

Romano cheese (1/4 cup grated) [R1]

DRY GOODS

Ditalini pasta (2 cups uncooked) [R1]

FREEZER

1 (6- to 9-oz.) package cheese ravioli (if not using fresh) [R3]

GLUTEN FREE

Hot sauce [R5]

Broth [R1,R2,R3,R4,R5]

Canned tomatoes [R1,R3]

Bottled roasted red peppers [R4]

Canned beans [R1,R4,R5]

Canned corn [R5]

Ravioli [R3]

Pasta [R1]



[R1] – [R5] = Recipe 1, Recipe 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Minestrone Soup

Recipe 1 – Serves 4

INGREDIENTS:

3 cups low sodium vegetable or chicken broth
1 (28-oz.) can diced tomatoes
1 (15-oz.) can navy beans, drained
2 medium carrots, peeled and chopped
1 cup chopped onion
1 teaspoon dried thyme
1/2 teaspoon dried sage

2 bay leaves
1/2 teaspoon sea salt, divided
1/2 teaspoon freshly ground black pepper, divided
2 cups Ditalini pasta
1 cup diced zucchini
1/4 cup grated Romano cheese
Basil sprigs (optional)



INSTRUCTIONS:

In a slow cooker, combine first 10 ingredients (broth through pepper); add 1/4 teaspoon of salt and 1/4 teaspoon of pepper. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.

Thirty minutes before serving time, add pasta and zucchini. Cover and cook for 30 minutes. Remove bay leaves and season to taste with remaining salt and pepper before serving. Sprinkle with cheese and garnish with basil if desired.

NUTRITION per serving: 466 Calories; 3g Fat; 30g Protein; 81g Carbohydrate; 15g Dietary Fiber; 7mg Cholesterol; 1880mg Sodium. **Exchanges:** 4 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat. **Points:** 11

GLUTEN FREE: Make sure broth, tomatoes and beans are gluten free and use gluten free pasta.

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Garlic Potato Soup

Recipe 2 – Serves 6

INGREDIENTS:

6 cups peeled and cubed Russet potatoes
2 tablespoons olive oil, divided
1/2 teaspoon freshly ground black pepper
1 cup chopped onion
1/2 teaspoon dried thyme

6 cloves garlic, pressed
3 cups low sodium chicken broth
1 cup water
1 cup 2% milk
Sea salt, to taste



INSTRUCTIONS:

Preheat oven to 425 degrees. Place potatoes in a shallow roasting pan; drizzle with 1 tablespoon of olive oil and sprinkle with pepper; stir to coat. Bake for 25 minutes or until browned. Reserve 1 cup of roasted potatoes.

In a 3-quart saucepan, heat remaining oil; add onion and sauté for 5 minutes. Add remaining potatoes, thyme and garlic then stir in broth and water. Bring to a boil then reduce heat and simmer, uncovered, for 20 minutes.

Spoon half of the broth mixture into a blender; process until nearly smooth. Repeat with remaining mixture; return all to the saucepan. Stir in milk and season with salt and pepper to taste. Top with reserved browned potatoes before serving.

NUTRITION per serving: 219 Calories; 5g Fat; 11g Protein; 33g Carbohydrate; 3g Dietary Fiber; 3mg Cholesterol; 330mg Sodium. **Exchanges:** 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat. **Points:** 6

GLUTEN FREE: Make sure broth is gluten free.

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Ravioli Soup

Recipe 3 – Serves 4

INGREDIENTS:

1 tablespoon olive oil	1 (14.5-oz.) can low sodium vegetable or chicken broth
1/2 cup diced red bell pepper	1 1/2 cups hot water
1/2 cup diced green bell pepper	1 teaspoon dried basil
1/2 cup diced onion	1 (6- to 9-oz.) package fresh or frozen cheese ravioli
2 cloves garlic, minced	2 cups diced zucchini
1/4 teaspoon crushed red pepper flakes (optional)	Freshly ground black pepper, to taste
1 (28-oz.) can fire-roasted crushed tomatoes	



INSTRUCTIONS:

Heat the oil in a large saucepan or Dutch oven over medium heat. Add bell peppers, onion, garlic and crushed red pepper flakes; cook and stir for 1 minute. Add tomatoes, broth, water and basil and bring to a boil over high heat. Add ravioli and cook for 3 minutes less than directed on package. Add zucchini and return mixture to a boil; reduce heat and cook until zucchini is tender. Season with pepper before serving.

NUTRITION per serving: 244 Calories; 8g Fat; 15g Protein; 30g Carbohydrate; 7g Dietary Fiber; 66mg Cholesterol; 1275mg Sodium.
Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1 1/2 Fat. **Points:** 6

GLUTEN FREE: Make sure tomatoes, broth and ravioli are gluten free.

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Tuscan Chicken Stew

Recipe 4 – Serves 4

INGREDIENTS:

1/2 teaspoon dried rosemary, crushed	2 cloves garlic, pressed
1/2 teaspoon sea salt	1 cup low sodium chicken broth
1/4 teaspoon freshly ground black pepper	1 (15-oz.) can cannellini beans, drained and rinsed
1 pound boneless skinless chicken breast meat, cut into 1-inch pieces	1 (7-oz.) bottle roasted red peppers, drained and cut into 1/2 inch pieces
2 teaspoons olive oil	3 1/2 cups torn spinach



INSTRUCTIONS:

In a medium bowl, combine first 4 ingredients (rosemary through chicken); toss well.

Heat the oil in a large saucepan over medium-high heat; add chicken and cook for 3 minutes or until lightly browned. Add garlic and sauté for 1 minute. Add broth, beans and peppers; bring to boil then reduce heat and simmer for 10 minutes or until chicken is cooked through. Stir in spinach just before serving.

NUTRITION per serving: 261 Calories; 4g Fat; 34g Protein; 21g Carbohydrate; 6g Dietary Fiber; 66mg Cholesterol; 681mg Sodium.
Exchanges: 1 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1/2 Fat. **Points:** 6

GLUTEN FREE: Make sure broth, beans and roasted red peppers are gluten free.

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DO-AHEAD TIP: Cook chicken.

White Chili

Recipe 5 – Serves 6

INGREDIENTS:

1 tablespoon olive oil
1 cup chopped onion
2 cloves garlic, pressed
3 cups low sodium chicken broth
2 tablespoons chopped cilantro
2 tablespoons lime juice
1 teaspoon ground cumin

1/2 teaspoon dried oregano leaves, crushed
1/4 teaspoon hot sauce (more or less to taste)
1/4 teaspoon sea salt
1 (11-oz.) can whole kernel corn, drained
1 (15-oz.) can great northern beans, drained
1 (15-oz.) can butter beans, drained
2 cups cooked and chopped chicken breast meat



INSTRUCTIONS:

Heat the oil in a large saucepan or Dutch oven over medium heat; add onion and garlic and cook, stirring occasionally, until onion is tender. Stir in remaining ingredients, except the chicken. Bring mixture to a boil then reduce heat and simmer, uncovered, for 20 minutes. Stir in chicken and heat through.

NUTRITION per serving: 524 Calories; 9g Fat; 45g Protein; 67g Carbohydrate; 19g Dietary Fiber; 54mg Cholesterol; 877mg Sodium.

Exchanges: 4 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 12

GLUTEN FREE: Make sure broth, hot sauce, corn and beans are gluten free.

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Saving Dinner with



The Dinner Diva

10 soup recipes
to warm your hearts and your tummies

The Shopping List, Recipes and Instructions for

10 Delicious Soups

Adobo Chicken and Sweet Potato Soup
Loaded Baked Potato Soup
Spicy Asian Noodle Soup
Grandma's Cure-All Chicken Noodle Soup
Curried Pumpkin Soup
Easy Cheesy Pizza Soup
Cream of Beefy Mushroom Soup
Tomato-Basil Soup
Brazilian Black Bean Soup
Hearty Tortellini Soup

Simply Delicious Soups Volume 2

Shopping List

MEAT

Boneless skinless chicken breast meat (1 cup cooked and diced plus 1 1/2 cups cooked and shredded) [R1,R4]
1 1/2 pounds boneless beef top sirloin steak [R7]
1/2 pound Italian sausage [R6]
Bacon, for garnish (optional) [R2]

DELI

Pepperoni (1 cup sliced) [R6]
1 (9-oz.) package cheese-filled tortellini [R10]

CONDIMENTS

Olive oil [R1,R3,R9]
Sesame oil (in Asian section of grocery store) [R3]
Low sodium soy sauce (1/4 cup) [R3]
Ketchup (1/4 cup) [R7]
Chunky salsa (1 1/2 cups) [R9]
Dry sherry (1/2 cup) (or use low sodium beef broth) [R7]

PRODUCE

Onions (2 1/4 plus 2/3 cups chopped) [R2,R4,R5,R7,R9]
Yellow onions (1 1/2 cups diced) [R1]
Red onions (1/2 medium) [R6]
Garlic (10 cloves) [R1,R2,R3,R5,R7]
Green onions (6) [R3]
Celery (1/2 cup diced plus 1/3 cup chopped) [R1,R4]
Carrots (4 medium) [R3]
Baking potatoes (4 large) [R2]
Sweet potatoes (1 medium) [R1]
Green bell peppers (1 medium) [R6]
Mushrooms (8 ounces plus 1 cup sliced) [R6,R7]
Gingerroot (2 teaspoons chopped) [R3]
Napa (Chinese) cabbage (3 cups shredded – about 1/2 a head) [R3]
Bok choy (1 small head) [R3]
Cilantro (1/4 cup chopped) [R1]
Chives (2 tablespoons chopped) [R2]
Basil (9 leaves) [R8]
Lemons (1 zested plus 2 tablespoons juice) [R3]
Limes (2 teaspoons juice plus wedges for 2 garnishes) [R1,R9]
Oranges (3 tablespoons juice) [R9]

DAIRY/DAIRY CASE

Butter, unsalted [R1,R2,R5,R7,R8]
Half and half (1 1/2 plus 2/3 cups) [R2,R5,R8]
U.K. Members: Half and half is half milk and half cream
Light sour cream (8 ounces plus 2 optional garnishes) [R2,R7,R9]
Low fat Cheddar cheese (2/3 cup shredded plus additional for optional garnish) [R2]
Mozzarella cheese (shredded, for garnish) [R6]

FREEZER

1 (10-oz.) package spinach [R10]

CANNED GOODS

Low sodium chicken broth (about 5 1/2 quarts) [R1,R2,R3,R4,R5,R8,R9]
Low sodium beef broth (6 cups plus additional 1/2 cup if not using dry sherry) [R7]
Low sodium vegetable broth (3 1/2 cups) [R10]
1 (28-oz.) can crushed tomatoes [R8]
1 (14.5-oz.) can diced tomatoes [R6]
1 (14.5-oz.) can Italian diced tomatoes [R10]
1 (14-oz.) jar pizza sauce [R6]
1 (15.5-oz.) can kidney beans (or equivalent homemade) [R10]
Black beans (20 ounces) (or equivalent homemade) [R9]
Chipotle peppers in adobo sauce (1 teaspoon chopped) [R1]
1 (16-oz.) can pumpkin puree [R5]

SPICES

Sea salt [R1,R2,R3,R4,R5,R7,R9]
Black peppercorns [R1,R2,R7,R9]
Basil [R1,R6]
Ground cumin [R1,R9]
Bay leaves [R1]
Crushed red pepper flakes [R3,R5]
Poultry seasoning [R4]
Curry powder [R5]
Ground coriander [R5]
Oregano [R6]

