

Bacon Cheeseburger Soup

Makes 8 Servings

Preparation: 20 minutes

works for the maintenance diet but not the weight loss diet

4 small potatoes peeled and diced
1 small onion chopped
1 cup shredded carrots
1 teaspoon dried basil
1 teaspoon dried parsley
3 cups chicken broth
1 pound ground beef
8 slices bacon cooked and chopped

3 tablespoons butter
1/4 cup all purpose flour
2 cups milk
1/2 teaspoon salt
1/2 teaspoon pepper
2 cups shredded pepper jack cheese
green onions chopped for garnish

Place potatoes, onions, carrots, dried basil and parsley in a large crock pot. Pour chicken broth over vegetables. Cover with lid. Cook on low heat 6 to 8 hours OR on high heat 4 to 5 hours or until potatoes are tender. About 45 minutes before serving, cook and crumble ground beef in a large skillet over medium-high heat. Drain any grease. Pour cooked ground beef into crock pot. Add in the cooked, chopped bacon as well. Carefully wipe out hot skillet with a paper towel then add butter. When butter is melted whisk in flour and cook until golden brown and bubbly (about 1 minute.) Whisk in the milk, salt and pepper. Pour mixture into the crock pot and stir to combine everything. Add shredded pepper jack cheese to crock pot. Stir again. Cover with lid and cook another 20 minutes or until cheese is melted.

Broccoli Cheese Soup

Serves 1 (from sandyskitchenadventures.com)

1 Serving = 3 Greens, 1/4 Lean

1 1/2 cups cooked broccoli (3 greens)
3 light laughing cow cheese wedges (1 1/2 healthy fats)
1/8 teaspoon salt

1/8 teaspoon pepper
1 cup chicken broth
1/4 cup Cheddar cheese shredded

Directions:

Combine all ingredients in a blender. Blend until well blended. If a chunkier soup is desired, add broccoli last and blend for a few seconds.

Cheese Burger Soup

Makes 8 Servings

Preparation: 45 minutes

1 pound ground beef 90% lean
1/4 cup onions chopped
3/4 cup celery chopped
1 (14.5-ounce) can diced tomatoes
3 cups chicken broth
2 teaspoons Worcestershire sauce

1 teaspoon dried parsley
1/4 teaspoon salt
1/4 teaspoon pepper
7 cups baby spinach
4 ounces Cheddar cheese shredded

In a large pot, cook beef until brown. Saute onions and celery. Remove from heat and drain excess liquid.

Stir in tomatoes, broth, worcestershire sauce, parsley, salt and pepper. Cover and simmer for 20 minutes.

Add spinach and cook until wilted. (1-3 minutes)

Top each serving with 1 ounce cheddar cheese.

Crock Pot Chicken Taco Soup

Makes 2 Servings

Servings: 2 Each serving has 1 Lean, 3 Greens and 2.25 Condiments

** If you do not add the cheese, use 18 oz raw chicken breasts which should yield 12 oz cooked*

2 cups chicken broth	1 clove garlic minced
2 cups water	13-14 ounces chicken breasts should yield 9 ounces cooked
1 cup rotel diced tomatoes with green chilies	2 cups cabbage chopped
1 teaspoon taco seasoning mix	2 ounces kraft mexican cheese to garnish
1/2 teaspoon cumin	
1/4 teaspoon chili powder	

Directions:

Combine chicken broth, water, diced tomatoes, taco seasoning, cumin, chili powder, garlic, cabbage and chicken in a crock pot. Cook on low for 6 to 8 hours or on high 3 to 4 hours. Shred chicken breasts in crock pot before serving. Pour soup into bowls and top with cheese.

Loaded Cauliflower Soup

Makes 4 Servings

Preparation: 25-30 minutes

1/4 cup onions	salt
1/2 cup celery	pepper
1 teaspoon olive oil	1 5.3 ounce container plain greek yogurt
2 cloves garlic minced	1 1/2 cups shredded Cheddar cheese
4 cups chopped cauliflower	12 ounces cooked and chopped boneless skinless chicken breast halves measured after cooking
1 medium zucchini chopped	2 slices turkey bacon cooked and chopped
2 cups chicken broth	chives (optional for garnish)
1 bay leaf	

Heat oil in large sauce pan over medium heat. Add onion and cook until translucent. Add celery and garlic and cook an additional 2-3 minutes. Add the cauliflower, zucchini, chicken broth, bay leaf, salt, and pepper. Cover and bring to boil. Reduce heat and simmer until vegetables are tender, about 8 minutes.

Remove from heat and discard the bay leaf. Puree in an immersion blender. Slowly mix in the greek yogurt and 1 cup cheddar cheese. Then add the chicken. Garnish with remaining cheese, bacon bits, and chives.