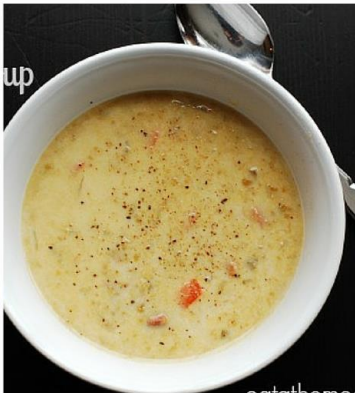


Soup & Salad

of the week

perfectly paired recipes your family will love



Tiffany King | EatatHomeCooks.com

Soup and Salad of the Week

I'm really excited about this Soup and Salad of the Week eBook. I love soup! This book is designed for you to choose a soup and salad combo, prep them both at the beginning of the week and have soup and salad handy for eating all week. Use it for lunch, dinner, or feeding stray teens who file home later than everyone else.

The main idea is to have nourishing food in the fridge ready to use when you need it. I've even given instructions on freezing some of the soups. Freeze in one big batch or individual servings that can be pulled out when needed.

I'm picky about how my salads and soups go together. I've really tried to pair up ingredients and dressings that will complement the soups. I don't always give measurements, especially if it's a lettuce salad. Use amounts that work well for your family.

There are a quite a few salads with homemade dressing recipes, but I've also suggested store-bought dressings for other salads. We use both at my house, and I figured many of you do as well.

If you like having meals planned out for you, check out [Eat at Home Weekly Meal Plans](#). All the work of menu planning and grocery list making is done for you, so you can concentrate on other things. We keep the meals simple and fast too, so you can spend more time with your family.

Tiffany King

Rustic Irish Potato and Cabbage Soup

Serves 8-10

This soup is versatile. You can cook it on top of the stove or in the slow cooker. It also freezes well. Assemble and freeze before cooking or freeze after cooking. For easy lunches, freeze in individual servings.

Ingredients

- 1 medium onion, chopped
- 2 garlic cloves, crushed
- 6 medium potatoes, scrubbed and chopped
- 4 carrots, chopped
- ½ head of cabbage, chopped
- 1 smoked sausage, sliced
- 2 32oz boxes chicken broth
- 2 bay leaves
- 1 tsp. thyme
- Salt and pepper to taste
- ¼ tsp. sugar
- 1 Tbs. cider vinegar, optional

Instructions

1. Cook the onion and garlic in a bit of oil until the onion is soft.
2. Add remaining ingredients, except cider vinegar, to the pot.
3. Bring to a boil and cook until potatoes are tender, about 30 minutes.
4. Stir in cider vinegar, if desired.
5. To make soup in slow cooker, place all ingredients in crock and cook on high 5-6 hours or low 7-8 hours.

Note: No need to cook onion and garlic before adding to slow cooker.

Rustic Sweet Vinegar Slaw

- Cabbage
- Kale
- Carrots
- Red pepper
- Chop veggies fine to make a rustic slaw.

Sweet Vinegar Dressing

- 1 cup vegetable oil
- 1/2 cup cider vinegar
- 3/4 cup sugar
- salt and pepper to taste

Put all ingredients in a container with a tight fitting lid and shake to combine.

If you want to make the salad last most of the week, add the dressing to individual servings. If you add the dressing to the whole salad, it will wilt faster.

Slow Cooker Chicken Minestrone Soup

Serves 8-10

This slow cooker soup uses one of my favorite methods for easy, homemade soup. The bone-in chicken breasts cook right in the soup, adding a great flavor to the broth. Before serving, it's easy to remove the meat from the bones and add it back into the soup.

Ingredients

- 2 large bone-in chicken breast
- 1 onion, diced
- 2 garlic cloves, crushed
- 1 can diced tomatoes
- 2 boxes chicken broth (32oz each)
- 1 can dark, red kidney beans
- 2-3 carrots, sliced
- 1 zucchini, chopped
- $\frac{3}{4}$ cup shell pasta
- 2 cups kale, chopped
- salt and pepper to taste
- Parmesan cheese for topping, optional

Instructions

1. Place chicken breasts in bottom of slow cooker.
2. Add onion, garlic, tomatoes, chicken broth and carrot to slow cooker.
3. Cook on high 5-6 hours or low 7-8 hours.
4. Minutes before serving, remove chicken breasts from pot and add zucchini, pasta and kale to the pot.
5. Use a fork to pull chicken off the bones. Chop or shred the meat and return to the slow cooker.
6. Season with salt and pepper.
7. Top each bowl with Parmesan, if desired.