DRY GOODS

Cornstarch [R4]
Sugar [R8]
Vermicelli (1/4 pound uncooked) [R3]
Medium egg noodles (3 cups uncooked) [R4,R7]
Small pasta (1/3 cup uncooked) [R6]
Black beans (if not using canned) [R9]
Kidney beans (if not using canned) [R10]

GLUTEN FREE

Italian sausage [R6]
Pepperoni [R6]
Cheese-filled tortellini [R10]
Soy sauce [R3]
Ketchup [R7]
Salsa [R9]
Sherry [R7]
Poultry seasoning [R4]
Chicken broth [R1,R2,R3,R4,R5,R8,R9]
Beef broth [R7]
Vegetable broth [R10]
Canned tomatoes [R6,R8, R10]
Pizza sauce [R6]
Canned kidney beans (if not using homemade) [R10]
Canned black beans (if not using homemade) [R9]
Chipotle peppers in adobo sauce [R1]
Arrowroot starch [R4]
Pasta [R3, R4, R6, R7]



SHOPPING LIST LEGEND

[R1,R2] = Recipe 1, Recipe 2, etc... Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

Adobo Chicken and Sweet Potato Soup

Recipe 1 – Serves 4

INGREDIENTS:

1 tablespoon olive oil
1 tablespoon unsalted butter
1 1/2 cups diced yellow onion
1/2 cup diced celery
2 cloves garlic, pressed
1 teaspoon chopped canned chipotle peppers in adobo sauce
1/2 teaspoon dried basil
1/2 teaspoon ground cumin

1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 medium sweet potato, peeled and chopped
4 cups low sodium chicken broth
1 bay leaf
1 1/2 cups cooked and shredded chicken breast meat
1/4 cup chopped cilantro
Lime wedges

COOKING INSTRUCTIONS:

Heat oil and butter in a large saucepan over medium-high heat until butter melts. Add onion, and cook, stirring occasionally, 10 minutes or until tender and almost caramelized. Add celery; cook, stirring often, about 10 minutes longer. Add garlic, and cook, stirring constantly, 30 seconds making sure it doesn't burn. Add chipotle peppers and next 4 ingredients (basil through pepper); cook, stirring occasionally. Add sweet potatoes, broth, and bay leaf; bring soup to a boil. Reduce heat, and simmer for about 40 minutes or until potatoes are tender. Stir in chicken, and cook 2 longer. Skim any foam from the top of the soup while cooking, and discard. Remove and discard bay leaf. Divide soup evenly among individual bowls, and top with cilantro and lime wedges.

NUTRITION per serving: 267 Calories; 8g Fat; 33g Protein; 16g Carbohydrate; 3g Dietary Fiber; 59mg Cholesterol; 1071mg Sodium. **Exchanges:** 1/2 Grain (Starch); 4 Lean Meat; 1 Vegetable; 1 1/2 Fat. **Points:** 7

GLUTEN FREE: Make sure chipotle peppers and chicken broth are gluten free.

Loaded Baked Potato Soup

Recipe 2 – Serves 4

INGREDIENTS:

4 large baking potatoes, peeled and cubed
3/4 cup chopped onion
3 cups low sodium chicken broth
2 cloves garlic, pressed
3 tablespoons unsalted butter
1 3/4 teaspoon sea salt

1/2 teaspoon freshly ground black pepper
2/3 cup half and half
2/3 cup shredded low fat Cheddar cheese
2 tablespoons chopped fresh chives
Light sour cream, bacon and additional cheese for garnish (optional)

COOKING INSTRUCTIONS:

Combine first seven ingredients (potatoes through pepper) in a large crock cooker; cover and cook on LOW for 6 to 8 hours or until potatoes are tender. Mash mixture until potatoes are coarsely chopped and soup is slightly thickened. Stir in half and half, cheese and chives. Divide soup evenly between bowls and top with sour cream, bacon and additional cheese, if desired.

NUTRITION per serving: 359 Calories; 15g Fat; 18g Protein; 40g Carbohydrate; 4g Dietary Fiber; 42mg Cholesterol; 1356mg Sodium. **Exchanges:** 2 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat. **Points:** 10

GLUTEN FREE: Make sure chicken broth is gluten free.

Spicy Asian Noodle Soup

Recipe 3 – Serves 4

INGREDIENTS:

1 tablespoon olive oil
6 green onions, chopped (including green tops)
4 cloves garlic, pressed
2 teaspoons chopped fresh gingerroot
1/4 cup low sodium soy sauce
1/4 teaspoon crushed red pepper flakes
3 1/2 cups water
3 1/2 cups low sodium chicken broth
4 medium carrots, cut diagonally into 1/4-inch slices

3 cups shredded Napa (Chinese) cabbage (about 1/2 head)
3/4 teaspoon sea salt
1 small head bok choy (about 3/4 pound), stalks halved lengthwise and cut crosswise into 1/2-inch pieces, leaves shredded
Grated zest of 1 lemon
2 tablespoons lemon juice
1/4 pound vermicelli
1 1/2 teaspoons sesame oil

COOKING INSTRUCTIONS:

Heat the olive oil in a large saucepan over medium heat. Add green onions, garlic and gingerroot; cook, stirring occasionally, until fragrant, about 1 minute. Add soy sauce, crushed red pepper flakes, water and broth; bring to a boil. Add carrots and simmer for 5 minutes. Stir in cabbage and salt; simmer for 5 minutes longer. Add bok choy and lemon zest; simmer until bok choy starts to soften, about 5 minutes. Stir in lemon juice. Meanwhile, cook vermicelli according to package directions until just done, about 9 minutes; drain and return to the cooking saucepan and toss with sesame oil. Divide noodles evenly into each soup bowl and ladle soup on top.

NUTRITION per serving: 266 Calories; 6g Fat; 16g Protein; 40g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1497mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 1 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 1 Fat. **Points:** 7

GLUTEN FREE: Make sure soy sauce, chicken broth and vermicelli are gluten free.

DO-AHEAD TIP: Cook chicken or make life easy and use a store-bought rotisserie chicken.

Grandma's Cure-All Chicken Noodle Soup

Recipe 4 – Serves 4

INGREDIENTS:

1 cup medium egg noodles
4 cups low sodium chicken broth
1 teaspoon sea salt
1/4 teaspoon poultry seasoning

1/3 cup chopped celery
1/3 cup chopped onion
2 tablespoons cornstarch
1 tablespoon plus 1 teaspoon water
1 cup cooked and diced chicken breast meat

COOKING INSTRUCTIONS:

Cook noodles according to package directions; drain and rinse under cool running water to stop the cooking process. While noodles are cooking, combine broth, salt and poultry seasoning in a large saucepan or Dutch oven; bring to a boil then stir in celery and onion. Reduce heat, cover, and simmer for 15 minutes. In a small bowl, combine cornstarch and water until cornstarch is completely dissolved. Gradually add to soup, stirring constantly. Stir in noodles and chicken and heat through.

NUTRITION per serving: 203 Calories; 4g Fat; 27g Protein; 14g Carbohydrate; 1g Dietary Fiber; 49mg Cholesterol; 1034mg Sodium. **Exchanges:** 1/2 Grain (Starch); 3 1/2 Lean Meat; 1/2 Vegetable. **Points:** 5

GLUTEN FREE: Make sure egg noodles, chicken broth and poultry seasoning are gluten free. Use arrowroot starch instead of cornstarch.

Curried Pumpkin Soup

Recipe 5 – Serves 4

INGREDIENTS:

4 tablespoons unsalted butter
1 cup chopped onion
1 clove garlic, pressed
1 1/2 teaspoons curry powder
1/2 teaspoon sea salt

1/4 teaspoon ground coriander
1/8 teaspoon crushed red pepper flakes (or to taste)
3 cups low sodium chicken broth
1 (16-oz.) can pumpkin puree
1 cup half and half

COOKING INSTRUCTIONS:

Melt butter in a large saucepan over medium-high heat; add onion and garlic and sauté for 2 minutes or until tender, stirring occasionally. Add curry powder, salt, ground coriander and crushed red pepper flakes; blend well and cook for 1 minute. Stir in broth; bring to a boil then reduce heat and simmer for 15 minutes or until thickened, stirring occasionally. Add pumpkin and half and half; cook for 5 minutes. Pour soup into a blender (or use an immersion blender); blend until creamy. Reheat soup to desired temperature and serve.

NUTRITION per serving: 275 Calories; 19g Fat; 12g Protein; 17g Carbohydrate; 4g Dietary Fiber; 53mg Cholesterol; 773mg Sodium. **Exchanges:** 0 Grain (Starch); 1 Lean Meat; 2 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat. **Points:** 8

GLUTEN FREE: Make sure chicken broth is gluten free.

Easy Cheesy Pizza Soup

Recipe 6 – Serves 4

INGREDIENTS:

1 (14-oz.) jar pizza sauce
5 cups water
1 medium green bell pepper, seeded, deribbed and chopped
1/2 medium red onion, chopped
1 cup sliced mushrooms
1 (14.5-oz.) can diced tomatoes, drained

1/2 pound Italian sausage, sliced and quartered
1 cup sliced pepperoni, cut into quarters
1/2 teaspoon dried basil
1 tablespoon dried oregano
1/3 cup small pasta
Shredded Mozzarella cheese for garnish

COOKING INSTRUCTIONS:

Combine first 10 ingredients (pizza sauce through oregano) in a slow cooker. Cover and cook on low for 6 to 8 hours. About 20 to 30 minutes before serving, turn the heat to High and add pasta. Serve with Mozzarella cheese.

Leanne's Note: You can use turkey Italian sausage and turkey pepperoni to drastically reduce the fat and calories in this recipe!

NUTRITION per serving: 642 Calories; 47g Fat; 26g Protein; 30g Carbohydrate; 4g Dietary Fiber; 90mg Cholesterol; 2608mg Sodium. **Exchanges:** 1/2 Grain (Starch); 3 Lean Meat; 3 Vegetable; 7 1/2 Fat. **Points:** 18

GLUTEN FREE: Make sure pizza sauce, canned tomatoes, Italian sausage, pepperoni and pasta are gluten free.

Cream of Beefy Mushroom Soup

Recipe 7 – Serves 4

INGREDIENTS:

2 tablespoons unsalted butter

1/2 cup chopped onion

1 clove garlic, pressed

8 ounces mushrooms, sliced

1 1/2 pounds boneless beef top sirloin steak, cubed

6 cups low sodium beef broth

1/2 cup dry sherry (or additional beef broth)

1/4 cup ketchup

3/4 teaspoon sea salt

1/8 teaspoon freshly ground black pepper

2 cups uncooked medium egg noodles

8 ounces light sour cream

COOKING INSTRUCTIONS:

Melt butter in a large saucepan or Dutch oven over medium-high heat. Add onion, garlic and mushrooms; cook for 5 to 6 minutes, stirring frequently, until mushrooms are softened. Stir in beef; cook for 5 to 6 minutes, stirring frequently, until beef is no longer pink. Stir in remaining ingredients, except noodles and sour cream. Bring to a boil then reduce heat, cover and simmer for 10 minutes, stirring occasionally. Stir in noodles; cover; cook for 5 to 7 minutes, stirring occasionally, until noodles are tender. Stir in sour cream; cook for 3 to 5 minutes, stirring frequently, until well blended.

NUTRITION per serving: 322 Calories; 10g Fat; 35g Protein; 18g Carbohydrate; 1g Dietary Fiber; 75mg Cholesterol; 490mg Sodium. **Exchanges:** 1/2 Grain (Starch); 4 Lean Meat; 1/2 Vegetable; 1 Fat. **Points:** 8

GLUTEN FREE: Make sure beef broth, sherry, ketchup and egg noodles are gluten free.

