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Sausage Potato Kale Soup

Description

I stumbled on a traditional Vegan Zuppa Toscana and decided to try out my own vegan version. This soup is warm, hearty, and super easy to make.

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Ingredients

SCALE 1x 2x 3x

- 2 field roast Italian sausages
- 4 tbsp. olive oil
- 1 large onion, finely chopped
- 1 large clove garlic, finely chopped
- 1/2 cup dry white wine, optional
- 1 1/2 tbsp. vegetable stock paste
- 3 large russet potatoes scrubbed, rinsed and cubed - cut evenly
- season to taste
- 2 tbsp. dried basil
- 1 tbsp. dried thyme
- 1 teaspoon red chili flakes optional — adjust to your taste
- enough water to cover the potatoes (around 4-5 cups)
- 1 can coconut milk or oat milk
- 3 cups chopped kale hard stems removed — can also use spinach or fresh green chard
- garnish with fresh lemon and vegan parmesan

+ 1 tbs chick paste
I use 10 small ones

1/2 cup
1 nutritional yeast
~~1/2 cup~~ yeast

Instructions

Instructions

- 1 Break up the sausage using your hands, then fry the sausage in a deep pan medium-high heat while stirring frequently with a wooden spoon. When browned (around 5-6 minutes) remove sausage and place onto a plate.
- 2 Add your olive to the pot and heat on medium-high for around 20 seconds before adding the onion. Cook until soft and translucent (about 5 minutes). Add the garlic and cook for 1 minute, until fragrant.
- 3 OPTIONAL: Add your white wine of choice and let it reduce to half (about 2 minutes).
- 4 Increase the heat to high, add vegetable stock paste, potatoes, seasoning and herbs and cook for around 5 minutes until potatoes are fully coated. Add enough water just to cover the potatoes and bring to a boil.
- 5 Reduce heat to medium and simmer for 15 minutes or until potatoes are tender. Stir in the coconut or oat milk, cooked sausage, and kale. Let simmer for 2 minutes, until kale leaves have softened.
- 6 Serve hot with vegan parmesan and a dash of lemon!

Minestrone Soup (Olive Garden Copycat)



Course Soup
Cuisine American, Italian
Keyword minestrone soup, minestrone soup recipe, olive garden minestrone soup, olive garden soup

Prep Time 20 minutes
Cook Time 30 minutes
Total Time 50 minutes

Servings 10 servings
Calories 152kcal

Ingredients

- 2 medium carrots - (diced into small cubes) ✓
- 2 small zucchinis - (diced into small cubes) ✓
- 1/2 large onion - (diced into small cubes) ✓
- 6 celery stalks - (diced into small cubes) ✓
- 2 cloves of garlic - (minced) ✓
- 28 oz canned diced tomatoes ✓
- 32 oz vegetable broth ✓
- 15 oz canned great Northern beans - (drained) ✓
- 15 oz canned Kidney beans - (drained) ✓
- 1 tbsp Italian seasoning ✓
- 1 tbsp dry basil ✓
- 1/2 cup noodles ✓
- 1 tbsp olive oil ✓
- 2 cups water ✓

Instructions

1. Preheat the pot with olive oil, add zucchini, carrots, celery and onions. Sautee for about 10 minutes, until vegetables soften.
2. To the pot, add canned diced tomatoes. Season with Italian seasoning and dry basil.
3. Add vegetable broth, noodles, kidney and Great Northern beans. Simmer for about 10 minutes. Depending on the thickness of the soup, you can add 2 more cups of water to the mix.
4. Press garlic into the mixture and let it simmer for about 10 minutes.
5. Serve while the minestrone soup is still warm.