Mixed Greens Italian Salad

This salad is designed to use extra veggies from the soup making. Add any other vegetables you like.

- Romaine
- Kale
- Carrots
- Zucchini
- Grape tomatoes
- 1/2 cup vegetable oil
- 1/4 cup olive oil
- 1/3 cup white wine vinegar
- 1 garlic clove, crushed
- 1/4 tsp. salt
- 1 Tbs. Dijon mustard
- black pepper to taste
- fresh or dried herbs to taste - try basil, parsley, chives, tarragon etc.

Instructions

1. Chop the vegetables.
2. Put the dressing ingredients in a container with a tight fitting lid and shake well to combine.

Easy Chicken and Tortellini Soup with Kale

Serves 6-8

This soup is quick and easy to make. The cheese tortellini makes for a hearty bowl.

Ingredients

- 1 Tbs. olive oil
- 1 onion, diced
- 2 cloves garlic, crushed
- 3 cans chicken broth (15oz - 16.9oz each)
- 1 can diced tomatoes
- 2-3 cups kale, chopped
- 19 oz frozen cheese tortellini
- 2-3 cups cooked chicken, chopped
- ½ tsp. Italian seasoning
- salt and pepper to taste
- Parmesan cheese for topping, optional

Instructions

1. Heat oil in large stock pot.
2. Add onion and garlic and cook until onion is transparent.
3. Add chicken broth and tomatoes. Bring to a boil.
4. Add kale, tortellini and chicken.
5. Reduce heat and cook for 5-6 minutes.
6. Add seasonings and serve.

Chopped Kale Salad

Ingredients

- Kale
- Romaine
- Green pepper
- Red onion
- Grape tomatoes
- Creamy Italian style dressing

Instructions

To keep things simple, use a store-bought dressing.

Easy Thai Chicken Curry Soup

Serves 8-10

This slow cooker soup is one of my favorites. I could eat and eat and eat it. Easy to make and full of flavor, Thai Chicken Curry Soup will warm and nourish you.

Ingredients

- 2 lbs. bone-in chicken (I used 2 large chicken breasts)
- 1 onion, diced
- 3 carrots, diced
- 3 celery stalks, diced
- 2 Tbs. curry powder
- 2 - 32 oz boxes chicken broth
- ½ cup long-grain white rice
- 1 can coconut milk
- cilantro, chopped, optional for topping
- Sriracha sauce, optional for topping

Instructions

1. Place chicken on bottom of the slow cooker.
2. Add onion, carrots, celery, curry powder and broth.
3. Cook on high 5-6 hours or low 7-8 hours.
4. Remove chicken from crock and pull meat from bones.
5. Stir rice, coconut milk and chicken meat back into the soup.
6. Cook for 20-30 more minutes or until rice is cooked.
7. Serve with chopped cilantro and Sriracha sauce.

Asian Style Tossed Salad

Ingredients

- Spinach
- Red pepper
- Carrot
- Cilantro
- Green onion
- Peanuts and/or edamame

Instructions

Toss with Asian style dressing

Slow Cooker Split Pea Soup with Ham

Serves 8-10

The best way to make split pea soup is with a ham bone. I don't always have that available though, so this soup uses a ham steak with the bone. This small piece of bone is enough to impart a good flavor in the soup. It's also easy to take out once the cooking is done.