Tomato-Basil Soup

Recipe 8 – Serves 4

INGREDIENTS:

1 (28-oz.) can crushed tomatoes

7 ounces low sodium chicken broth

9 fresh basil leaves, minced

1/2 teaspoon sugar

1/2 cup half and half

1 1/2 tablespoons unsalted butter

COOKING INSTRUCTIONS:

In a large saucepan, bring tomatoes and broth to a boil. Reduce heat, cover and simmer for 10 minutes. Add basil and sugar. Reduce heat to low and stir in half and half and butter; cook until butter is melted and well blended.

NUTRITION per serving: 153 Calories; 8g Fat; 6g Protein; 17g Carbohydrate; 4g Dietary Fiber; 23mg Cholesterol; 421mg Sodium. **Exchanges:** 0 Lean Meat; 3 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat. **Points:** 4

GLUTEN FREE: Make sure canned tomatoes and chicken broth are gluten free.

Brazilian Black Bean Soup

Recipe 9 – Serves 4

INGREDIENTS:

1 1/2 tablespoons olive oil
1/3 cup chopped onion
20 ounces canned black beans, drained and rinsed; or
equivalent homemade
10 ounces low sodium chicken broth
1 1/2 cups chunky salsa

3 tablespoons orange juice
2 teaspoons lime juice
1 1/2 teaspoons ground cumin
1/2 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
Light sour cream and lime wedges for garnish (optional)

COOKING INSTRUCTIONS:

Heat the olive oil in a large saucepan over medium-high heat; add onion and cook for 5 minutes or until tender. In a small bowl, mash 1 cup of the black beans. Add all of the beans and the remaining ingredients (except sour cream and lime wedges) to the saucepan; simmer, uncovered, for 10 minutes or until hot. Serve with dollops of sour cream and a squeeze of lime if desired.

NUTRITION per serving: 211 Calories; 6g Fat; 12g Protein; 27g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 1111mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 1 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat. **Points:** 5

GLUTEN FREE: Make sure canned beans, chicken broth and salsa are gluten free.

Hearty Tortellini Soup

Recipe 10 – Serves 4

INGREDIENTS:

3 1/2 cups low sodium vegetable broth
1 (14.5-oz.) can Italian diced tomatoes, un-drained
1 (10-oz.) package frozen spinach, thawed

1 (15.5-oz.) can kidney beans, drained and rinsed; or
equivalent homemade
1 (9-oz.) package refrigerated cheese-filled tortellini

COOKING INSTRUCTIONS:

Combine broth and tomatoes in a large saucepan over medium-high heat; bring to a boil. Add spinach, beans and tortellini. Return mixture to a boil then reduce heat and boil gently for 5 minutes or until tortellini is tender and soup is thoroughly heated, stirring occasionally.

NUTRITION per serving: 367 Calories; 5g Fat; 27g Protein; 56g Carbohydrate; 15g Dietary Fiber; 38mg Cholesterol; 1494mg Sodium. **Exchanges:** 3 Grain (Starch); 1 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat. **Points:** 9

GLUTEN FREE: Make sure vegetable broth, canned tomatoes, canned beans and tortellini are gluten free.

Saving Dinner with



The Dinner Diva

10 soup recipes to warm your hearts and your tummies

The Recipes and Instructions for

10 Delicious Soups

To Bring Your Family Back to the Breakfast Table

Includes:

Awesome Asparagus Soup
Beefy Barley Stew
Cheesy Onion Soup
Crock Potato and Corn Chowder
Creamy Mexican Crock Pork Stew
Amigo Chicken Tortilla Soup
Chicken and Vegetable Bean Soup
Down South Ham and Bean Soup
Potato Salmon Soup
Roasted Vegetable Cheddar Soup

Simply Delicious Soups Volume 1 – Shopping List

MEAT

1 pound boneless chicken (whatever is on sale) [R6]
1 1/3 (6-oz.) boneless skinless chicken breast halves [R7]
1 1/2 pounds beef stew meat [R2]
1 1/2 pounds boneless pork shoulder roast [R5]
3/4 pound ham OR turkey ham [R8]
Bacon (6 slices) [R4]

CONDIMENTS

Olive oil [R2,R3,R6,R8,R9,R10]
Vegetable oil [R5]
Cider vinegar (if not using dry white wine) [R3]
Worcestershire sauce [R4]
Salsa, your favorite (2 3/4 cups) [R5,R6]
Black olives, sliced (optional garnish) [R6]
Dry white wine (1/2 cup) (or use white grape juice/cider vinegar) [R3]

CANNED GOODS

1 (7.5-oz.) can salmon [R9]
Low sodium chicken broth (approximately 5 1/4 quarts) [R1,R5,R6,R7,R8,R9,R10]
Low sodium beef broth (3 cups plus 21 ounces) [R2,R3]
Low sodium diced tomatoes (5 ounces) [R7]
Tomato sauce (12 ounces) [R6]
2 (16-oz.) cans black beans [R6]
3 (16-oz.) cans white beans [R8]
1 (15.4-oz.) can whole kernel corn [R4]
1 (14.75-oz.) can creamed corn [R4]
Apple juice (1/2 cup) [R6]
White grape juice (1/2 cup) (if not using dry white wine) [R3]

SPICES

Basil [R1]
Crushed red pepper flakes [R1]
Thyme [R2,R3,R7,R8,R10]
Bay leaves [R2]
Oregano [R5]
Ground cumin [R6]
Chili powder [R6]
Marjoram [R7]
Dill [R9]

PRODUCE

Onions (1 large plus 10 1/3 cups chopped) [R1,R4,R6,R7,R8,R9,R10]
Green onions (1/2 cup sliced plus chopped for optional garnish) [R5,R6]
Red onions (2 large) [R3]
Yellow onions (2 large) [R3]
Garlic (22 2/3 cloves) [R1,R2,R5,R7,R8,R10]
Leeks (1 1/2 cups chopped) [R2]
Celery (2 medium stalks plus 1 1/2 cups chopped) [R1,R8]
Carrots (2 cups chopped) [R2,R7]
Green bell peppers (3/4 cup chopped) [R9]
Asparagus (2 pounds) [R1]
Russet potatoes (8 medium plus 1 cup cooked and mashed) [R1,R4,R9]
Rutabagas (2 large) [R10]
Turnips (2 large) [R10]
Cauliflower (1 large head) [R10]
Fennel (1/3 small bulb) [R7]
1 (10-oz.) bag baby spinach [R8]
Parsley (2 teaspoons chopped) [R7]
Cilantro (chopped for optional garnish) [R6]
Limes (3 tablespoons juice) [R6]

DAIRY/DAIRY CASE

Butter [R1,R3]
Milk (3 1/2 cups) [R1,R4]
Skim milk (1 1/2 cups) [R9]
Half and half (1 1/2 cups plus 2/3 cup) [R5,R10]
U.K. Members: Half and half is half cream and half milk
Sour cream (optional garnishes) [R1,R6]
Low fat Cheddar cheese (1 1/2 cups shredded) [R10]
Gruyere cheese (8 ounces) [R3]
Monterey Jack OR Mexican blend OR low fat Cheddar (shredded for optional garnish) [R6]

DRY GOODS

Flour [R5,R10]
Sugar [R3]
Brown sugar [R8]
Barley (3/4 cup) [R2]
Great Northern beans (1/3 cup) [R7]
Baked tortilla chips (crumbled for optional garnish) [R6]

BAKERY

6 slices French bread [R3]



[R1] – [R10] = Recipe 1, Recipe 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Awesome Asparagus Soup

Serves 6

INGREDIENTS:

3 tablespoons butter	2 (14.5-oz.) cans low sodium chicken broth
1 cup chopped onion	Salt and pepper, to taste
2 chopped celery stalks	1/2 teaspoon dried basil
4 cloves pressed garlic	1/4 teaspoon crushed red pepper flakes
2 medium russet potatoes, peeled and cubed	2 cups milk
2 pounds asparagus spears, washed, snapped and steamed till tender	Sour cream (optional)



COOKING INSTRUCTIONS:

Melt the butter in a Dutch oven or large soup pot over medium-high heat; sauté onion, celery, and garlic until tender. Add potato, asparagus, chicken broth, salt, pepper, basil and crushed red pepper flakes. Bring to a boil, reduce heat, cover and simmer for 30 minutes.

In a food processor or blender, process asparagus mixture in batches until smooth, stopping to scrape down the sides. Return mixture to Dutch oven or soup pot. Add milk; cook, stirring often, just until soup is thoroughly heated. Serve hot or chilled, topped with a dollop of sour cream if desired.

NUTRITION per serving:

160 Calories; 9g Fat; 6g Protein; 15g Carbohydrate; 2g Dietary Fiber; 27mg Cholesterol; 723mg Sodium.

Exchanges: 1/2 Grain (Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat. **Points:** 4

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Simply Delicious Soups Volume 1

Beefy Barley Stew

Serves 6

INGREDIENTS:

2 teaspoons olive oil, divided	4 1/2 cups water
1 1/2 pounds beef stew meat, trimmed and cut into 1-inch pieces	Salt and pepper, to taste
1 1/2 cups chopped leeks	3/4 teaspoon dried thyme
1 1/2 cups chopped carrots	3 bay leaves
3 cloves pressed garlic	21 ounces low sodium beef broth
	3/4 cup uncooked pearl barley



COOKING INSTRUCTIONS:

Heat 1 tablespoon of the olive oil in a large Dutch oven or soup pot over medium-high heat. Add half of the beef and cook for 5 minutes, browning on all sides. Remove from pan. Repeat procedure with remaining beef.

In the same pan, heat remaining oil over medium-high heat. Add leeks, carrots and garlic and sauté for 4 minutes, or until lightly browned. Return beef to pan. Add water, salt, pepper, thyme, bay leaves and broth. Bring to a boil, reduce heat, cover and simmer for 1 hour. Add barley and cook for 30 minutes, or until beef and barley are tender. Discard bay leaves and serve.

NUTRITION per serving: 340 Calories; 11g Fat; 31g Protein; 27g Carbohydrate; 5g Dietary Fiber; 62mg Cholesterol; 506mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 4 Lean Meat; 1 1/2 Vegetable. **Points:** 7

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Simply Delicious Soups Volume 1

Cheesy Onion Soup

Serves 6

INGREDIENTS:

4 tablespoons butter
2 large red onions, thinly sliced
2 large yellow onions, thinly sliced
1 teaspoon sugar
Salt and pepper, to taste
3 cups low sodium beef broth, divided

1/2 cup dry white wine (or white grape
juice with a splash of cider vinegar)
2 cups water
1/2 teaspoon thyme
6 slices French bread
1/4 cup olive oil
8 ounces Gruyere cheese, grated



COOKING INSTRUCTIONS:

Melt the butter in a large skillet over medium heat; add red and yellow onion slices; reduce heat, cover and allow the onions to sweat for about 10 minutes.

Uncover; add sugar and salt and pepper to taste. Raise heat to medium-high and brown onions; transfer browned onions to a slow cooker.

Add half of the beef broth to the skillet and scrape up all of the browned bits from the bottom of the pan. Add skillet liquid, remaining beef broth, wine (or juice/vinegar), water and thyme to slow cooker. Cover and cook on low heat setting for about 6 hours.

About 25 to 30 minutes before serving, preheat oven to 400 degrees.

