

Wildcat Purple Thai Curry Soup

Ingredients:

Olive Oil

Shrimp Broth

Thai Curry Paste

Chicken

Shitake Mushrooms

Purple Thai Rice

Coconut Milk

Optional spices to your liking

Instructions:

Cut onions and sauté them until golden and mix in Thai curry paste and optional spices to your liking. Add shrimp broth and rinsed purple Thai rice and cook the rice. Pressure cook chicken, debone it, and add it to the curry. Add shitake mushrooms and coconut milk to your liking and any optional spices to your liking.

#13

Slow Cooker Mulligatawny Soup

Our version of this traditional Indian soup is creamy, healthy, and super tasty.

Prep Time	Cook Time	Total Time
15 mins	2 hrs	2 hrs 15 mins

Course: Dinner, Soup Cuisine: Indian Keyword: dairy-free, Gluten-Free, Slow Cooker
Servings: 8 people Calories: 336kcal Author: [SkinnyMs.](#)

Ingredients

- 2 boneless and skinless chicken breasts cut into bite-sized pieces
- 1/2 sweet onion diced
- 3 garlic cloves minced
- 2 celery stalks sliced
- 2 carrots sliced
- 1 cup red lentils
- 1 green apple peeled, cored and diced
- 1 1/2 tablespoons garam masala
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- 1/2 teaspoon cayenne pepper
- 1 bay leaf
- 5 cups chicken broth
- 1 cup lite coconut milk
- 1 cup brown jasmine rice cooked

Instructions

1. Place everything in the slow cooker except the rice. Cook on low for 5 to 6 hours, or low for 2 to 3 hours.
2. Remove bay leaf, add jasmine rice and serve!

Nutrition

Serving: 1.5cups | Calories: 336kcal | Carbohydrates: 35g | Protein: 27g | Fat: 10g | Saturated Fat: 6g | Cholesterol: 54mg | Sodium: 273mg | Fiber: 5g | Sugar: 7g |
 SmartPoints (Freestyle): 10
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Chicken Enchilada Soup

4 chicken breasts

3 cups of chicken broth

1 lime, juiced

2 cans of red enchilada sauce

2 cans of black beans, rinsed

2 cans of golden sweet yellow corn, drained

2 4 oz cans of green chiles

1 tbs cumin

1 tbs minced onion

1 tsp garlic powder

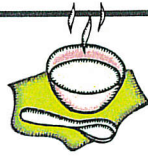
Salt and pepper

Throw everything in your crockpot and cook on low for 6-8 hours, or high for 4 hours.

Serve with cilantro, lime, avocado, cheese, sour cream, and tortilla chips.

#60

Creamy Potato Soup



8-10 potatoes, peeled, diced small and cooked in microwave. Keep warm and set aside.

8 cups water

6 celery sticks, chopped

1 small onion, chopped

1/2 bag baby carrots, chopped

1 head cauliflower, chopped

1 medium parsnip, peeled & chopped

1/4 cup butter

8 tsp chicken boullion (8 cubes)

1/4 tsp pepper

1/2 tsp tabasco sauce

2 tsp salt

2 1/2 cups warm milk

1 cup instant potato flakes (or one package instant mashed potatoes)

*In a large pot place water, celery, onion, carrots, parsnip, cauliflower, butter, chicken boullion, pepper, tabasco sauce and salt. Simmer contents until all vegetables are very soft.

*Add milk and potato flakes, stir until flakes are mixed in..

*Using an emersion blender, puree all contents until very smooth, OR in a blender (in small batches) puree all ingredients, returning to pot to keep warm. Then add potatoes. Heat until thoroughly warmed.

Top with sour cream, cheese, green onions and bacon bits if desired!

#7

CHICKEN TORTILLA SOUP

Ingredients

1 lb Chicken breasts or 2-4 cans of Canned chicken (depends on size)

1 15 oz can Corn

2 cloves Garlic or 1 t garlic powder

1 15 oz can Tomatoes (or tomatoes with Chile)

1 15 oz can chicken broth

1 11 oz can Enchilada sauce (I use green)

1t Chili powder

Salt and pepper to taste

2-3 T of taco seasoning (to taste)

1 c Water

On the side

Tortilla strips, crunchy or tortilla chips

Shredded Cheese

Sour cream

Chile

Cook in crockpot for several hours to allow flavors to blend.