Ingredients

- 1 lb. split peas, rinsed
- 2-3 carrots, diced
- 2 celery stalks, diced
- 1 onion, diced
- 1½ lbs. ham steak, with bone
- ½ tsp. sugar
- ¼ tsp. marjoram
- ⅛ tsp. pepper
- 32 oz chicken broth
- 2 cups water
- 2½ cups milk
- 1 cup half & half
- salt to taste

Instructions

1. Place diced vegetables in slow cooker.
2. Dice ham, reserving bone. Place diced ham and the ham bone in the crock on top of vegetables.
3. Sprinkle sugar, marjoram and pepper over ham and vegetables.
4. Pour broth and water into crock.
5. Cook on high 5-6 hours or low 7-8 hours.
6. Remove ham bone from crock.
7. Add milk and half & half.
8. Return lid to crockpot and cook 15-20 minutes more, until hot through.

Ranch Veggie Salad

This salad holds up very well in the fridge for several days.

Ingredients

- 1 bunch broccoli, chopped
- 1 head cauliflower, chopped
- 5-6 Roma tomatoes, chopped
- 1-2 stalks celery, chopped
- 4-5 carrots, chopped
- 2 cups Marzetti Ranch Dip

Instructions

Stir the veggies together with ranch dip.

Cheesy Hamburger Soup

Serves 12-14

I recently made this soup for a crowd. Everyone loved it. If you'd rather not use Velveeta, you can use shredded cheddar instead, but the texture may not be as smooth.

Ingredients

- 2 lbs. ground beef
- 1 onion
- 1 quart chicken broth
- 4 cups water
- 4 cups peeled and chopped potatoes
- 1 lb. carrots, diced
- 2-4 stalks celery, diced
- 1 stick butter
- $\frac{3}{4}$ cup flour
- 3 cups milk
- 1 lb. Velveeta, cubed
- salt and pepper to taste

Instructions

1. Brown the ground beef with onion in a large pot. Drain and rinse under hot water. Set aside.
2. In the soup pot, add broth, water, vegetables.
3. Bring to boil and cook until potatoes are tender.
4. In a sauce pan, make a white sauce by melting butter over medium heat.
5. Whisk in flour and cook 1 minute.
6. Whisk in milk.
7. Add Velveeta and stir till cheese is melted and sauce is thickened.
8. Add cheese sauce and hamburger to broth.
9. Season with salt and pepper.

Bacon Ranch Salad

Ingredients

- Romaine
- Tomatoes
- Bacon bits
- Red onion

Instructions

Top with a Ranch style dressing

Chicken Cock-a-Leekie Soup

Serves 8-10

This traditional Scottish soup is full of good things. Chicken, vegetables, barley and more make a healthy bowl. There is one unusual ingredient - prunes. These get diced and used for topping the soup. Give it a try! The rich, sweet taste of the prunes compliment the savory flavors of the chicken and leeks.

Ingredients

- 2 bone-in chicken breasts
- 3 leeks, sliced and cleaned
- 3-5 carrots, chopped
- ½ cup barley
- 1 onion, chopped
- 1 bay leaf
- 1 tsp. thyme
- 2 (32 oz) boxes chicken broth
- salt and pepper to taste
- dried prunes, diced for topping, optional

Instructions

1. Place chicken breasts in slow cooker.
2. Add leeks, carrots, barley, onion, bay leaf and thyme to slow cooker.
3. Pour chicken broth over all ingredients.
4. Cook on high 5-6 hours or low 7-8 hours.
5. Remove chicken breasts and take meat off of bones.
6. Return meat to the soup.
7. Serve with diced prunes. Try it! It's good!

I used medium pearl barley and added it at the beginning of the cooking time. You can also use quick cooking barley, but will need to add it during the last 20-30 minutes of cooking. If you want to substitute rice for the barley, use long grain rice and add it during the last 20-30 minutes of cooking.

Spinach Salad

Ingredients

- Spinach
- Raisins or chopped dates
- Sunflower seeds,
- Red onion

Instructions

Dress with Poppy seed dressing

Smoked Sausage Sauerkraut Soup

Serves 10-12

Don't leave me yet! Even if you're not too sure about the sauerkraut, don't pass judgment on this Smoked Sausage and Sauerkraut Soup yet.

I managed to feed this to my family and everyone ate it. And they liked it. I told them it was German soup. I never mentioned the sauerkraut. It really doesn't taste kraut-y.