Place bread slices on a cookie sheet; drizzle with olive oil and bake till golden. Place one slice of baked bread in each soup bowl; sprinkle with cheese. Ladle soup over bread and allow bowls to sit for about 3 minutes before serving.

NUTRITION per serving: 447 Calories; 30g Fat; 20g Protein; 23g Carbohydrate; 2g Dietary Fiber; 62mg Cholesterol; 383mg Sodium. **Exchanges:** 1 Grain (Starch); 2 Lean Meat; 1 1/2 Vegetable; 5 Fat. **Points:** 11

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Simply Delicious Soups Volume 1

Crock Potato and Corn Chowder

Serves 6

INGREDIENTS:

6 medium russet potatoes, peeled and cubed
1 (15.4-oz.) can whole kernel corn, un-drained
1 (14.75-oz.) can creamed corn
1 1/2 cups milk

3/4 cup chopped onion
6 slices bacon, cooked and crumbled
Salt and pepper, to taste
1/2 teaspoon Worcestershire sauce



COOKING INSTRUCTIONS:

Combine all ingredients in a slow cooker; cover and cook on low heat setting for 6 to 8 hours; serve.

NUTRITION per serving: 237 Calories; 6g Fat; 8g Protein; 42g Carbohydrate; 4g Dietary Fiber; 14mg Cholesterol; 494mg Sodium. **Exchanges:** 2 1/2 Grain (Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat. **Points:** 4

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Simply Delicious Soups Volume 1

Creamy Mexican Crock Pork Stew

Serves 6

INGREDIENTS:

1 1/2 tablespoons vegetable oil	3 to 4 cloves garlic, pressed
1 1/2 pounds boneless pork shoulder roast, cut into 3/4-inch cubes	1 teaspoon oregano
1 (14.5-oz.) can low sodium chicken broth	1 1/4 cups salsa (your favorite)
1/2 cup sliced green onion	Salt and pepper, to taste
	3 tablespoons flour
	2/3 cup half and half



COOKING INSTRUCTIONS:

Heat the oil in a skillet over medium-high heat and brown the pork. Add chicken broth, green onion, garlic and oregano. Bring to a boil; add salsa. Reduce heat and simmer for two minutes. Transfer to a slow cooker.

Cover and cook on low heat setting for 8 hours.

Toward the end of the cooking time, raise slow cooker heat setting to high. Blend flour and half and half till smooth and gradually stir into the stew; cook and stir till thickened (it's not going to be too thick, but there is enough flour to tighten the sauce up. If you prefer it thicker, add another tablespoon of flour).

NUTRITION per serving: 358 Calories; 17g Fat; 23g Protein; 4g Carbohydrate; trace Dietary Fiber; 90mg Cholesterol; 523mg Sodium. **Exchanges:** 0 Grain (Starch); 3 Lean Meat; 3 1/2 Fat. **Points:** 9

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Simply Delicious Soups Volume 1

Amigo Chicken Tortilla Soup

Serves 6

INGREDIENTS:

3 teaspoons olive oil	1 1/2 cups low sodium chicken broth
3/4 cup chopped onion	1 1/2 cups salsa (your favorite)
1 pound boneless chicken (whatever is on sale), chopped into bite-sized pieces*	<i>Garnishes (optional):</i>
3/4 teaspoon cumin	Sour Cream
3/4 teaspoon chili powder	Baked tortilla chips
2 (16-oz.) cans black beans, drained and rinsed	Shredded Monterey Jack OR Cheddar cheese OR a pre-mixed Mexican blend
1/2 cup apple juice	Sliced black olives
12 ounces tomato sauce	Sliced green onions
3 tablespoons fresh lime juice	Chopped cilantro



COOKING INSTRUCTIONS:

Heat the oil in a large Dutch oven or soup pot over medium-high heat; add onion and sauté until translucent. Add chopped chicken and cook for about 4 minutes, or until browned on all sides (you do not need to cook it all the way through). Stir in the cumin and chili powder.

Add remaining ingredients (black beans through salsa), cover and heat through. Serve in bowls and garnish as desired.

*LEANNE'S NOTE: Partially freeze chicken for ease in cutting.

NUTRITION per serving: 257 Calories; 5g Fat; 26g Protein; 27g Carbohydrate; 8g Dietary Fiber; 44mg Cholesterol; 1212mg Sodium. **Exchanges:** 1 Grain (Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1/2 Fat. **Points:** 5

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Simply Delicious Soups Volume 1

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Simply Delicious Soups Volume 1 — Page 4 of 7

DO-AHEAD TIP: Sort, rinse and soak beans overnight.

Chicken and Vegetable Bean Soup

Serves 6

INGREDIENTS:

1/3 cup dried Great Northern beans, sorted, rinsed and soaked overnight
2 cups water
1/3 cup chopped onion
1/3 small fennel bulb, trimmed and sliced into 1/2-inch pieces (optional; if you can't find it or don't like fennel, that's fine)
1/2 cup chopped carrot
2/3 clove garlic, pressed

2 teaspoons chopped fresh parsley
1/3 teaspoon dried thyme
1/3 teaspoon dried marjoram
Salt and pepper, to taste
1 2/3 cups low sodium chicken broth
1 1/3 boneless skinless chicken breast halves, cut into 1-inch cubes*
5 ounces canned diced tomatoes (low sodium, if available), un-drained



COOKING INSTRUCTIONS:

Soak dried beans overnight in the 2 cups of water; drain and rinse.

In a slow cooker, place onion, fennel, carrot, garlic, parsley, thyme, marjoram and salt and pepper to taste. Place beans and chicken on top; pour chicken broth over all.

Cover and cook on low heat setting for 8 to 10 hours or on high setting for 4 to 5 hours. During the last 30 minutes of cooking time, raise heat setting to high and add the un-drained diced tomatoes. Cover and cook for 30 minutes; serve.

LEANNE'S NOTE: Partially freeze chicken for ease in cutting.

NUTRITION per serving: 277 Calories; 2g Fat; 36g Protein; 31g Carbohydrate; 9g Dietary Fiber; 46mg Cholesterol; 532mg Sodium. **Exchanges:** 1 1/2 Grain (Starch); 4 Lean Meat; 1 1/2 Vegetable. **Points:** 5

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Simply Delicious Soups Volume 1

Down South Ham and Bean Soup

Serves 6

INGREDIENTS:

1 1/2 tablespoons olive oil
1 1/2 cups chopped onion
1 1/2 cups chopped celery
4 to 5 cloves garlic, pressed
3/4 pound ham OR turkey ham, cubed

3 tablespoons brown sugar
1 rounded teaspoon thyme
3 (16-oz.) cans white beans, drained and rinsed
6 cups low sodium chicken broth
1 (10-oz.) bag baby spinach



COOKING INSTRUCTIONS:

Heat the oil in a Dutch oven or soup pot over medium-high heat; add onion, celery, garlic, ham, brown sugar, thyme and 1 can of the drained and rinsed beans; cover and cook for about 8 minutes, or until veggies are soft. Mash the beans and veggies into a rough paste; add remaining beans and the broth. Cover and cook for 10 minutes, or until thickened. Remove from heat and stir in spinach. Serve.

NUTRITION per serving: 498 Calories; 10g Fat; 40g Protein; 64g Carbohydrate; 13g Dietary Fiber; 32mg Cholesterol; 1329mg Sodium. **Exchanges:** 3 Grain (Starch); 3 1/2 Lean Meat; 1 Vegetable; 1 Fat; 1/2 Other Carbohydrates. **Points:** 10

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Simply Delicious Soups Volume 1

DO-AHEAD TIP: Prepare mashed potatoes.

Potato Salmon Soup

Serves 6

INGREDIENTS:

1 (7.5-oz.) can salmon, drained and flaked
2 (14.5-oz.) ounce cans low sodium chicken broth
1 1/2 cups skim milk
3 cups chopped onion

3/4 cup chopped green bell pepper
1 tablespoon olive oil
1 teaspoon dried dill
Salt and pepper, to taste
1 cup mashed potatoes



COOKING INSTRUCTIONS:

Heat the olive oil in a Dutch oven or large soup pot over medium-high heat; add onion and bell pepper and sauté till wilted. Add remaining ingredients and heat till bubbling and slightly thickened. Serve immediately.

NUTRITION per serving: 137 Calories; 6g Fat; 17g Protein; 11g Carbohydrate; 1g Dietary Fiber; 29mg Cholesterol; 418mg Sodium. **Exchanges:** 1/2 Grain (Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk. **Points:** 3

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Simply Delicious Soups Volume 1

Roasted Vegetable Cheddar Soup

Serves 6

INGREDIENTS:

2 large rutabagas, peeled and quartered
2 large turnips, peeled and quartered
1 large onion, quartered
6 cloves garlic, whole
1 large head of cauliflower, broken up
3 tablespoons olive oil

Salt and pepper, to taste
1 1/2 teaspoons thyme
3 cups low sodium chicken broth
1 1/2 cups half and half (UK members,
this is half cream and half milk)
1 tablespoon flour
1 1/2 cups shredded low fat Cheddar cheese



COOKING INSTRUCTIONS:

Preheat oven to 425 degrees.

Place all vegetables in a large roasting pan and toss well with the olive oil; sprinkle with thyme and salt and pepper to taste. Bake for 30 minutes, or until veggies start to brown; remove from oven and set aside to cool.

In a blender, place the cooled roasted veggies and 1/4 cup of the chicken broth (or more-you just want to help the blender process the veggies, and it needs liquid). Pulse the blender-you don't want your veggies liquefied-just blended.

Transfer blender contents and remaining broth to a large saucepan. Bring to a boil, reduce heat to a simmer and add the half and half. When it is hot (but NOT boiling or the cream will break!), add the cheese tossed with the flour. Again, bring mixture to ALMOST boiling point, stirring constantly until the cheese has melted.

NUTRITION per serving: 345 Calories; 17g Total Fat; 13g Protein; 3g Dietary Fiber; 14g Carbohydrate; 111mg Cholesterol; 616mg Sodium. **Exchanges:** 0 Grain (Starch); 1 Lean Meat; 1 Vegetable; 7 Fat. **Points:** 8

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Simply Delicious Soups Volume 1

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SAVING DINNER

with



Soups, Stews and Chilis Volume 1

Soups, Stews and Chilis Volume 1 – Shopping List

MEAT

2 1/2 pounds boneless skinless chicken breast meat [R3,R8]
Chicken meat (1 1/2 cups cooked and cubed) (or use a deli rotisserie chicken) [R2]
2 pounds ground turkey [R13]
4 pounds beef stew meat [R1,R12]
2 pounds 95% lean ground beef [R14]
1 1/2 pounds pork tenderloin [R7]
3 1/2 pounds pork shoulder [R9]
1 pound bulk sausage meat [R14]
1 pound bulk Italian sausage meat [R4]
1 pound spicy Italian sausage meat [R15]
Smoked sausage (2 pounds plus 1 [16-oz.] package) [R6,R10]
Bacon (3 slices) [R5]

DELI

1 rotisserie chicken (if not cooking own) [R2]

CONDIMENTS

1 (16-oz.) jar salsa [R7]

