**Chicken Couscous Soup**

Adapted from Ambitious Kitchen

6 servings

Total time: about 1.5 hours

Ingredients

* 1 tablespoon olive oil
* 6 cloves of garlic, minced
* 1 yellow onion, diced
* 2 large carrots, thinly sliced
* 2 celery stalks, roughly chopped
* 1 tablespoon fresh grated ginger
* 1 teaspoon dried ground turmeric
* 1 teaspoon dried rosemary
* 1 teaspoon dried thyme
* ½ teaspoon salt
* Freshly ground black pepper
* 6 cups chicken broth
* 2 cups water
* 1 pound boneless skinless chicken breasts or thighs
* 1 cup couscous
* 2/3 cup frozen peas

Instructions

1. Place a large dutch oven or pot over medium high heat and add in oil. Once oil is hot, add in garlic, onion, carrots and celery; cook for a few minutes until onion becomes translucent.

2. Next add in grated ginger and turmeric. Sauté for 30 seconds to let the spices cook a bit, then add in chicken broth, water, chicken breast, rosemary, thyme, salt and pepper.

3. Stirring occasionally, while being sure to keep the chicken covered by the liquid, bring soup to a boil, and then stir in couscous.

4. Reduce heat to medium low and simmer uncovered, stirring occasionally, for 20-25 minutes or until chicken is fully cooked.

5. Once chicken is cooked, remove with tongs or a slotted spoon and transfer to a cutting board to shred with two forks. Add chicken back in to pot then stir in frozen peas.

Recipe notes: Use more or less broth/water as desired, depending on how thick you like your soup. Gluten free couscous made from potatoes can be found on amazon.

**White (Chicken) Chili**

1 jar (48 oz) Great Northern Beans

2 cans (15-16 oz) chicken broth

1 TB Olive oil

2 cans (4 oz each) chopped green chilis

11/2 tsp. oregano

1 tsp ground cumin

1/4 tsp cayenne pepper

4 cups cooked chicken boned and diced

2 cups grated Monterey Jack cheese

Sauté onions in oil until tender. Add chilis, cumin, oregano, cayenne pepper and mix thoroughly. Place in Dutch oven or large soup pot and add beans, broth and chicken. Mix thoroughly. Bring to a boil, reduce heat and simmer one hour. Serve in bowls and top with cheese.  (Note: I usually take my uncooked chicken and boil it with salt, pepper (maybe celery and onions or onion peel) to make my broth. Remove chicken, debone & cut when it's cooled. I find it's best to use chicken thighs, although breasts can be used, or leftover chicken works well!

**Pizza Soup**

From Dining with Alice

YIELD: 6-8

PREP TIME 5 minutes

COOK TIME 20 minutes

TOTAL TIME 25 minutes

Ingredients

1 lb Ground Beef (Extra Lean)

1 lb Ground Pork Sausage

1 tsp Italian Seasoning

1 tsp Onion Powder

1 tsp Garlic Salt

1 (6 oz) Package of Pepperoni

2 (14.5 oz cans) Fire Roasted Diced Tomatoes

1 (28 oz can) Crushed Tomatoes

1 (6 oz can) Tomato Paste

2 cups Chicken Stock

1 cup Grated Parmesan

2 cups Mozzarella (shredded)

Toppings: Olives, Cooked Bacon Pieces, and Peppers

Instructions

1. In a Dutch Oven, over medium heat, add ground beef, ground pork sausage, Italian seasoning, onion powder and garlic salt. Slice pepperoni into strips with a food scissors and add the pepperoni to the meat mixture. Cook until the meat mixture is browned and cooked. Then add diced tomatoes, crushed tomatoes, tomato paste, and chicken stock to the soup. Stir until combined.

2. Bring the soup to a boil and cook for 10 minutes. Turn off heat. Add the grated parmesan then the shredded mozzarella to the top of the soup.

3. I like to then put the soup into the oven to melt the cheese on top of the soup. This step makes a nice cheesy crust on top of the soup. Check your soup pot or CorningWare to ensure it can go into the oven at a high temp (I use a Lodge Dutch Oven and broil no hotter than 500 degrees). For Corningware or other cooking dishes, I recommend baking at 375 until browned.

Adaptation: I put the soup in individual bowls and then top them with the mozzarella/parmesan cheese before putting them under the broiler.

**Chicken Tortilla Soup**

From Mary Jo

1 T olive oil

1 c chopped onion

2 cloves mince garlic

2 c shredded cooked chicken

1 c frozen corn

¼ c dry white wine

1 T seeded chopped jalapeno (optional)

1 t cumin

1 t Worcestershire

½ t chili powder

2 (14 oz) can chicken broth

1 (14 oz) can diced tomatoes (undrained)

1 (10 oz) can tomato soup

Serve with tortilla chips, sour cream, or avocado.

Heat heavy soup pan over medium heat.

Saute oil, onion, garlic for 2 minutes.

Stir in cooked chicken and next 9 ingredients.

Reduce heat and simmer 1 hour.