Ingredients

- 1 lb. smoked sausage, sliced
- 3 - 4 large potatoes, or 6 - 8 small potatoes, chopped
- 1 onion, chopped
- 2 15oz cans sauerkraut, drained and rinsed
- 1 can diced tomatoes
- 8 oz tomato sauce
- 2 32oz chicken broth

Instructions

1. Place all ingredients in slow cooker and stir.
2. Cook on high 5-6 hours or low 7-8 hours.

Cucumber and Tomato Salad

Ingredients

- 1 large cucumber or several small
- 4-6 Roma tomatoes (or a small container of cherry or grape tomatoes)
- Red onion, sliced thin
- Drizzle olive oil
- Generous sprinkle red wine vinegar
- Kosher salt
- Fresh ground black pepper

Instructions

1. Chop the cucumber and tomatoes into bite-size pieces.
2. Mix together in a bowl with red onion slices.
3. Drizzle a stream of olive oil over all.
4. Sprinkle on red wine vinegar.
5. Add a teaspoon or so of Kosher salt and some black pepper.
6. Stir, taste and adjust seasonings.
- 7.

Quick & Easy Tomato Basil Chicken Soup

Serves 6-8

If you have cooked chicken in the freezer (one of my favorite quick-cooking tricks) this soup will only take a few minutes to pull together. You can cook your own chicken for it or use rotisserie chicken from the grocery.

Ingredients

- ½ (red or yellow) onion, diced
- 3 cloves garlic, crushed
- 1 Tbs. olive oil
- 28 oz can crushed tomatoes
- 2 cans petite diced tomatoes
- 1 32 oz box chicken broth
- ¼ cup chopped fresh basil
- ⅛ tsp. ground red pepper
- ½ cup shredded Parmesan
- ½ cup half & half
- 2-3 cups cooked chicken, chopped

Instructions

1. Cook onion and garlic in olive oil in a large pan.
2. Add crushed and diced tomatoes, chicken broth, basil, ground red pepper, and Parmesan.
3. Use an immersion blender to smooth soup, if desired.
4. Add half & half and chicken. Heat over medium heat being careful not to bring to a boil.

Romaine Chopped Salad

Ingredients

- Romaine, chopped
- Red onion, sliced
- Walnuts or pecans
- Parmesan cheese
- 1 cup oil
- 1/2 cup cider vinegar
- 3/4 cup sugar + salt and pepper to taste
- 1 clove garlic, crushed
- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano

Instructions

Toss the lettuce, onion, walnuts and Parmesan together. In a tight fitting container, combine the rest of the ingredients and shake to mix well.

Slow Cooker Spicy Chicken Soup

Serves 6-8

Ingredients

- 4-5 boneless chicken breasts
- 3 cans chicken broth
- 1 can diced tomatoes
- 16 oz frozen corn
- 1 can black beans
- 1 red pepper, chopped
- 1 onion, chopped
- 1½ tsp. garlic powder
- 1½ tsp. cumin
- 1 package taco seasoning
- ½ cup rice

Instructions

1. Place all ingredients, except rice in slow cooker.
2. Cook on high 5-6 hours or low 7-8 hours.
3. Add rice 1-2 hours before serving.

Southwestern Salad

Ingredients

- Romaine
- Diced green chilies (canned)
- Tomatoes
- Red bell pepper
- Cucumber
- Crispy tortilla strips

Instructions

Dress with Ranch dressing

Hamburger Vegetable Soup

Serves 8-10

This soup can be made in the slow cooker or stove top. To make it in the slow cooker, brown the hamburger, onion and green pepper on the stove. Then add everything to the slow cooker to finish cooking on low for 7-8 hours or high for 5-6 hours. This soup also freezes well.

Ingredients

- 2 – 2½ lbs. hamburger
- 1 onion, chopped
- 1 green pepper, chopped
- 2 can beef broth
- 1 can diced tomatoes, undrained
- 1 can tomato sauce
- 2 cans Veg-All, undrained
- ½ cup or more of barley or rice
- ½ cup or a big squirt of ketchup
- 5 cups water

Instructions

1. Brown the hamburger, onion and green pepper together.
2. Drain and rinse under hot water to remove the grease.
3. Put back in a large soup pot and add all the other ingredients.
4. Bring it to a boil and let it cook a few minutes or simmer it for a few hours.