PRODUCE

Onions (1 small plus 1 1/2 cups chopped plus 1 cup diced plus optional chopped garnish) [R1,R2,R3,R4,R5,R6,R7,R8,R9,R10,R11,R12,R13,R14,R15]
Garlic (18 cloves) [R1,R2,R4,R5,R6,R9,R12, R14]
Carrots (2 cups sliced plus 1 cup diced) [R1,R4,R10]
1 (8-oz.) package baby carrots [R8]
Celery (1 medium stalk plus 4 cups chopped plus 1 cup sliced plus 1 cup diced) [R1,R2,R5,R6,R8,R10,R15]
Zucchini (2 cups sliced) [R4]
Russet potatoes (2 medium) [R10]
Yukon Gold potatoes (6 medium) [R5]
Cabbage (1/2 head) [R10]
Green bell peppers (1 medium plus 3 1/4 cups chopped) [R4,R6,R11,R12,R15]
Red bell peppers (1 1/4 cups chopped) [R7,R15]
Tomatoes (chopped for optional garnish) [R11]
Mushrooms (1 cup sliced) [R4]
Cremini mushrooms (1 cup quartered) [R1]
Parsley (2 tablespoons chopped) [R10]
Cilantro (1/4 cup chopped plus garnish) [R3,R9,R13]
Chives (chopped for optional garnish) [R5]

SPICES

Sea salt [R1,R2,R3,R4,R5,R9,R11,R13,R14,R15]
Black peppercorns [R1,R2,R3,R5,R8,R11,R14,R15]
Thyme [R1,R6]
Nutmeg [R2]
Bay leaves [R3,R6,R9]
Ground cumin [R7,R9,R11,R13,R14]
Ground coriander [R14]
Chili powder [R3,R11,R12,R13,R14,R15]
Oregano [R4,R7,R11,R15]
Basil [R4]
White pepper [R6]
Cayenne pepper [R6]
Garlic powder [R8,R10]
Onion powder [R12]
Paprika [R12]
Crushed red pepper flakes [R12]
Ground red pepper [R10]

DAIRY/DAIRY CASE

Butter, unsalted (1/2 cup plus 3 tablespoons) [R2,R5,R8]
Half and half (4 1/2 cups) [R2,R5]
U.K. Members: half and half is half milk and half cream
Heavy cream (1/2 cup) [R8]
Sour cream (for optional garnish) [R5,R9,R11]
Cheddar cheese (1/4 cup shredded plus optional garnish) [R5,R11,R12]
Pepper Jack cheese (for optional garnish) [R13]
Mozzarella cheese (1/4 cup shredded) [R15]
Parmesan cheese (grated for optional garnish) [R4]

DRY GOODS

Flour (1 cup plus 1 tablespoon) [R2,R5,R8]
Pearl barley (1/2 cup) [R1]
Tortilla chips (crushed, for garnish) [R3]

FREEZER

Whole kernel corn (69 ounces or about 8 1/2 cups) [R2,R3,R11,R13]
Petite green peas (1 cup) [R8]
1 package puff pastry shells [R8]
Cheese tortellini (2 cups) [R4]

CANNED GOODS

Low sodium chicken broth (187 ounces or about 6 quarts)
[R2,R3,R5,R6,R7,R8,R9,R10,R13,R14]
Low sodium beef broth (106 ounces or about 3.5 quarts)
[R1,R4,R12]
1 (14.5-oz.) can diced tomatoes [R12]
1 (28-oz.) can diced tomatoes [R14]
5 (14.5-oz.) can diced tomatoes with green chilies
[R3,R11,R13]
3 (14.5-oz.) cans fire-roasted tomatoes [R4,R15]
2 (15-oz.) cans tomato sauce [R4,R14]
1 (8-oz.) can tomato sauce [R6]
Tomato paste (4 ounces plus 5 tablespoons) [R12,R15]
1 (10-oz.) can enchilada sauce [R3]
Chipotle peppers in adobo sauce (2 teaspoons minced)
[R14]
Tomato juice (3 cups) [R12,R15]
3 (15-oz.) cans red beans [R6]
4 (15-oz.) cans black beans [R7,R13]
1 (15-oz.) can pinto beans [R11]
Kidney beans (1 cup plus 1 [15-oz.] can) [R11,R15]
1 (29-oz.) can white hominy [R9]
2 (4-oz.) cans diced green chilies [R9]

GLUTEN FREE

Sausage [R4,R6,R10,R14,R15]
Bacon [R5]
Salsa [R7]
Chicken broth [R2,R3,R5,R6,R7,R8,R9,R10,R13,R14]
Beef broth [R1,R4,R12]
Canned tomatoes [R3,R4,R11,R12,R13,R14,R15]
Tomato sauce [R4,R6,R14]
Tomato paste [R12,R15]
Tomato juice [R11]
Enchilada sauce [R3]
Chipotle peppers in adobo sauce [R14]
Canned beans [R6,R7,R11,R13,R15]
Canned hominy [R9]
Diced green chilies [R9]
Tortellini [R4]
Flour [R2,R5,R8]
Brown rice [R1]
Puff pastry shell [R8]



[R1] – [R15] = Recipe 1, Recipe 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Beef and Barley Soup

Recipe 1 – Serves 6 to 8

INGREDIENTS:

2 pounds beef stew meat, cut into 1-inch pieces
Sea salt and freshly ground black pepper, to taste
1 cup chopped onion
1 cup sliced carrots
1 cup quartered fresh cremini mushrooms

1 cup sliced celery
2 cloves garlic, pressed
1/4 teaspoon dried thyme
3 (14.5-oz.) cans low sodium beef broth
1/2 cup pearl barley



INSTRUCTIONS:

Season beef with salt and pepper then place in a large crock cooker. Add onions, carrots, mushrooms, celery, garlic and thyme. Add broth and barley; stir to combine. Cover and cook on LOW for 6 hours.

NUTRITION per serving: 382 Calories; 13g Fat; 43g Protein; 20g Carbohydrate; 4g Dietary Fiber; 83mg Cholesterol; 179mg Sodium. **Exchanges:** 1 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 0 Fat. **Points:** 9

GLUTEN FREE: Make sure broth is gluten free and use brown rice instead of barley.

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Creamy Chicken Corn Chowder

Recipe 2 – Serves 4 to 6

INGREDIENTS:

2 tablespoons unsalted butter
1 cup chopped onion
1 cup chopped celery
1 clove garlic, pressed
1/2 cup flour
4 cups low sodium chicken broth

3 cups frozen whole kernel corn
1 1/2 cups cooked and cubed chicken meat (use a rotisserie chicken if you're short on time)
1 pinch nutmeg
Sea salt and freshly ground black pepper to taste
3 cups half and half



INSTRUCTIONS:

Melt the butter in a 3-quart saucepan over medium heat; add onion, celery and garlic and sauté for 5 minutes or until vegetables are translucent. Stir in flour until it is absorbed. Whisk in chicken broth and blend well. Pour mixture into a crock cooker; add corn, chicken and spices and stir until combined. Stir in half and half. Cover and cook on LOW for 4 to 6 hours.

NUTRITION per serving: 665 Calories; 33g Fat; 44g Protein; 52g Carbohydrate; 5g Dietary Fiber; 143mg Cholesterol; 720mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 5 1/2 Fat. **Points:** 18

GLUTEN FREE: Make sure flour and broth are gluten free.

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Enchilada Soup

Recipe 3 – Serves 4 to 6

INGREDIENTS:

1 pound boneless skinless chicken breast halves
15 ounces frozen whole kernel corn
1 (14.5-oz.) can diced tomatoes with green chilies, undrained
1 (14.5-oz.) can low sodium chicken broth
1 (10-oz.) can enchilada sauce
1 cup chopped onion

1/4 cup chopped fresh cilantro

1/2 bay leaf

3 cloves garlic, pressed

1 teaspoon ground cumin

1 teaspoon chili powder

1 teaspoon sea salt

1/4 teaspoon freshly ground black pepper, or to taste

Crushed tortilla chips, for garnish



INSTRUCTIONS:

Rinse chicken and pat dry; place in a crock cooker. Add remaining ingredients, except tortilla chips. Cover and cook on LOW for 6 hours. Transfer chicken to a cutting board and shred with two forks; return to the crock cooker. Cover and cook for 30 minutes to 1 hour. Serve garnished with chips.

NUTRITION per serving: 303 Calories; 3g Fat; 36g Protein; 35g Carbohydrate; 6g Dietary Fiber; 89mg Cholesterol; 1477mg Sodium.

Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates. **Points:** 7

GLUTEN FREE: Make sure tomatoes, broth and enchilada sauce are gluten free.

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DO-AHEAD TIP: Brown meat.

Roasted Tomato and Pasta Soup

Recipe 4 – Serves 6 to 8

INGREDIENTS:

1 pound bulk Italian sausage meat, browned and drained
6 cups low sodium beef broth
2 (14.5-oz.) cans fire-roasted tomatoes
1 (15-oz.) can tomato sauce
2 cups sliced zucchini
1 cup chopped onion
1 cup sliced carrots
1 cup sliced fresh mushrooms

1 medium green bell pepper, seeded, deribbed and chopped

1 teaspoon dried oregano

1 teaspoon dried basil

1 clove garlic, pressed

Sea salt, to taste

2 cups frozen cheese tortellini

Grated Parmesan cheese (optional)



INSTRUCTIONS:

In a large crock cooker, combine first 12 ingredients (sausage through garlic). Cover and cook on HIGH for 3 to 4 hours or until vegetables are tender; add salt to taste. Cook tortellini according to package directions; drain; stir into crock cooker. Cover and cook for 30 minutes. Serve garnished with Parmesan cheese if desired.

NUTRITION per serving: 479 Calories; 26g Fat; 31g Protein; 33g Carbohydrate; 6g Dietary Fiber; 78mg Cholesterol; 1636mg Sodium. **Exchanges:** 1 Grain(Starch); 3 Lean Meat; 2 Vegetable; 4 Fat. **Points:** 13

GLUTEN FREE: Make sure sausage, broth, tomatoes, tomato sauce and tortellini are gluten free.

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DO-AHEAD TIP: Cook and crumble bacon; cook, cool and dice potatoes.

Creamy Potato Soup

Recipe 5 – Serves 6

INGREDIENTS:

1/2 cup unsalted butter
1/2 cup chopped onion
1/2 cup chopped celery
3 cloves garlic, coarsely chopped
1/2 cup flour
2 (14.5-oz.) cans low sodium chicken broth
1 1/2 cups half and half

Sea salt and freshly ground black pepper, to taste
6 medium Yukon Gold potatoes, cooked,
peeled and diced
3 slices bacon, cooked and crumbled
1/4 cup shredded Cheddar cheese
Sour cream (optional)
Chopped fresh chives (optional)



INSTRUCTIONS:

Melt the butter in a large saucepan; add onion, celery and garlic and sauté for 5 minutes or until onion is translucent. Stir in flour until it is absorbed. Whisk in chicken broth and blend well. Gradually whisk in half and half and let mixture come to a simmer; transfer to a crock cooker. Stir in cooked potatoes, crumbled bacon and Cheddar cheese, combining well. Cover and cook on LOW for 3 hours, stirring occasionally. Serve topped with a dollop of sour cream and chopped chives if desired.

NUTRITION per serving: 396 Calories; 26g Fat; 14g Protein; 29g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 435mg Sodium. **Exchanges:** 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat. **Points:** 11

GLUTEN FREE: Make sure flour, broth and bacon are gluten free.

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Creole Red Beans and Sausage Stew

Recipe 6 – Serves 8 to 10

INGREDIENTS:

2 pounds smoked sausage, cut into 1 inch slices
3 (15-oz.) cans red beans, rinsed and drained
1 1/2 cups chopped onion
1 1/2 cups chopped celery
1 1/2 cups chopped green bell pepper
1 (14.5-oz.) can low sodium chicken broth

1 (8-oz.) can tomato sauce
4 cloves garlic, pressed
2 teaspoons dried thyme
1 teaspoon white pepper
1/4 teaspoon cayenne pepper
1/2 bay leaf



INSTRUCTIONS:

Place sausage slices in a large skillet over medium heat; cook and stir until browned, about 5 minutes; drain fat. Transfer to a crock cooker and stir in remaining ingredients. Cover and cook on LOW until vegetables are tender, about 6 hours. Remove bay leaf before serving.