Makes 8 one cup servings.

**Cheddar Ham Soup**

From Taste of Home

6 servings

Total time: About 1 hour

Ingredients

* 2 cups diced peeled potatoes
* 2 cups water
* ½ cup sliced carrot
* ¼ cup chopped onion
* ¼ cup butter, cubed
* ¼ cup all-purpose flour
* 2 cups 2% milk
* ½ teaspoon salt
* ¼ teaspoon pepper
* 2 cups shredded cheddar cheese
* 1 ½ cups cubed fully cooked ham
* 1 cup frozen peas

Instructions

1. In a large dutch oven or pot, combine the potatoes, water, carrot and onion. Bring to a boil. Reduce heat; cover and cook until tender, for 10-15 minutes.

2. Meanwhile, in saucepan, melt butter. Stir in flour until smooth. Gradually add the milk, salt and pepper. Bring to a boil; cook and stir until thickened, about 2 minutes. Stir in cheese until melted. Stir into undrained potato mixture. Add ham and peas; heat through.

Recipe notes: Gluten free all purpose flour works fine here.

**Tortellini Soup**

1 jar of spaghetti sauce

1 lb frozen tortellini or ravioli

½ cup chopped onions

1 clove garlic, crushed

1 TB olive oil

1 cup of fresh or frozen vegetables. I like using Zucchini and

mushrooms but there are no rules to this soup. Green beans,

tomatoes, etc.

1 tsp each dried parsley, basil, and/or oregano (or more if you

have fresh)

1 can of garbanzo beans, drained

Grated Parmesan for topping (optional)

(You can also sauté ground meat first if you prefer to use

meat!)

Sauté onions in oil until soft, add garlic. If using fresh vegetables, add those and sauté until soft. Add jar of spaghetti sauce; raise temperature so soup starts to boil. Add the frozen pasta; let it cook according to directions. (I use Schwan’s brand and once you add the pasta, you turn the burner to low to cook for 3 minutes). Add the garbanzo beans & stir. Put in bowls and top with grated Parmesan.

Adaptations: This recipe is very forgiving! I set out to make this soup last week and realized I had no frozen pasta. So, I changed the whole recipe to see what I could come up with. In my freezer I had 32 oz. of tomato water that we saved when we canned tomatoes in the fall. I added that and 2 cups of vegetable broth to sautéed onions and mushrooms. Also added from my freezer some sautéed zucchini and a small batch of ratatouille, again, left from summer. Cooked it all up and added a can of garbanzos, salt, pepper, oregano. The soup was delicious and reminded me how to delightful it can be to make something out of nothing! It was basically a minestrone without the pasta.

**Primavera Soup**

Ingredients

Olive oil to coat bottom of pot

1 carton Pacific Foods Tomato Basil Soup (as it is dairy-free, for my roommate)

1 14.5-oz can Italian-style petite diced tomatoes

1 onion, diced

1 zucchini or summer squash (or 2, if small)

1 lb shrimp, peeled/deveined, cut into 1/2" chunks

Herbs/spices ad libitum: basil, red pepper flakes, garlic powder, onion powder, oregano, celery salt

Fresh basil

Slices of Provolone cheese

Procedure

Sauté the diced onion; add the carton of soup, canned tomatoes, and herbs/spices.

Peel the zucchini, then either slice with a mandolin or continue peeling straight into the soup pot.

Add shrimp until cooked (if raw) or until heated through (if already cooked).

To serve, ladle out bowls and top each bowl with a slice of Provolone (for those who can have dairy) and a few fresh basil leaves.

**Hot and Sour Soup**  
From gimmesomeoven.com

Prep Time: 5 minutes | Cook Time: 15 minutes | Servings: Yield: 6 -8 servings  
  
Ingredients:  
  
8 cups chicken broth or vegetable broth  
8 ounces shiitake mushrooms (or baby bella mushrooms), thinly-sliced with stems discarded  
1 (8-ounce) can bamboo shoots, drained (optional)  
1/4 cup rice vinegar, or more to taste  
1/4 cup low-sodium soy sauce  
2 teaspoons ground ginger  
1 teaspoon chili garlic sauce  
1/4 cup cornstarch  
2 large eggs, whisked  
8 ounces firm tofu\*, cut into 1/2-inch cubes  
4 green onions, thinly sliced  
1 teaspoon toasted sesame oil  
Kosher salt and white pepper (or black pepper)  
  
Directions:  
  
Set aside ¼ cup of the chicken or vegetable broth for later use.  
Add the remaining 7 ¾ cups chicken or vegetable broth, mushrooms, bamboo shoots (if using), rice wine vinegar, soy sauce, ginger and chili garlic sauce to a large stock pot, and stir to combine. Heat over medium-high heat until the soup reaches a simmer.

While the soup is heating, whisk together the ¼ cup of broth (that you had set aside) and cornstarch in a small bowl until completely smooth. Once the soup has reached a simmer, stir in the cornstarch mixture and stir for 1 minute or so until the soup has thickened.