Tossed Salad

- Spinach or romaine
- Carrots
- Cucumber
- Peas (use frozen peas that you've thawed under warm running water)
- Croutons
- Ranch or blue cheese dressing

Tortellini Meatball Soup

Serves 6-8

You can use store bought frozen meatballs or homemade for this recipe. I love keeping homemade meatballs in the freezer to use in meals like this one.

Ingredients

- 1 onion, chopped
- 2 cloves garlic, crushed
- 2 Tbs. olive oil
- 2 boxes or 4 cans chicken or beef broth
- 20-25 fully cooked, frozen meatballs, thawed
- 19 oz frozen tortellini
- 15 oz can diced tomatoes
- 15 oz can tomato sauce
- ½ tsp. basil
- ½ tsp. oregano
- salt and pepper to taste

Instructions

1. In a soup pot, cook onion and garlic in olive oil till onion is soft.
2. Add broth and bring to boil.
3. Add remaining ingredients and boil, till tortellini is cooked.

Mixed Green Tossed Salad

Ingredients

- Mixed greens/spinach (half & half mix)
- Tomatoes
- Red onion
- Parmesan

Instructions

Dress with Balsamic dressing

Italian Sausage and Bean Soup

Serves 8-10

Ingredients

- 1.5 lb. Italian bulk sausage
- 1 onion, chopped
- 2 clove garlic, minced
- 2 cans butter beans, undrained
- 2 cans black beans, rinsed and drained
- 2 cans diced tomatoes or fire roasted tomatoes, undrained
- 2 cans beef broth
- 2 tsp. dried basil
- shredded Parmesan to top each bowl

Instructions

1. In a large pot, cook the sausage, garlic and onion until done.
2. Drain and rinse under very hot water to remove the extra fat.
3. Add all the other ingredients except the cheese and simmer for 10 minutes.
4. Serve in bowls and top with Parmesan cheese.

Cole Slaw

To make this slaw last several days in the fridge, don't add dressing until you're ready to eat it. For each individual serving add a tablespoon or two of dressing.

Ingredients

- 1 bag of slaw mix
- ½ cup mayonnaise
- ¼ cup sugar
- 1 Tbs. red wine vinegar
- salt & pepper

Instructions

Put the slaw mix in a big bowl.

Mix the other ingredients together and pour over the slaw, tossing to mix.

Cream of Cauliflower Soup

Serves 6

This is one of my favorite soups. It makes a perfect lunch. Don't worry about cutting the cauliflower in nice looking florets. It cooks down so you won't notice if the pieces are nice looking or not.

Ingredients

- 1 head cauliflower, cut in bite size pieces and steamed until tender
- 4 Tbs butter
- ½ onion or small onion, diced
- ¼ cup flour
- 3 cups chicken broth
- 2 cups milk, warmed
- 1 tsp. Worcestershire sauce
- 1 cup shredded cheddar cheese

Instructions

1. Melt the butter in a large pot.
2. Cook the onion in the butter until tender.
3. Whisk in the flour and cook for a few minutes.
4. Whisk in the chicken broth until smooth.
5. Stir in the milk and Worcestershire sauce.
6. Add the steamed cauliflower and cheese.
7. Heat through without boiling.
8. Season with salt and pepper to taste.

Garden Salad

Ingredients

- Romaine/Red leaf lettuce
- Red peppers
- Radish
- Bacon bits
- Chopped apples (dipped in lemon juice)

Sweet Vinegar Dressing

- 1 cup vegetable oil
- 1/2 cup cider vinegar
- 3/4 cup sugar & salt and pepper to taste

Put all ingredients in a container with a tight fitting lid and shake to combine.

Broccoli Soup

Serves 6-8

Broccoli soup is mild and creamy; a perfect complement to the flavor of the tomato and artichoke heart salad.

Ingredients

- 1 bunch fresh broccoli
- 2 sticks butter
- 2 cans chicken broth
- 1 cup flour
- 4 cups milk
- salt and pepper to taste

Instructions

1. Cut the broccoli into bite-size pieces.
2. Steam it in $\frac{1}{2}$ cup water until tender. Don't drain.
3. In a soup pot, melt the butter.
4. Whisk in the flour and cook for a few minutes.
5. Whisk in the broth. Bring to a boil and then lower the heat until it thickens.
6. Add the milk, broccoli, salt and pepper.