NUTRITION per serving: 580 Calories; 35g Fat; 28g Protein; 37g Carbohydrate; 11g Dietary Fiber; 81mg Cholesterol; 1882mg Sodium. **Exchanges:** 2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 5 1/2 Fat. **Points:** 15

GLUTEN FREE: Make sure sausage, beans, broth and tomato sauce are gluten free.

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Black Bean and Pork Stew

Recipe 7 – Serves 6

INGREDIENTS:

1 1/2 pounds pork tenderloin, cut into 2-inch strips
1 cup chopped onion
1 cup chopped red bell pepper
3 (15-oz.) cans black beans, drained and rinsed

1 (16-oz.) jar salsa
1/2 cup low sodium chicken broth
1 teaspoon dried oregano
1 teaspoon ground cumin



INSTRUCTIONS:

Combine all ingredients in a crock cooker. Cover and cook on LOW for 8 to 10 hours. Break up pieces of cooked pork to thicken the stew before serving.

NUTRITION per serving: 360 Calories; 6g Fat; 38g Protein; 37g Carbohydrate; 14g Dietary Fiber; 74mg Cholesterol; 1084mg Sodium. **Exchanges:** 2 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat. **Points:** 8

GLUTEN FREE: Make sure beans, salsa and broth are gluten free.

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Chicken Pot Pie Stew

Recipe 8 – Serves 6

INGREDIENTS:

1 tablespoon unsalted butter
1/2 cup chopped onion
1 tablespoon flour
1 (14.5-oz.) can low sodium chicken broth
1/2 cup heavy cream
1 1/2 pound boneless skinless chicken breast meat, cubed

1 (8-oz.) package fresh baby carrots
1 cup chopped celery
2 teaspoons garlic powder
1 teaspoon freshly ground black pepper
1 cup frozen petite green peas
1 package frozen puff pastry shells, baked according to package instructions



INSTRUCTIONS:

Melt the butter in a large saucepan over medium heat; add onion and sauté for 5 minutes or until translucent. Stir in flour until it is absorbed. Whisk in chicken broth and blend well. Gradually whisk in heavy cream and let the mixture come to a simmer; transfer to a crock cooker. Add chicken, carrots, celery, garlic powder and black pepper. Cover and cook on LOW for 4 to 6 hours. Stir in green peas and cook for 1 hour. Serve over puff pastry shells.

NUTRITION per serving: 536 Calories; 29g Fat; 35g Protein; 33g Carbohydrate; 3g Dietary Fiber; 98mg Cholesterol; 401mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat. **Points:** 14

GLUTEN FREE: Make sure flour, broth and pastry are gluten free.

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Pork and Hominy Stew (Pozole)

Recipe 9 – Serves 6 to 8

INGREDIENTS:

3 1/2 pounds pork shoulder, cut into several large pieces
Sea salt
1/2 bay leaf
2 teaspoons cumin
1/2 cup chopped onion
2 cloves garlic, pressed

2 (4-oz.) cans diced green chilies
4 cups low sodium chicken broth
1 (29-oz.) can white hominy, drained and rinsed
Sour cream and chopped fresh cilantro for garnish



INSTRUCTIONS:

Place pork in a crock cooker; season generously with salt. Add bay leaf, cumin, onion, garlic, diced green chilies and chicken broth. Cover and cook on LOW for 8 hours. Remove bay leaf and skim as much fat from the surface as possible. Remove pork to a cutting board and shred with two forks. Return shredded pork to the crock cooker and add hominy. Cover and cook for 30 minutes. Serve topped with sour cream and cilantro.

NUTRITION per serving: 622 Calories; 37g Fat; 44g Protein; 25g Carbohydrate; 4g Dietary Fiber; 141mg Cholesterol; 853mg Sodium. **Exchanges:** 1 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat. **Points:** 16

GLUTEN FREE: Make sure diced green chilies, broth and hominy are gluten free.

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"Kiss Me I'm Irish" Stew

Recipe 10 – Serves 6

INGREDIENTS:

4 cups low sodium chicken broth
1 (16-oz.) package smoked sausage, diced
2 medium Russet potatoes, peeled and diced
1/2 head cabbage, coarsely chopped
1 cup diced carrots

1 cup diced onion
1 cup diced celery
2 tablespoons chopped fresh parsley
1/2 teaspoon garlic powder
1/2 teaspoon ground red pepper



INSTRUCTIONS:

Combine all ingredients in a large crock cooker. Cover and cook on LOW for 4 hours.

NUTRITION per serving: 353 Calories; 23g Fat; 20g Protein; 17g Carbohydrate; 4g Dietary Fiber; 54mg Cholesterol; 1105mg Sodium. **Exchanges:** 1/2 Grain(Starch); 2 Lean Meat; 2 Vegetable; 4 Fat. **Points:** 9

GLUTEN FREE: Make sure broth and sausage are gluten free.

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Vegetarian Corn Chili

Recipe 11 – Serves 6

INGREDIENTS:

1 cup chopped green bell pepper
1 cup chopped onion
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon dried oregano
1/4 teaspoon freshly ground black pepper
3 cups tomato juice
1 (16-oz.) package frozen whole kernel corn

2 (14.5-oz.) cans diced tomatoes with green chilies
1 (15-oz.) can kidney beans, drained and rinsed
1 (15-oz.) can pinto beans, drained and rinsed
Sea salt, to taste
Sour cream (optional)
Shredded Cheddar cheese (optional)
Chopped tomato (optional)



INSTRUCTIONS:

In a large crock cooker, combine first 12 ingredients (bell pepper through salt). Cover and cook on HIGH for 4 to 6 hours. Serve topped with sour cream, cheese and tomato if desired.

NUTRITION per serving: Per Serving: 264 Calories; 2g Fat; 13g Protein; 55g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 1514mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat. **Points:** 6

GLUTEN FREE: Make sure tomato juice, tomatoes and beans are gluten free.

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Crock Cooker Meaty Chili

Recipe 12 – Serves 6

INGREDIENTS:

2 pounds beef stew meat
1 cup chopped onion
1/2 cup chopped green bell pepper
3 cloves garlic, pressed
1 (14.5-oz.) can diced tomatoes, un-drained
4 ounces tomato paste

1 (14.5-oz.) can low sodium beef broth
3 teaspoons chili powder
1 teaspoon onion powder
1 tablespoon paprika
1/2 teaspoon crushed red pepper flakes
Shredded Cheddar cheese (optional)
Chopped onion (optional)



INSTRUCTIONS:

In a large crock cooker, combine first 11 ingredients (stew meat through crushed red pepper flakes). Cover and cook on LOW for 8 hours. Serve topped with cheese and onions if desired.

NUTRITION per serving: 326 Calories; 14g Fat; 38g Protein; 13g Carbohydrate; 3g Dietary Fiber; 83mg Cholesterol; 498mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 0 Fat. **Points:** 8

GLUTEN FREE: Make sure tomatoes, tomato paste and broth are gluten free.

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Santa Fe Turkey Chili

Recipe 13 – Serves 6

INGREDIENTS:

2 pounds ground turkey, browned and drained
1/2 cup chopped onion
14 ounces frozen whole kernel corn
1 (15-oz.) can black beans, drained and rinsed
2 (14.5-oz.) cans diced tomatoes with green chilies, undrained

1 teaspoon chili powder
1 teaspoon ground cumin
Sea salt, to taste
1 (14.5-oz.) can low sodium chicken broth
Chopped cilantro (optional)
Shredded Pepper Jack cheese (optional)



INSTRUCTIONS:

In a large crock cooker, combine first 9 ingredients (ground turkey through broth). Cover and cook on LOW for 4 hours. Serve topped with cilantro and cheese if desired.

NUTRITION per serving: 399 Calories; 14g Fat; 38g Protein; 32g Carbohydrate; 8g Dietary Fiber; 120mg Cholesterol; 1017mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fat. **Points:** 10

GLUTEN FREE: Make sure beans, tomatoes and broth are gluten free.

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DO-AHEAD TIP: Brown meat.

Spicy Chipotle Chili

Recipe 14 – Serves 6

INGREDIENTS:

1 pound bulk sausage meat, browned and drained
2 pounds 95% lean ground beef, browned and drained
5 tablespoons chili powder
1 tablespoon ground cumin
1 teaspoon ground coriander
2 cloves garlic, pressed

1 cup chopped onion
1 (28-oz.) can diced tomatoes, undrained
1 (15-oz.) can tomato sauce
2 teaspoons minced chipotle peppers in adobo sauce
1 teaspoon sea salt
Freshly ground black pepper, to taste



INSTRUCTIONS:

In a large crock cooker, combine browned meat and spices. Add garlic, onion, tomatoes, tomato sauce, chipotle peppers, salt and pepper. Cover and cook on LOW for 8 to 10 hours.

NUTRITION per serving: 613 Calories; 40g Fat; 46g Protein; 19g Carbohydrate; 6g Dietary Fiber; 145mg Cholesterol; 1870mg Sodium. **Exchanges:** 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 5 1/2 Fat. **Points:** 16

GLUTEN FREE: Make sure sausage, tomatoes, tomato sauce and chipotle peppers are gluten free.

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Smokey Italian Chili

Recipe 15 – Serves 6

INGREDIENTS:

1 medium stalk celery, chopped	1 cup water
1 small onion, chopped	5 tablespoons tomato paste
1/4 cup chopped green bell pepper	3/4 teaspoon chili powder
1/4 cup chopped red bell pepper	1 teaspoon dried oregano
1 pound spicy Italian sausage meat, browned and drained	1/4 teaspoon sea salt
1 (14.5-oz.) can fire-roasted tomatoes, undrained	1/4 teaspoon freshly ground black pepper
1 cup canned kidney beans, drained and rinsed	1/4 cup shredded Mozzarella cheese



INSTRUCTIONS:

In a large crock cooker, combine all ingredients, except cheese. Cover and cook on LOW for 4 to 6 hours. Serve garnished with shredded cheese.

NUTRITION per serving: 353 Calories; 25g Fat; 16g Protein; 16g Carbohydrate; 5g Dietary Fiber; 62mg Cholesterol; 1149mg Sodium. **Exchanges:** 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 4 Fat. **Points:** 9

GLUTEN FREE: Make sure sausage, tomatoes, beans and tomato paste are gluten free.

