



[Easy Soup Recipes Cookbook](#)

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Holiday Bean Soup

(Makes 11 cups of soup)

Ingredients:

beans from jar
1 smoked ham hock
2 cans (14.5 oz each) stewed tomatoes
1 medium onion chopped
1 clove garlic minced
1 bay leaf
6 cups water
1/4 cup fresh parsley
1 tablespoon red wine vinegar
2 teaspoons salt
1 teaspoon chili powder
1 teaspoon cumin seed

How to Prepare:

1. Cover beans with water and soak overnight.

2. Drain beans and place in a stockpot.
3. Add ham hock, tomatoes, onion, garlic, bay leaf and 6 cups of water, and remaining ingredients.
4. Bring to a boil over medium-high heat, cover & simmer 1 hour or until beans are tender.
5. Remove bay leaf before serving.
6. Serve warm.

Grandma's Turkey Vegetable Soup

(5 persons) Prep Time:1/2 hour

Ingredients:

- 2 Turkey Legs
- 2 quarts water
- 2 bay leaves
- 1/2 tsp Ginger
- 1/2 tsp Poultry Seasoning
- 1/4 tsp celery seed
- Celery Bottom and center chopped fine
- 2 TBLS of Onion
- 1/2 bag frozen green beans
- 1 yellow squash
- 1 can tomatoe sauce
- 1 can stewed tomatoes

How to Prepare:

1. In large soup pot Boil Turkey legs in water bay leave ginger poultry seasoning and celery seed celery parts and onion for about 2 hours or until meet is falling off bone.
2. Make sure no bones are left and put all meat back in pot.
3. Add remaining ingredients and simmer for 1/2 hour and soup is on.

Tasty egg drop soup

(1 person) Prep Time:about 5 mins (or more)

Ingredients:

1 chicken, or beef bouillon cubes
1 egg
1 cup of water

How to Prepare:

1. Beat your egg into a separate cup before you start.
2. Put water in a bowl and add your Bouillon cube.
3. When the mixture starts to boil (allow it to REALLY boil) add the egg with a fork and allow it to drizzle in the boiling water.
4. Turn the heat off (you may have to break apart the egg when done)
5. Let cool
6. Serve and enjoy

Chicken soup - slow cookery

(6 persons - servings 1-1/2 c each) Prep Time: 20 minutes max

Ingredients:

6 - 8 chicken legs
3 cups of hand cut cabbage
1/3 green bell pepper
1 small onion
3 TBS of Pace Picante Sauce
*1/2 lime, cheese, avocado –Optional

How to Prepare:

1. Place chicken at bottom of crock pot.
2. Then pour cabbage and onion.
3. At the top, place the green pepper (sliced) and the sauce.
4. Add at least 4 cups of water. (Salt and pepper to taste)
5. Cook on high for about 1-1/2 hour and then low for another 1-1/2 hour.
6. Check that chicken does not overcook.
7. When it's ready to be served, top each serving with diced mozzarella cheese, lime or avocado.

Italian Soup

(2 cups/ 1 Serving) Prep Time:less than 7 minutes

Ingredients:

Chicken or Vegetable Bouillon

2 eggs (whites only)Parmesan Cheese

How to Prepare:

Prepare Bouillon as directed on label.While bringing to a boil add 2 egg whites.Serve with a healthy portion on Parmesan cheese on top.

Mushroom and Leek soup

(8 persons)

Ingredients:

1 lb. mushrooms, sliced

1 bunch leeks, white part only, sliced (1 cup)

1 stick butter

1/4 cup whole grain soy flour1 teaspoon salt

1/4 teaspoon white pepper

3 cans chicken broth

1 cup heavy cream

How to Prepare:

1. Saute mushrooms & leeks in butter in large saucepan or ditch oven until tender, about 5 minutes. Stir in flour, salt, pepper & 2 cans of chicken broth. Cook, stirring constantly until mixture comes to a boil. Lower heat; cover; simmer 20 minutes.

2. Remove from heat; cool slightly. Pour mixture, a little at a time, into container of electric blender; cover; puree. Pour into a large bowl. When all the soup is pureed, return to saucepan.