Salad

Ingredients

- 4-5 Roma tomatoes
- 1 can of artichoke hearts, not marinated
- $\frac{1}{2}$ cup oil
- $\frac{1}{8}$ cup white wine vinegar
- 1 clove garlic, pressed or minced
- 1 or 2 Tbs. fresh herbs, like basil or tarrogon or $\frac{1}{2}$ tsp. dried herbs
- salt and pepper

Instructions

Cut the tomatoes and artichoke hearts into large bite-size pieces. Mix the other ingredients and toss with the veggies.

Chicken and Wild Rice Soup

Serves 8

This soup is another good reason to keep cooked chicken in your freezer. If you're looking for a homey, comforting soup recipe this is the one for you. I love this soup!

Ingredients

- 64 oz chicken broth (2 boxes or 4 cans)
- 1 box Uncle Ben's Wild Rice Blend (you won't use the seasoning packet)
- 1 onion, chopped
- 2 celery stalks, chopped
- 3 Tbs. butter
- 3 Tbs. flour
- 2 cups milk
- 1/4 tsp. poultry seasoning
- salt & pepper
- about 2 cups cooked chicken

Instructions

1. Bring the broth to a boil in a stockpot.
2. Add the rice, onions and celery.
3. Simmer for 35-40 minutes or until the rice is tender.
4. Meanwhile, melt the butter in a pan.
5. Stir in the flour, cooking for just a minute over medium heat.
6. Gradually whisk in the milk.
7. Cook over medium heat until it's bubbly and thickened.
8. Add the poultry seasoning, salt and pepper.
9. When the rice is cooked, stir the white sauce into the soup.
10. Add the chicken. Adjust the seasonings and heat through.

Cranberry Pecan Tossed Salad

Ingredients

- Mixed greens
- Dried Cranberries
- Pecans
- Mandarin oranges, drained
- Red onion, sliced

Raspberry Vinaigrette

- 3 Tbs. seedless red raspberry jam
- 2/3 cup oil
- 1/3 cup red wine vinegar
- salt and pepper

Melt the jam in a small bowl in the microwave, 10 seconds at a time, stirring in between. You don't want to sizzle it, just melt it a bit so it blends well. In a container with a tight fitting lid, add the jam and other ingredients. Shake it up to blend it. Add to the salad greens right before serving to keep from wilting the greens.

Baked Potato Soup

Serves 6-8

Ingredients

- 4 baking potatoes
- bacon, cooked and crumbled – about 12 slices or 1/2 cup
- 4 green onions, chopped
- 2/3 cup butter
- 2/3 cup flour
- 6 cups milk (didn't make it in the picture)
- 1 cup cheddar cheese
- salt & pepper

Instructions

1. Bake the potatoes until tender.
2. Cool them and then split them in half and scoop out the pulp.
3. In a large pot, melt the butter.
4. Stir in the flour and cook for a minute.
5. Gradually add the milk. Cook over medium heat until it's bubbly.
6. Don't let it boil and stir it often.
7. Add the potato pulp, cheese, bacon, green onions, and salt & pepper to taste.
8. Heat the soup, but don't let it boil. You may need to add a bit more milk if it seems to thicken.
9. Serve it with extra cheese and bacon.

Bacon Bleu Cheese (or Ranch) Salad

Ingredients

- Romaine
- Cherry tomatoes
- Bacon bits
- Carrots

Instructions

Dress with Bleu cheese or Ranch dressing

Slow Cooker Chicken Parmesan Soup

Serves 8-10

The hands on time for this soup is under 5 minutes. It really couldn't be easier!

Ingredients

- 1½ - 2 lbs. frozen chicken tenders
- 46 oz tomato juice
- 32 oz chicken broth
- 4 garlic cloves, crushed
- 1 cup shredded Parmesan cheese
- 1 tsp. basil
- 1 tsp. oregano
- salt and pepper to taste
- 6 - 8 oz small shaped pasta

Instructions

1. Place all ingredients, except pasta in the slow cooker.
2. Cook on high for 5-6 hours or low 7-8 hours.
3. Remove the chicken and shred.
4. Return chicken to the slow cooker.
5. Add pasta and cook 30 minute longer.