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SAVING DINNER

with



Soups, Stews and Chilis Volume 1

Soups, Stews and Chilis Volume 1 – Shopping List

MEAT

2 1/2 pounds boneless skinless chicken breast meat [R3,R8]
Chicken meat (1 1/2 cups cooked and cubed) (or use a deli rotisserie chicken) [R2]
2 pounds ground turkey [R13]
4 pounds beef stew meat [R1,R12]
2 pounds 95% lean ground beef [R14]
1 1/2 pounds pork tenderloin [R7]
3 1/2 pounds pork shoulder [R9]
1 pound bulk sausage meat [R14]
1 pound bulk Italian sausage meat [R4]
1 pound spicy Italian sausage meat [R15]
Smoked sausage (2 pounds plus 1 [16-oz.] package) [R6,R10]
Bacon (3 slices) [R5]

DELI

1 rotisserie chicken (if not cooking own) [R2]

CONDIMENTS

1 (16-oz.) jar salsa [R7]

PRODUCE

Onions (1 small plus 1 1/2 cups chopped plus 1 cup diced plus optional chopped garnish) [R1,R2,R3,R4,R5,R6,R7,R8,R9,R10,R11,R12,R13,R14,R15]
Garlic (18 cloves) [R1,R2,R4,R5,R6,R9,R12, R14]
Carrots (2 cups sliced plus 1 cup diced) [R1,R4,R10]
1 (8-oz.) package baby carrots [R8]
Celery (1 medium stalk plus 4 cups chopped plus 1 cup sliced plus 1 cup diced) [R1,R2,R5,R6,R8,R10,R15]
Zucchini (2 cups sliced) [R4]
Russet potatoes (2 medium) [R10]
Yukon Gold potatoes (6 medium) [R5]
Cabbage (1/2 head) [R10]
Green bell peppers (1 medium plus 3 1/4 cups chopped) [R4,R6,R11,R12,R15]
Red bell peppers (1 1/4 cups chopped) [R7,R15]
Tomatoes (chopped for optional garnish) [R11]
Mushrooms (1 cup sliced) [R4]
Cremini mushrooms (1 cup quartered) [R1]
Parsley (2 tablespoons chopped) [R10]
Cilantro (1/4 cup chopped plus garnish) [R3,R9,R13]
Chives (chopped for optional garnish) [R5]

SPICES

Sea salt [R1,R2,R3,R4,R5,R9,R11,R13,R14,R15]
Black peppercorns [R1,R2,R3,R5,R8,R11,R14,R15]
Thyme [R1,R6]
Nutmeg [R2]
Bay leaves [R3,R6,R9]
Ground cumin [R7,R9,R11,R13,R14]
Ground coriander [R14]
Chili powder [R3,R11,R12,R13,R14,R15]
Oregano [R4,R7,R11,R15]
Basil [R4]
White pepper [R6]
Cayenne pepper [R6]
Garlic powder [R8,R10]
Onion powder [R12]
Paprika [R12]
Crushed red pepper flakes [R12]
Ground red pepper [R10]

DAIRY/DAIRY CASE

Butter, unsalted (1/2 cup plus 3 tablespoons) [R2,R5,R8]
Half and half (4 1/2 cups) [R2,R5]
U.K. Members: half and half is half milk and half cream
Heavy cream (1/2 cup) [R8]
Sour cream (for optional garnish) [R5,R9,R11]
Cheddar cheese (1/4 cup shredded plus optional garnish) [R5,R11,R12]
Pepper Jack cheese (for optional garnish) [R13]
Mozzarella cheese (1/4 cup shredded) [R15]
Parmesan cheese (grated for optional garnish) [R4]

DRY GOODS

Flour (1 cup plus 1 tablespoon) [R2,R5,R8]
Pearl barley (1/2 cup) [R1]
Tortilla chips (crushed, for garnish) [R3]

FREEZER

Whole kernel corn (69 ounces or about 8 1/2 cups) [R2,R3,R11,R13]
Petite green peas (1 cup) [R8]
1 package puff pastry shells [R8]
Cheese tortellini (2 cups) [R4]

CANNED GOODS

Low sodium chicken broth (187 ounces or about 6 quarts)
[R2,R3,R5,R6,R7,R8,R9,R10,R13,R14]
Low sodium beef broth (106 ounces or about 3.5 quarts)
[R1,R4,R12]
1 (14.5-oz.) can diced tomatoes [R12]
1 (28-oz.) can diced tomatoes [R14]
5 (14.5-oz.) can diced tomatoes with green chilies
[R3,R11,R13]
3 (14.5-oz.) cans fire-roasted tomatoes [R4,R15]
2 (15-oz.) cans tomato sauce [R4,R14]
1 (8-oz.) can tomato sauce [R6]
Tomato paste (4 ounces plus 5 tablespoons) [R12,R15]
1 (10-oz.) can enchilada sauce [R3]
Chipotle peppers in adobo sauce (2 teaspoons minced)
[R14]
Tomato juice (3 cups) [R12,R15]
3 (15-oz.) cans red beans [R6]
4 (15-oz.) cans black beans [R7,R13]
1 (15-oz.) can pinto beans [R11]
Kidney beans (1 cup plus 1 [15-oz.] can) [R11,R15]
1 (29-oz.) can white hominy [R9]
2 (4-oz.) cans diced green chilies [R9]

GLUTEN FREE

Sausage [R4,R6,R10,R14,R15]
Bacon [R5]
Salsa [R7]
Chicken broth [R2,R3,R5,R6,R7,R8,R9,R10,R13,R14]
Beef broth [R1,R4,R12]
Canned tomatoes [R3,R4,R11,R12,R13,R14,R15]
Tomato sauce [R4,R6,R14]
Tomato paste [R12,R15]
Tomato juice [R11]
Enchilada sauce [R3]
Chipotle peppers in adobo sauce [R14]
Canned beans [R6,R7,R11,R13,R15]
Canned hominy [R9]
Diced green chilies [R9]
Tortellini [R4]
Flour [R2,R5,R8]
Brown rice [R1]
Puff pastry shell [R8]



[R1] – [R15] = Recipe 1, Recipe 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Beef and Barley Soup

Recipe 1 – Serves 6 to 8

INGREDIENTS:

2 pounds beef stew meat, cut into 1-inch pieces
Sea salt and freshly ground black pepper, to taste
1 cup chopped onion
1 cup sliced carrots
1 cup quartered fresh cremini mushrooms

1 cup sliced celery
2 cloves garlic, pressed
1/4 teaspoon dried thyme
3 (14.5-oz.) cans low sodium beef broth
1/2 cup pearl barley



INSTRUCTIONS:

Season beef with salt and pepper then place in a large crock cooker. Add onions, carrots, mushrooms, celery, garlic and thyme. Add broth and barley; stir to combine. Cover and cook on LOW for 6 hours.

NUTRITION per serving: 382 Calories; 13g Fat; 43g Protein; 20g Carbohydrate; 4g Dietary Fiber; 83mg Cholesterol; 179mg Sodium. **Exchanges:** 1 Grain(Starch); 5 1/2 Lean Meat; 1 Vegetable; 0 Fat. **Points:** 9

GLUTEN FREE: Make sure broth is gluten free and use brown rice instead of barley.

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Creamy Chicken Corn Chowder

Recipe 2 – Serves 4 to 6

INGREDIENTS:

2 tablespoons unsalted butter
1 cup chopped onion
1 cup chopped celery
1 clove garlic, pressed
1/2 cup flour
4 cups low sodium chicken broth

3 cups frozen whole kernel corn
1 1/2 cups cooked and cubed chicken meat (use a rotisserie chicken if you're short on time)
1 pinch nutmeg
Sea salt and freshly ground black pepper to taste
3 cups half and half



INSTRUCTIONS:

Melt the butter in a 3-quart saucepan over medium heat; add onion, celery and garlic and sauté for 5 minutes or until vegetables are translucent. Stir in flour until it is absorbed. Whisk in chicken broth and blend well. Pour mixture into a crock cooker; add corn, chicken and spices and stir until combined. Stir in half and half. Cover and cook on LOW for 4 to 6 hours.

NUTRITION per serving: 665 Calories; 33g Fat; 44g Protein; 52g Carbohydrate; 5g Dietary Fiber; 143mg Cholesterol; 720mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 5 1/2 Fat. **Points:** 18

GLUTEN FREE: Make sure flour and broth are gluten free.

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Enchilada Soup

Recipe 3 – Serves 4 to 6

INGREDIENTS:

1 pound boneless skinless chicken breast halves
15 ounces frozen whole kernel corn
1 (14.5-oz.) can diced tomatoes with green chilies, undrained
1 (14.5-oz.) can low sodium chicken broth
1 (10-oz.) can enchilada sauce
1 cup chopped onion

1/4 cup chopped fresh cilantro
1/2 bay leaf
3 cloves garlic, pressed
1 teaspoon ground cumin
1 teaspoon chili powder
1 teaspoon sea salt
1/4 teaspoon freshly ground black pepper, or to taste
Crushed tortilla chips, for garnish



INSTRUCTIONS:

Rinse chicken and pat dry; place in a crock cooker. Add remaining ingredients, except tortilla chips. Cover and cook on LOW for 6 hours. Transfer chicken to a cutting board and shred with two forks; return to the crock cooker. Cover and cook for 30 minutes to 1 hour. Serve garnished with chips.

NUTRITION per serving: 303 Calories; 3g Fat; 36g Protein; 35g Carbohydrate; 6g Dietary Fiber; 89mg Cholesterol; 1477mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates. **Points:** 7

GLUTEN FREE: Make sure tomatoes, broth and enchilada sauce are gluten free.

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DO-AHEAD TIP: Brown meat.

Roasted Tomato and Pasta Soup

Recipe 4 – Serves 6 to 8

INGREDIENTS:

1 pound bulk Italian sausage meat, browned and drained
6 cups low sodium beef broth
2 (14.5-oz.) cans fire-roasted tomatoes
1 (15-oz.) can tomato sauce
2 cups sliced zucchini
1 cup chopped onion
1 cup sliced carrots
1 cup sliced fresh mushrooms

1 medium green bell pepper, seeded, deribbed and chopped
1 teaspoon dried oregano
1 teaspoon dried basil
1 clove garlic, pressed
Sea salt, to taste
2 cups frozen cheese tortellini
Grated Parmesan cheese (optional)



INSTRUCTIONS:

In a large crock cooker, combine first 12 ingredients (sausage through garlic). Cover and cook on HIGH for 3 to 4 hours or until vegetables are tender; add salt to taste. Cook tortellini according to package directions; drain; stir into crock cooker. Cover and cook for 30 minutes. Serve garnished with Parmesan cheese if desired.

NUTRITION per serving: 479 Calories; 26g Fat; 31g Protein; 33g Carbohydrate; 6g Dietary Fiber; 78mg Cholesterol; 1636mg Sodium. **Exchanges:** 1 Grain(Starch); 3 Lean Meat; 2 Vegetable; 4 Fat. **Points:** 13

GLUTEN FREE: Make sure sausage, broth, tomatoes, tomato sauce and tortellini are gluten free.

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DO-AHEAD TIP: Cook and crumble bacon; cook, cool and dice potatoes.

Creamy Potato Soup

Recipe 5 – Serves 6

INGREDIENTS:

1/2 cup unsalted butter
1/2 cup chopped onion
1/2 cup chopped celery
3 cloves garlic, coarsely chopped
1/2 cup flour
2 (14.5-oz.) cans low sodium chicken broth
1 1/2 cups half and half

Sea salt and freshly ground black pepper, to taste
6 medium Yukon Gold potatoes, cooked,
peeled and diced
3 slices bacon, cooked and crumbled
1/4 cup shredded Cheddar cheese
Sour cream (optional)
Chopped fresh chives (optional)



INSTRUCTIONS:

Melt the butter in a large saucepan; add onion, celery and garlic and sauté for 5 minutes or until onion is translucent. Stir in flour until it is absorbed. Whisk in chicken broth and blend well. Gradually whisk in half and half and let mixture come to a simmer; transfer to a crock cooker. Stir in cooked potatoes, crumbled bacon and Cheddar cheese, combining well. Cover and cook on LOW for 3 hours, stirring occasionally. Serve topped with a dollop of sour cream and chopped chives if desired.

NUTRITION per serving: 396 Calories; 26g Fat; 14g Protein; 29g Carbohydrate; 2g Dietary Fiber; 71mg Cholesterol; 435mg Sodium. **Exchanges:** 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat. **Points:** 11

GLUTEN FREE: Make sure flour, broth and bacon are gluten free.