3. Add remaining can of chicken broth & the cream; heat until thoroughly hot.

Chilled Melon Soup with Mint

(4 persons) Prep Time:10 minutes

Ingredients:

One ripe cantaloupe

One cup of water

8 packets of Splenda4 sprigs fresh mint

Juice of 1/2 a lime

1 tsp. fresh lime zest

4 Tbl. heavy cream

How to Prepare:

1. Add the water, splenda, mint leaves (reserving a few for garnish) lime juice and lime zest in a small saucepan and boil for ten minutes until syrupy.
2. While it is reducing, seed the cantaloupe and scoop the flesh into a blender.
3. Pour the syrup over the cantaloupe through a sieve to remove the mint leaves and lime zest.
4. Pulse a few times to blend and then puree for a few seconds. Skim the foam off the top and then place in the refrigerator until well chilled, at least two hours.
5. Serve in chilled bowls with a few mint leaves and a swirl of heavy cream for garnish.

Beef Bacon Soup

(9 persons)

Ingredients:

1 teaspoon garlic

1 teaspoon basil

1/2 jar Hormel Real Bacon Pieces

1/2 pound lean ground beef1 tablespoon dried chives

3 cups beef broth

1 cup heavy whippin cream

tobasco sauce to taste

sharp cheddar to taste

How to Prepare:

Saute the garlic, basil, bacon, and hamburger together until hamburger is almost done. Add beef broth and chives, simmer for about 10 minutes after boiling. Add heavy cream slowly and stir occasionally while simmering until hot. Add tobasco to taste, sprinkle with cheddar and serve.

Cabbage Soup

Ingredients:

- 1 medium cabbage head -- cut into 1/8ths
- 1 can chicken broth -- Campbells or Swanson's type
- 1 red onion -- chopped
- salt and pepper -- to taste
- 1 pound Eckrich smoked sausage -- Eckrich or similar, sliced

How to Prepare:

1. Cover with cabbage with water and cook until tender.
2. Add one chicken broth, red onion and salt and pepper.
3. Add the sausage to the soup and simmer until heated through.
4. Even better the second day.

Chicken and Vegetable Soup

Ingredients:

- 5 skinless boneless chicken breast -- cooked
- 1 cup onions -- chopped
- 1 cup celery -- chopped
- Cooked chopped bacon as you like
- 1 pint heavy whipping cream
- 1 teaspoon minced garlic
- 3 cans chicken broth -- (3 to 4)
- 1 1/2 teaspoons fennel seed

1 1/4 cup chopped cilantro
1 can chopped artichoke hearts
2 tablespoons capers -- or more
2 cups kale -- cut in half, then sliced

How to Prepare:

[This recipe is mostly low carb and can be varied according to your needs and taste. It is very meaty and rich. Try several different versions with different meat and vegetables. Adjust the heat as needed throughout the recipe to keep it simmering but do not let it get dry and burnt. It is best to prepare the meat first so you are ready when the time is right. I like to grill up several boneless and skinless chicken breasts and a few green onions for a smoky flavor as the main ingredient.]

1. Start with a large pot. Put in enough olive oil and/or butter to cover the bottom and heat.
2. Next add chopped onion and celery stalks. Let this cook until translucent.
3. Then add seasonings like dried or fresh rosemary and cilantro, and parsley.
4. Then add some dried fennel seeds. Amounts as you wish.
5. Next add about as much chopped up and fried bacon as you desire. (I like to buy the pre-cooked packages at the store.) Let it cook over a medium heat.
6. Add the meat (chicken in this case).
7. Then put in about a cup of white or red wine.
8. Next add two to four cans of chicken broth and let it simmer some more.
9. Last, you can pour in a pint of heavy cream and stir it in. I like to chop up some fresh kale or other greens into bite sized pieces and throw them in last then turn off the heat.