Easy Pork Pozole

This recipe is quick, easy, and delicious, though not incredibly traditional. For a more traditional (but slightly more difficult) recipe, remove the sausage and jalapeño peppers and see the note below for how to make initial sauce out of dried guajillos or ancho chiles

Ingredients:

Canola Oil	2-4 cloves garlic, minced
½ - 1 lb. pork shoulder roast, cubed	2 bay leaves
½ lb. andouille sausage, slice or quartered*	1 Tbs ancho chili powder**
6 cups reduced-sodium chicken broth	½ - 1 Tbs salt
2 medium tomatoes, seeded and chopped	2 tsp dried oregano
1 16 oz. can hominy, drained and rinsed	2 tsp ground cumin
1 medium white or yellow onion, chopped	½ tsp cayenne pepper
4 green onions, chopped	½ tsp ground pepper
1 jalapeño pepper, seeded and chopped*	

1. In a large skillet or Dutch oven, heat oil over medium-high heat. Mix the four spices together and sprinkle over pork. Brown pork and sausage, being careful not to over crowd the pan. This takes about 3-5 minutes per batch. Do not cook all the way through. A quick sear on the outside will suffice. Drain excess fat from meat and place into slow cooker (at least 4 quarts).

2. Stir all remaining ingredients into slow cooker. Cook, covered, on low 6-8 hours. Meat should be tender.

3. Remove bay leaves before serving. Serve with any toppings desired from below.

Additional toppings may include:

Tortillas or tortilla strips	Queso fresco	Sliced radishes
Chopped onion	Lime wedges	Diced avocado
Minced cilantro	Shredded cabbage	Hot sauce

*Note: for a more traditional pozole, you may do the following to make a chile-infused broth. this requires an additional ingredient—3 oz dried guajillo or ancho chiles and eliminate jalapeño peppers, ancho chili powder, and andouille sausage.

1. Cut stems off the chiles. Discard stems and shake out as many seeds as you can.

2. Heat a large Dutch oven over medium heat and add the chiles. Cook, turning occasionally, until chiles are toasted (takes about 5 minutes). Place chiles in a blender and set aside.

3. Microwave 3-4 cups of chicken broth in a bowl until very hot (about 3 minutes). Add broth to the blender with the chiles. Let stand until chiles are softened (about 15 minutes). Blend until mostly smooth.

4. Continue with step 1. Then, strain chile broth into slow cooker during step 2 above, continuing the recipe as written.

**Regular chili powder may be substituted for ancho chili powder in a pinch.

#3

3. Start cooking the onion, bell pepper, tomatoes, onion greens

In a large covered pan (such as a Dutch oven), coat the bottom with about 2 Tbsp of olive oil and heat on medium heat.

Add the chopped onion and cook a few minutes until softened. Add the bell pepper, paprika, and red pepper flakes. Sprinkle generously with salt and pepper. (At least a teaspoon of salt.) Cook for a few minutes longer, until the bell pepper begins to soften.

Stir in the chopped tomatoes and onion greens. Bring to a simmer and cook for 5 minutes, uncovered. Stir in the chopped cilantro.

4. Layer vegetables with fish, add coconut milk

Use a large spoon to remove about half of the vegetables (you'll put them right back in). Spread the remaining vegetables over the bottom of the pan to create a bed for the fish.

Arrange the fish pieces on the vegetables. Sprinkle with salt and pepper. Then add back the previously removed vegetables, covering the fish.

Pour coconut milk over the fish and vegetables.

5. Simmer, cook, adjust seasonings

Bring soup to a simmer, reduce the heat, cover, and let simmer for 15 minutes. Taste and adjust seasonings.

You may need to add more salt (likely), lime or lemon juice, paprika, pepper, or chili flakes to get the soup to the desired seasoning for your taste.

Garnish with cilantro. Serve with rice or with crusty bread.