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Creole Red Beans and Sausage Stew

Recipe 6 – Serves 8 to 10

INGREDIENTS:

2 pounds smoked sausage, cut into 1 inch slices
3 (15-oz.) cans red beans, rinsed and drained
1 1/2 cups chopped onion
1 1/2 cups chopped celery
1 1/2 cups chopped green bell pepper
1 (14.5-oz.) can low sodium chicken broth

1 (8-oz.) can tomato sauce
4 cloves garlic, pressed
2 teaspoons dried thyme
1 teaspoon white pepper
1/4 teaspoon cayenne pepper
1/2 bay leaf



INSTRUCTIONS:

Place sausage slices in a large skillet over medium heat; cook and stir until browned, about 5 minutes; drain fat. Transfer to a crock cooker and stir in remaining ingredients. Cover and cook on LOW until vegetables are tender, about 6 hours. Remove bay leaf before serving.

NUTRITION per serving: 580 Calories; 35g Fat; 28g Protein; 37g Carbohydrate; 11g Dietary Fiber; 81mg Cholesterol; 1882mg Sodium. **Exchanges:** 2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 5 1/2 Fat. **Points:** 15

GLUTEN FREE: Make sure sausage, beans, broth and tomato sauce are gluten free.

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Black Bean and Pork Stew

Recipe 7 – Serves 6

INGREDIENTS:

1 1/2 pounds pork tenderloin, cut into 2-inch strips
1 cup chopped onion
1 cup chopped red bell pepper
3 (15-oz.) cans black beans, drained and rinsed

1 (16-oz.) jar salsa
1/2 cup low sodium chicken broth
1 teaspoon dried oregano
1 teaspoon ground cumin



INSTRUCTIONS:

Combine all ingredients in a crock cooker. Cover and cook on LOW for 8 to 10 hours. Break up pieces of cooked pork to thicken the stew before serving.

NUTRITION per serving: 360 Calories; 6g Fat; 38g Protein; 37g Carbohydrate; 14g Dietary Fiber; 74mg Cholesterol; 1084mg Sodium. **Exchanges:** 2 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat. **Points:** 8

GLUTEN FREE: Make sure beans, salsa and broth are gluten free.

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Chicken Pot Pie Stew

Recipe 8 – Serves 6

INGREDIENTS:

1 tablespoon unsalted butter
1/2 cup chopped onion
1 tablespoon flour
1 (14.5-oz.) can low sodium chicken broth
1/2 cup heavy cream
1 1/2 pound boneless skinless chicken breast meat, cubed

1 (8-oz.) package fresh baby carrots
1 cup chopped celery
2 teaspoons garlic powder
1 teaspoon freshly ground black pepper
1 cup frozen petite green peas
1 package frozen puff pastry shells, baked according to package instructions



INSTRUCTIONS:

Melt the butter in a large saucepan over medium heat; add onion and sauté for 5 minutes or until translucent. Stir in flour until it is absorbed. Whisk in chicken broth and blend well. Gradually whisk in heavy cream and let the mixture come to a simmer; transfer to a crock cooker. Add chicken, carrots, celery, garlic powder and black pepper. Cover and cook on LOW for 4 to 6 hours. Stir in green peas and cook for 1 hour. Serve over puff pastry shells.

NUTRITION per serving: 536 Calories; 29g Fat; 35g Protein; 33g Carbohydrate; 3g Dietary Fiber; 98mg Cholesterol; 401mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat. **Points:** 14

GLUTEN FREE: Make sure flour, broth and pastry are gluten free.

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Pork and Hominy Stew (Pozole)

Recipe 9 – Serves 6 to 8

INGREDIENTS:

3 1/2 pounds pork shoulder, cut into several large pieces
Sea salt
1/2 bay leaf
2 teaspoons cumin
1/2 cup chopped onion
2 cloves garlic, pressed

2 (4-oz.) cans diced green chilies
4 cups low sodium chicken broth
1 (29-oz.) can white hominy, drained and rinsed
Sour cream and chopped fresh cilantro for garnish



INSTRUCTIONS:

Place pork in a crock cooker; season generously with salt. Add bay leaf, cumin, onion, garlic, diced green chilies and chicken broth. Cover and cook on LOW for 8 hours. Remove bay leaf and skim as much fat from the surface as possible. Remove pork to a cutting board and shred with two forks. Return shredded pork to the crock cooker and add hominy. Cover and cook for 30 minutes. Serve topped with sour cream and cilantro.

NUTRITION per serving: 622 Calories; 37g Fat; 44g Protein; 25g Carbohydrate; 4g Dietary Fiber; 141mg Cholesterol; 853mg Sodium. **Exchanges:** 1 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 4 1/2 Fat. **Points:** 16

GLUTEN FREE: Make sure diced green chilies, broth and hominy are gluten free.

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"Kiss Me I'm Irish" Stew

Recipe 10 – Serves 6

INGREDIENTS:

4 cups low sodium chicken broth
1 (16-oz.) package smoked sausage, diced
2 medium Russet potatoes, peeled and diced
1/2 head cabbage, coarsely chopped
1 cup diced carrots

1 cup diced onion
1 cup diced celery
2 tablespoons chopped fresh parsley
1/2 teaspoon garlic powder
1/2 teaspoon ground red pepper



INSTRUCTIONS:

Combine all ingredients in a large crock cooker. Cover and cook on LOW for 4 hours.

NUTRITION per serving: 353 Calories; 23g Fat; 20g Protein; 17g Carbohydrate; 4g Dietary Fiber; 54mg Cholesterol; 1105mg Sodium. **Exchanges:** 1/2 Grain(Starch); 2 Lean Meat; 2 Vegetable; 4 Fat. **Points:** 9

GLUTEN FREE: Make sure broth and sausage are gluten free.

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Vegetarian Corn Chili

Recipe 11 – Serves 6

INGREDIENTS:

1 cup chopped green bell pepper
1 cup chopped onion
2 tablespoons chili powder
1 teaspoon ground cumin
1 teaspoon dried oregano
1/4 teaspoon freshly ground black pepper
3 cups tomato juice
1 (16-oz.) package frozen whole kernel corn

2 (14.5-oz.) cans diced tomatoes with green chilies
1 (15-oz.) can kidney beans, drained and rinsed
1 (15-oz.) can pinto beans, drained and rinsed
Sea salt, to taste
Sour cream (optional)
Shredded Cheddar cheese (optional)
Chopped tomato (optional)



INSTRUCTIONS:

In a large crock cooker, combine first 12 ingredients (bell pepper through salt). Cover and cook on HIGH for 4 to 6 hours. Serve topped with sour cream, cheese and tomato if desired.

NUTRITION per serving: Per Serving: 264 Calories; 2g Fat; 13g Protein; 55g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 1514mg Sodium. **Exchanges:** 2 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fat. **Points:** 6

GLUTEN FREE: Make sure tomato juice, tomatoes and beans are gluten free.

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Crock Cooker Meaty Chili

Recipe 12 – Serves 6

INGREDIENTS:

2 pounds beef stew meat
1 cup chopped onion
1/2 cup chopped green bell pepper
3 cloves garlic, pressed
1 (14.5-oz.) can diced tomatoes, un-drained
4 ounces tomato paste

1 (14.5-oz.) can low sodium beef broth
3 teaspoons chili powder
1 teaspoon onion powder
1 tablespoon paprika
1/2 teaspoon crushed red pepper flakes
Shredded Cheddar cheese (optional)
Chopped onion (optional)



INSTRUCTIONS:

In a large crock cooker, combine first 11 ingredients (stew meat through crushed red pepper flakes). Cover and cook on LOW for 8 hours. Serve topped with cheese and onions if desired.

NUTRITION per serving: 326 Calories; 14g Fat; 38g Protein; 13g Carbohydrate; 3g Dietary Fiber; 83mg Cholesterol; 498mg Sodium. **Exchanges:** 0 Grain(Starch); 5 Lean Meat; 1 1/2 Vegetable; 0 Fat. **Points:** 8

GLUTEN FREE: Make sure tomatoes, tomato paste and broth are gluten free.

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Santa Fe Turkey Chili

Recipe 13 – Serves 6

INGREDIENTS:

2 pounds ground turkey, browned and drained
1/2 cup chopped onion
14 ounces frozen whole kernel corn
1 (15-oz.) can black beans, drained and rinsed
2 (14.5-oz.) cans diced tomatoes with green chilies, undrained

1 teaspoon chili powder
1 teaspoon ground cumin
Sea salt, to taste
1 (14.5-oz.) can low sodium chicken broth
Chopped cilantro (optional)
Shredded Pepper Jack cheese (optional)



INSTRUCTIONS:

In a large crock cooker, combine first 9 ingredients (ground turkey through broth). Cover and cook on LOW for 4 hours. Serve topped with cilantro and cheese if desired.

NUTRITION per serving: 399 Calories; 14g Fat; 38g Protein; 32g Carbohydrate; 8g Dietary Fiber; 120mg Cholesterol; 1017mg Sodium. **Exchanges:** 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 0 Fat. **Points:** 10

GLUTEN FREE: Make sure beans, tomatoes and broth are gluten free.

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DO-AHEAD TIP: Brown meat.

Spicy Chipotle Chili

Recipe 14 – Serves 6

INGREDIENTS:

1 pound bulk sausage meat, browned and drained
2 pounds 95% lean ground beef, browned and drained
5 tablespoons chili powder
1 tablespoon ground cumin
1 teaspoon ground coriander
2 cloves garlic, pressed

1 cup chopped onion
1 (28-oz.) can diced tomatoes, undrained
1 (15-oz.) can tomato sauce
2 teaspoons minced chipotle peppers in adobo sauce
1 teaspoon sea salt
Freshly ground black pepper, to taste



INSTRUCTIONS:

In a large crock cooker, combine browned meat and spices. Add garlic, onion, tomatoes, tomato sauce, chipotle peppers, salt and pepper. Cover and cook on LOW for 8 to 10 hours.

NUTRITION per serving: 613 Calories; 40g Fat; 46g Protein; 19g Carbohydrate; 6g Dietary Fiber; 145mg Cholesterol; 1870mg Sodium. **Exchanges:** 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 5 1/2 Fat. **Points:** 16

GLUTEN FREE: Make sure sausage, tomatoes, tomato sauce and chipotle peppers are gluten free.

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Smokey Italian Chili

Recipe 15 – Serves 6

INGREDIENTS:

1 medium stalk celery, chopped	1 cup water
1 small onion, chopped	5 tablespoons tomato paste
1/4 cup chopped green bell pepper	3/4 teaspoon chili powder
1/4 cup chopped red bell pepper	1 teaspoon dried oregano
1 pound spicy Italian sausage meat, browned and drained	1/4 teaspoon sea salt
1 (14.5-oz.) can fire-roasted tomatoes, undrained	1/4 teaspoon freshly ground black pepper
1 cup canned kidney beans, drained and rinsed	1/4 cup shredded Mozzarella cheese



INSTRUCTIONS:

In a large crock cooker, combine all ingredients, except cheese. Cover and cook on LOW for 4 to 6 hours. Serve garnished with shredded cheese.

NUTRITION per serving: 353 Calories; 25g Fat; 16g Protein; 16g Carbohydrate; 5g Dietary Fiber; 62mg Cholesterol; 1149mg Sodium. **Exchanges:** 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 4 Fat. **Points:** 9

GLUTEN FREE: Make sure sausage, tomatoes, beans and tomato paste are gluten free.

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