*You can use Italian sausage instead of chicken and I have also tried chopped up lamb or beef with good results. Again, adjust to your own diet or taste. I have added a small amount of capers and a can of artichoke hearts (chop the artichoke hearts into big chunks)

Cream of Mushroom Soup

Ingredients:

8 ounces mushroom -- white button, finely chopped
1/4 cup chopped onion -- finely chopped
2 stalks celery -- finely chopped
4 tablespoons butter
2 cups heavy cream
2 cans chicken stock
2 tablespoons flour
1 teaspoon salt
1/2 teaspoon pepper -- to taste

How to Prepare:

1. In a large saucepan, melt butter over medium heat. Add finely diced veggies and saute, stirring occasionally, for about 5 minutes or until they wilt.
2. Add in the flour and stir well. Let cook, stirring, for about 1 minute, then pour in the chicken stock and cream, whisking constantly.
3. Bring to a simmer and cook about 5 minutes, whisking occasionally.

**This makes about 6 cups. If you are going to use it strictly as a soup, cut the cream back to 1 cup and increase the chicken stock by 1 can.

**You can also increase the flour to 1 cup (an additional 11g carbs) to get a thicker soup OR use 1T guar gum in place of the flour. If you use the gum do not blend it in w/the cooked veggies. Mix with cup stock before adding.

(Can be used in recipes calling for canned soup, too)

Easy Chicken Noodle Soup

(4 or 5 servings)

Ingredients:

2 tablespoons butter

1/4 onion

2 stalks celery

5 baby carrots

14 1/2 ounces chicken broth -- 1 can

10 ounces canned chicken -- 1 can

Salt and Pepper to taste
1 teaspoon Wylers Shaker Instant Bouillon

Chicken Garlic and Herb flavor

or

1 chicken bouillon cube
1/2 package shiratake noodles

How to Prepare:

1. Chop onion, celery and carrots.
2. Brown them in the butter for a few min.
3. Add the broth, chicken, noodles and seasoning.
4. Bring to boil and then turn down and simmer for a few min.
5. You can add green bean, zucchini as well.

Ground Beef Soup

Ingredients:

1 pound ground beef
1 cup diced onion
1 diced green bell pepper
8 cups beef stock
2 cups diced carrots -- i used 1 cup
1 cup diced celery
2 cups chopped tomatoes
1/4 cup minced fresh parsley
1 package broccoli, frozen -- cut into florets
or 1 head cut into florets with stalks
peeled and diced
1 teaspoon dried oregano
1 teaspoon dried thyme
freshly ground black pepper to taste

How to Prepare:

1. In large non-stick skillet, saucepan; ground beef over medium heat.
2. Add onions, garlic and bell pepper and continue to cook in saucepan until meat is tender and vegetables have softened, about 5 minutes.
3. Drain fat from pan and set meat mixture aside.
4. In large soup pot or Dutch oven, heat beef stock over medium-high heat until boiling.
5. Add carrots and celery and cook until almost tender, about 5 minutes.

6. Add tomatoes, broccoli, parsley, seasonings and reserved meat mixture.
7. Mix well. Simmer over low heat 10 minutes until all vegetables are tender.
8. Taste and adjust seasonings.

Low-carb Chicken Soup

(Serves 6 to 8 hearty bowls)

Ingredients:

- 2 leeks -- washed and sliced to 1" slices
- 3 turnips -- peeled, cut in chunks
- 1 bell pepper -- cut in 1" pieces
- 5 celery stalks -- cut in 1" pieces
- 4 chicken breast -- cut in bitesize pieces
- 32 ounces chicken broth -- I used a box variety 2 cups water
- 1 clove garlic
- 1/4 teaspoon red pepper flakes
- 1 teaspoon salt
- fresh ground pepper to taste
- 1/2 teaspoon goya adobo seasoning
- 1/4 teaspoon thyme

How to Prepare:

In large pot combine all ingredients and cook on low heat till turnips are tender.

Quick Sausage Soup

(Serves 6 - 8 generous servings)

Ingredients:

- 1 pound ground pork sausage
- 3 tablespoons butter
- 1 1/2 tablespoons garlic -- crushed
- 1 1/2 tablespoons minced onion 1 can beef broth
- 1 cup heavy cream
- 1 can green beans -- drained

1 cup carrots -- cooked
pepper to taste

How to Prepare:

1. Brown ground pork sausage in skillet.
2. In saucepan, melt butter. Add garlic and onions and brown in melted butter.
3. Add sausage and remaining ingredients.
4. Heat thoroughly.
5. Serve and enjoy!

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