Italian Tossed Salad

Ingredients

- Romaine
- Black olives
- Tomatoes
- Red onion

Instructions

Dress with Italian style dressing

Chicken Tortilla Soup

Serves 6-8

This is one of my favorite soups. I know I've said that before, but this one is on regular rotation at our house. If you've got chicken cooked in the freezer, it's really fast to put together. The fried tortilla strips take a few minutes to make, but they are worth it.

Ingredients

- 32 oz chicken broth
- 2 cans diced tomatoes
- 1 can diced tomatoes with green chilies
- 6 oz tomato paste
- 2 cups frozen corn
- 2 cups cooked chicken
- 1 tsp. garlic powder
- ½ tsp. cumin
- ⅛ tsp. chili powder
- 10 corn tortillas
- cheddar cheese

Instructions

1. Mix all the ingredients in a large pot or slow cooker.
2. Bring it to a boil, then turn it down to simmer while you fix the tortilla strips. Or cook on high in the slow cooker for 4-5 hours.
3. For the tortilla strips, cut a stack of 10 tortillas in half. Then slice them into ¼" slices.
4. Fry in hot oil in a skillet and drain on paper towels.
5. Serve the soup with the tortilla strips and shredded cheese.

Salad

Ingredients

- Spinach and Romaine mix
- Red onion
- Red bell pepper

Instructions

Dress with Ranch dressing

Crockpot Calico Bean & Smoked Sausage Soup

Serves 8-10

My trick for remembering to soak the beans the night before is to set a reminder on my phone. If you forget, you can do a quick soak in the morning, but that still takes an hour or so.

Ingredients

- 1 lb. smoked sausage 1 lb. mixed dry beans
- 1 onion, chopped
- 1 clove garlic, minced
- 1 can diced tomatoes, undrained (I thought it would have been good with a second can)
- 1 qt. chicken broth
- 2 cups water
- salt

Instructions

1. Prepare the beans by rinsing them and picking through them to remove any little stones.
2. Soak them overnight or do a quick soak by covering them with boiling water for an hour or two. Drain them and put them in the crockpot.
3. Chop the onion, garlic and sausage and add to the crockpot along with the other ingredients.
4. Cover and cook on high, at least 5-6 hours. I don't think you could overcook these.

Spinach Salad with Paprika Dressing

Ingredients

- Spinach
- Carrot shreds
- Celery diced
- Pecans

Paprika Dressing

- 2 tsp. dry mustard
- 2 tsp. salt
- 2 tsp. sweet paprika
- 1/4 cup sugar
- 1/2 cup white wine vinegar
- 1 cup oil

Put all the ingredients in a container with a tight fitting lid and shake until well combined.

Virus Killing Soup

Serves 10-12

This is a chicken soup that will heal you when you catch a cold or flu. It tastes amazing and you feel that every bite is warming you on the inside and fighting those bugs.

Ingredients

- one whole chicken
- 15-30 cloves garlic, minced or crushed (I used about 1 1/2 bulbs)
- 1 Tbs. salt
- 3-4 fresh thyme sprigs
- fresh rosemary sprigs
- cayenne pepper, about 1 tsp.
- ground black pepper
- 2 boxes chicken broth (32 oz each)
- water to top it off
- 1-2 cans of diced tomatoes
- vegetables (Carrot, Celery, onion, leek, red pepper, frozen peas, fennel! Whatever you like.)

Instructions

1. Put the chicken, garlic, salt, herbs, and peppers in a large cooking pot.
2. Pour chicken broth over the top, then top it off with water so that the chicken is completely covered. (You can also use only water if you like.)
3. Cook it on the stove top until the chicken starts to fall apart. Remove the chicken and strain the broth a bit, getting out the long stems from the spices and all the chicken bones.
4. Set the chicken aside to cool a bit.
5. Chop the veggies and saute them in oil until tender. If you have it add 1/2 cup of good white wine and some salt and pepper.
6. Add the veggies into the pot of broth and simmer for a while. I added about 6 cups of water to the broth at this point. It had really cooked down and was very rich.
7. Take the chicken off the bones and chop it up. Add it back into the soup.

