

# **Soups**

Compiled by: Stevie Pospishil

# Soups

## Introduction

## Soups

### Creamy Corn Crab Soup

#### Description

This creamy soup is fast, easy and very tasty. Corn really stars in this delectable recipe, and crabmeat makes it a little more special. It will get high marks from both busy cooks and lovers of flavorful homemade food.

#### Ingredients

- 1 medium onion
- 2 tbsp butter
- 3 cups chicken broth
- 3 cups frozen corn
- 3 med potatoes, peeled and diced
- 1 can crabmeat
- 1 cup milk
- 1/2 tsp salt
- 1/4 tsp pepper



#### Instructions

##### Directions

- In a large saucepan, saute onion in butter until tender. Add the broth, corn and potatoes; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Remove from the heat; cool slightly.
- In a blender, puree half of the corn mixture. Return to pan. Stir in the crab, milk salt and pepper; cook over low heat until heated through (do not boil). Yield: 7 servings.

Nutritional Facts 1 serving (1 cup) equals 204 calories, 6 g fat (3 g saturated fat), 35 mg cholesterol, 703 mg sodium, 31 g carbohydrate, 3 g fiber, 11 g protein.

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### Creamy Tortellini Soup

#### Ingredients

- 1 1/2 oz envelope white sauce mix
- 4 cups water
- 14 oz can vegetable broth
- 1 1/2 cups Sliced fresh mushrooms
- 1/2 cup chopped onion
- 3 clove garlic, minced
- 1/2 tsp dried basil crushed
- 1/4 tsp salt, dried orgeano
- 7 oz cheese tortellini
- 12 oz evaporated milk



#### Instructions

Creamy Tortellini Soup

Ingredients

1

1 1/2 - 2 ounceenvelopewhite sauce mix

4 cups water

14 ounce can vegetable broth

1 1/2 cups sliced fresh mushrooms

1/2 cup chopped onion

3 cloves garlic, minced

1/2 teaspoon dried basil, crushed

1/4 teaspoon salt

1/4 teaspoon dried oregano, crushed

1/8 teaspoon cayenne pepper

7 - 8 ounce package dried cheese tortellini (about 2 cups)

12 ounce can evaporated milk

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6 cups fresh baby spinach leaves or torn spinach

Ground black pepper (optional)

Finely shredded Parmesan cheese (optional)

### Directions

1. Place dry white sauce mix in a 3-1/2- or 4-quart slow cooker. Gradually add the water to the white sauce mix, stirring until smooth. Stir in broth, mushrooms, onion, garlic, basil, salt, oregano, and cayenne pepper.
2. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2-1/2 to 3 hours.
3. Stir in dried tortellini. Cover and cook on low-heat setting for 1 hour more or high-heat setting for 45 minutes more.
4. Stir in evaporated milk and fresh spinach. If desired, sprinkle individual servings with black pepper and Parmesan cheese. Makes 4 servings.

Nutrition Facts (Creamy Tortellini Soup) Servings Per Recipe 4,  
Calories 450,  
Protein (gm) 22,  
Carbohydrate (gm) 53,  
Fat, total (gm) 18,  
Cholesterol (mg) 34,  
Saturated fat (gm) 7,  
Dietary Fiber, total (gm) 2,  
Sodium (mg) 1710,  
Percent Daily Values are based on a 2,000 calorie diet

## Soups

### Healthy Homemade Ramen

#### Ingredients

- 3 oz Skinny rice noodles
- chili powder
- garlic powder
- onion powder
- shiitake mushrooms
- CORN
- Scallions
- 1 dash Sesame oil, rice vinegar, lime, soy sauce



#### Instructions

How to make the ramen

- 1) Put a few cups of water into a saucepan and bring it to a boil.
- 2) Add dry spices and fresh vegetables, then reduce the heat to a simmer and cook for a couple of minutes.
- 3) Add frozen veggies (if using) and rice noodles. Bring the water back up to a boil after adding the noodles, then let them simmer. Cook for three-five minutes, until the noodles are just tender.
- 4) Transfer soup to a bowl, adjust the seasoning, and top with your favorite garnishes.

## Soups

### Wisconsin cheddar cheese soup

#### Ingredients

- 1/4 cup all purpose flour
- 2 oz butter
- 2 cups sharp cheddar
- 2 tsp worcestershire sauce
- 1 small onion
- 1 cup CORN
- 2 cups milk
- 1 1/2 tsp mustard powder
- 1 tsp salt and pepper
- 4 slices bacon

#### Instructions

1.Heat the butter and add the onion when the butter is still melting. Cook over low heat for about 5 minutes, but make sure not to let the onion brown.

2.Add the mustard powder.

3. And 1/4 cup all-purpose flour

4. Stir well and cook the roux for a minute

5. Pour in 2 cups of milk and stir like a madman.

Pour 1 cup of chicken broth into the soup

6.Season with Worcestershire sauce, salt and pepper. Stir in the corn and let the soup simmer for 5 minutes.

7.Add the cheese. You might as well stick it on your thighs straight away, but oh boy, this is the good stuff! I simply adore cheese soup.

8.Stir well and let the cheese melt. Give the soup another 5 minutes over low to medium heat.