Links:

[Salmon Moqueca here on Simply Recipes](#)

[Fascinating account on the origins of moqueca](#)

#4

Taco Soup

- 2 Cups water
- 1 Tbsp Taco Seasoning
- 1 chicken or beef Bouillon cube
- 1 can corn
- 1 can tomato sauce
- 1 can chile
- 1 can black beans

Combine all ingredients and simmer for 20 minutes (longer is ok too).

At time of serving, either in individual servings or for the whole pot, -

Add the following to taste:

- Cheese
- Sour Cream
- Salsa

Eat with or without tortilla chips

VEGETABLE BARLEY SOUP

(Original Recipe from Employee Wellness Healthy for Life Class)

– I made a few adjustments to the original recipe

INGREDIENTS:

Cooking spray

1 tsp. olive oil

½ medium onion, chopped

2 medium ribs of celery, chopped

1 medium garlic clove, minced

(2) 14.5 ounce cans diced tomatoes, undrained

1 ½ cups frozen mixed vegetables

(3) cups low-sodium vegetable broth

1 cup chopped kale

1 cup water

¼ cup uncooked quick-cooking barley

½ tsp. dried basil

½ tsp. dried oregano

1/8 tsp. pepper

DIRECTIONS:

Lightly spray a large soup pot with cooking spray. Add the olive oil, coating the bottom of the pot. Cook the onion and celery for about 3 minutes or until the onion is soft, stirring frequently. Stir in the garlic. Cook for 10 seconds. Stir in the remaining ingredients. Bring to a boil. Reduce the heat and simmer, covered for 10-12 minutes or until the barley is tender.

Ladle the soup into bowls. Sprinkle with shredded Parmesan cheese.

*You can add beef to this soup if desired.

Wild Mushroom & Slow Roasted Beef Soup

1 pound Chuck Roast
1 large package of Cremini mushrooms
1 small package Porcini mushrooms
1 small package Button mushrooms
4 TBS butter + 1 TBS more separated
1 ½ TBS minced Garlic
Medium onion, chopped
Fresh Thyme (5 sprigs + more for garnish)
10 cups hot water
3 to 4 TBS Better than Broth bullion (to taste)
1 ¾ cup warm heavy cream
Cooking oil
Salt & Pepper to taste

Prepare the roast:

- Season the chuck roast with salt and pepper to taste. Sear in hot oil on all sides. Slow roasted until medium well (crock pot for 4 hours).

When the roast is done:

- Set aside and chop ½ cup each of all three mushroom types..
- Chop all remaining mushrooms, saute in 4 TBS butter along with garlic, onion & 5 sprigs Thyme.
- In a large pot, combine hot water, bullion and sauteed ingredients. Using an immersion blender, puree all ingredients. Add 1 ¾ cup warm heavy cream, stir, keep warm.
- In 1 TBS butter, saute 'set aside' mushrooms. Add to soup.
- Chop the chuck roast into bite size pieces, add to soup.
- Garnish the soup with remaining sprigs of Thyme. Enjoy!

Zuppa Toscana

Ingredients

- 1 pound spicy Italian ground sausage
- 4 tablespoons butter
- ½ white onion diced
- 1 tablespoon minced garlic
- 6 cups chicken broth
- 2 cups water
- 4-5 yellow potatoes cut into 1-inch pieces
- 3 teaspoons salt or to taste
- 1 teaspoon black pepper
- 2 cups heavy cream
- 4 cups chopped kale
- chopped bacon or bacon bits and grated parmesan cheese for topping optional

Instructions

1. In a [large pot](#) saute sausage 5-6 minutes until browned. Use a [slotted spoon](#) to transfer sausage to a plate and set aside.
2. In the same pot, add butter and saute onions over medium heat until translucent. Add garlic and saute for another minute until fragrant.
3. Add chicken broth, water, potatoes, salt, and pepper and bring to a boil. Boil until potatoes are tender. Stir in kale, and heavy cream. Add sausage. Taste and add [salt and pepper](#) if needed. Serve garnished with grated parmesan cheese if desired.