Continue stirring the soup in a circular motion, then drizzle in the eggs in a thin stream (while still stirring the soup) to create egg ribbons. Stir in the tofu, half of the green onions, and sesame oil. Then season the soup with salt and a pinch of white pepper (or black pepper) to taste. If you’d like a more “sour” soup, feel free to add in another tablespoon or two of rice wine vinegar as well. Or if you’d like a spicier soup, add in more chili garlic sauce.  
Serve immediately, garnished with the extra green onions.

**Lentil Soup**

1 cup lentils, washed

3 cups water

18 oz. tomato juice

1 large onion, cut into wedges

½ teaspoon salt

¼ teaspoon pepper

1 tablespoon vegetarian Worcestershire Sauce

Bouquet garnish: (2 cloves garlic, bay leaf, parsley, thyme)

2 potatoes, peeled and diced

10 oz. package frozen green beans

Vinegar, to taste

1 cup shredded cheddar cheese (optional)

Put lentils, water, tomato juice, onion, salt, pepper and Worcestershire in large pot and bring to a boil.  Reduce heat and add bouquet garni.  Cover and simmer 25 minutes.  Add potatoes and simmer covered 20 minutes.  Add green beans and summer 5-10 minutes more, or until all vegetables are tender.

Add vinegar to taste.  (If adding to the pot, I usually start with about 1/3 cup, or you can serve at the table and let everyone add their own.)

Serve with cheese for garnish if desired.

**Singapore-Style Chicken & Noodle Soup**

From EatingWell

Total: 1 hr 15 mins

Servings: 8

Ingredients

2 cups chopped onions

2 small red or green chiles (such as serrano or jalapeño), seeded and diced

1 (2 inch) piece fresh ginger, peeled and coarsely chopped

2 cloves garlic, crushed

¼ cup macadamia nuts

3 tablespoons fish sauce

2 teaspoons dark brown sugar

1 tablespoon ground coriander

2 teaspoons ground cumin

1 teaspoon curry powder

1 teaspoon ground turmeric

1 teaspoon ground or crushed fennel seed

1 teaspoon ground pepper

2 tablespoons peanut oil

6 cups low-sodium chicken broth or stock

1 pound boneless, skinless chicken breast, trimmed

1 (14.1 ounce) can 1 (14 ounce) can "lite" coconut milk

2 tablespoons lime juice, or to taste

2 tablespoons reduced-sodium soy sauce

1 (14 ounce) package extra-firm tofu, drained, cut into 1/2-inch cubes

1 cup diced tomatoes or 1 (14 ounce) can diced tomatoes, drained

1 (7 ounce) package mung bean sprouts (about 3 cups)

8 ounces bean thread noodles (see Tip)

3 hard-boiled eggs, thinly sliced

6 scallions, thinly sliced

½ cup coarsely chopped fresh cilantro

1 Sriracha or other hot sauce for serving

1 Lime wedges for serving

Instructions Checklist

Step 1

Put onions, chiles, ginger, garlic, nuts, fish sauce, brown sugar, coriander, cumin, curry powder, turmeric, fennel and pepper in a blender. Puree until the mixture forms a paste.

Step 2

Heat oil in a large pot over medium heat. Using a spatula, scrape in the paste and cook, stirring, until it starts to color, 3 to 5 minutes. Add broth (or stock) and chicken and bring to a simmer. Simmer, turning the chicken once or twice, for 10 minutes. Stir in coconut milk, lime juice and soy sauce and simmer for 5 minutes more.

Step 3

Remove the chicken and shred into bite-size pieces with two forks. Add tofu, tomatoes and bean sprouts to the soup and cook for 2 minutes. Stir in the shredded chicken.

Step 4

Meanwhile, prepare noodles according to package directions.

Step 5

To serve, divide the noodles among 8 soup bowls. Ladle soup over them and top with egg slices, scallions and cilantro. Serve with hot sauce and lime wedges, if desired.

**Buttery Onion Soup**

Yields: 6 servings.

2 c. thinly sliced sweet onions

1/2 c. butter

1/4 c. flour

2 c. chicken or veg. broth

2 c. milk

1 1/2-2 c. (6-8 oz.) shredded part-skim mozzarella cheese

salt and pepper to taste

croutons, optional

In large saucepan, cook onions in butter over low heat until tender and transparent, about 20 minutes.

Stir in flour and gradually add broth and milk; cook and stir over medium heat until bubbly.

Cook and stir for 1 minute longer; reduce heat to low. Add mozzarella cheese and stir

constantly until melted (do not boil). Season to taste with salt and pepper.

Serve with croutons if desired.

**Pizza Soup**

1 can (28 ounces) stewed tomatoes

2 cans (14½  ounces) beef broth

1 stick (8 ounces) pepperoni

Mushrooms

Diced green pepper

Chopped onion

1 packet Good Seasonings

· Mix all ingredients and cook in slow cooker on low 6 to 8 hours until vegetables are tender.

· Serve in bowl filled with croutons.  Sprinkle with cheese.