Detox Salad

This salad makes a lot! It's delicious and really good for you too.

Ingredients

- 2 broccoli crowns
- 1 head cauliflower
- 2-3 carrots
- 1 small bunch kale (stems removed)
- ½ cup parsley
- ½ cup sunflower seeds
- ½ cup almonds, chopped
- 1 cup dried berries (cherries, cranberries, blueberries)
- ½ cup raisins
- Juice of one lemon
- 2 tablespoons rice vinegar (or other mild flavored vinegar)
- 2 tablespoons maple syrup
- Salt & pepper (to taste)

Instructions

1. Cut the broccoli and cauliflower into florets.
2. Cut the carrots into large chunks.
3. Roughly chop the kale.
4. In a food processor fitted with a steel blade, process the broccoli, cauliflower, kale and parsley until fine and add them to a large mixing bowl. (It will probably take more than one batch)
5. Process the carrots and add to the bowl.
6. Stir to combine.
7. Add the sunflower seeds, almonds, and dried fruit.
8. Stir to combine.
9. Add lemon juice, vinegar and syrup.
10. Toss to coat.
11. Taste, and add salt and/or pepper as needed.

Taco Soup

Serves 12-14

Another family favorite. I often split this into two batches, serving one for dinner and freezing the other before I heat it. Use a bowl instead of a zip top bag to freeze the soup. Then thaw just enough in the microwave to get it out of the bowl, dump it in the crockpot and turn it on high.

Ingredients

- Large package of hamburger (2 lbs. or so)
- Large onion, chopped
- 2 cans Black Beans, drained and rinsed
- 2 cans Dark Red Kidney Beans, drained and rinsed
- 2 cans Corn, drained (you could use frozen)
- 1 can Tomatoes with Green Chilies (Rotelle)
- 1 can Diced Tomatoes
- 1 15oz can Tomato Sauce
- 1 can Beef Broth
- 2 packages of Taco Seasoning
- 2-3 cups of Water

Instructions

1. Brown the meat and onion together. I like to rinse the hamburger under very hot water to get rid of the extra fat.
2. Add in all the other ingredients and cook until it's hot.
3. Serve with cheddar cheese and corn chips or with corn bread.

Salad

Ingredients

- Romaine
- Tomatoes
- Green pepper
- Shredded cheddar
- Tortilla strips

Instructions

Dress with Ranch dressing

Cheesy Chicken Chowder

Serves 8-10

This soup has Velveeta in it, which makes the soup very smooth. You can use cheddar cheese instead, if you'd rather.

Ingredients

- 2-3 cups cooked chicken
- 3 boxes chicken broth
- 1 onion, chopped
- 3 celery stalks, chopped
- 3-4 carrots, chopped
- 2 potatoes, peeled and chopped
- $\frac{3}{4}$ cup white rice
- $\frac{1}{2}$ lb. Velveeta cheese, cubed
- salt and pepper

Instructions

1. Bring the broth to a boil in a large pot.
2. Add the veggies and cook about 30 minutes.
3. Stir in the rice and continue to cook for 20-30 minutes or until the rice is tender.
4. Stir in the chicken and Velveeta, stirring often as the cheese melts. Be careful not to boil the soup. Add salt and pepper to taste.

Cucumber and Tomato Saladsoup

Ingredients

1 large cucumber or several small

- 4-6 Roma tomatoes (or a small container of cherry or grape tomatoes)
- Red onion, sliced thin
- Drizzle olive oil
- Generous sprinkle red wine vinegar
- Kosher salt
- Fresh ground black pepper

Instructions

1. Chop the cucumber and tomatoes into bite-size pieces.
2. Mix together in a bowl with red onion slices.
3. Drizzle a stream of olive oil over all. Sprinkle on red wine vinegar.
4. Add a teaspoon or so of Kosher salt and some black pepper.
5. Stir, taste and adjust seasonings.