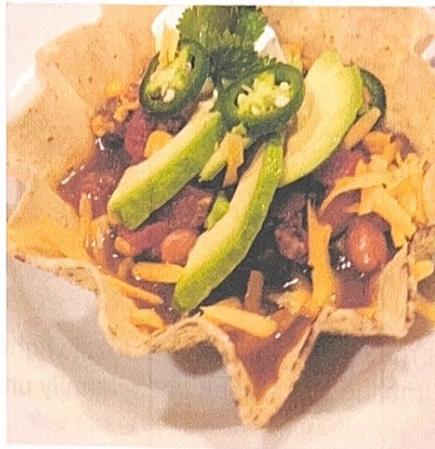
Nutrition

Calories: 152kcal | Carbohydrates: 27g | Protein: 7g | Fat: 2g | Saturated Fat: 1g | Sodium: 599mg |
Potassium: 594mg | Fiber: 9g | Sugar: 6g | Vitamin A: 2436IU | Vitamin C: 16mg | Calcium: 87mg | Iron:
3mg

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Hannah's Taco Soup Recipe

This beefy taco soup is everything you would find in a yummy taco just in a soup instead of a tortilla. This recipe makes about 10 cups.



Course: Soup Cuisine: Tex-Mex Servings: 10 Calories: 387 cal

Ingredients:

- 2 tsp olive oil
- 1 lbs lean ground beef
- 1 small yellow onion chopped (1/2 cup)
- 1 tablespoon minced garlic
- 1 jalapeno finely chopped (optional)*
- 1 (14.5 oz) cans diced tomatoes with green chiles
- 1 (14 oz) can beef broth
- 1 ½ tsp ground cumin
- 1 ½ tsp Alpine touch seasoning
- 1 ½ tsp Tony's seasoning
- ½ tsp dried oregano
- Salt and freshly ground black pepper
- 1 (11oz) can corn drained
- 1 (14.5 oz) can black beans, drained
- 1 (14.5 oz) can can pinto beans, drained
- Tortilla bowl for serving

Toppings:

- Squeeze of lime
- Sour cream
- Guacamole or Avocado slices
- Cilantro
- Corn tortilla strips
- Shredded cheese
- Jalapeno slices
- Lime wedges on the side

Instructions:

1. Heat a large pot over medium-high heat and drizzle lightly with olive oil.
2. Add ground beef, crumbling and stirring occasionally until brown until fully cooked.
3. Chop the onion and jalapeno and add to beef then saute for 2 minutes
4. Add garlic and saute for 2 more minutes stirring constantly.
5. Turn heat down to low and season with cumin, oregano, alpine touch, tony's seasoning and sprinkle with salt and pepper to taste.
6. Stir in tomatoes with chiles and beef broth.
7. Stir in corn, black beans and pinto beans.
8. Taste test and season again if needed.
9. Cover pot with lid and simmer, stirring occasionally.
10. Peel fresh cilantro from stems, slice your jalapeno, and slice your lime into wedges.
11. Scoop your soup into tortilla bowls and top with a squeeze of lime juice, a spoonful of guacamole or avocado slices, a spoonful of sour cream, tortilla strips, shredded cheese, jalapeno slices and cilantro leaves.
12. Place on a plate with a lime wedge on the side and serve.

Nutrition Facts: Amount Per Serving Calories 387 Calories from Fat 90 % Daily Value*
Fat 10g 15% Saturated Fat 4g Cholesterol 53mg Sodium 804mg Potassium 1326mg
Carbohydrates 49g Fiber 14g Sugar 5g Protein 31g Vitamin A 759IU Vitamin C 20mg
Calcium 105mg Iron 6mg

Lasagna Soup

Ingredients

- 1 Tablespoon ghee
- 1 cup chopped onion
- 2 teaspoons minced garlic
- 1 pound mild Italian sausage , casings removed
- 32 ounce container chicken stock
- 30 ounces petite diced tomatoes with juice (two 15 ounce cans)
- 6 ounce can tomato paste
- 1 teaspoon ground oregano
- ½ teaspoon Italian seasoning
- 2-3 Tablespoons freshly chopped basil , more to taste
- 8 oz bowtie noodles
- ½ cup grated parmesan cheese
- 1 cup shredded mozzarella cheese , optional
- Kosher salt & pepper , to taste

- Ricotta cheese for serving

Instructions

1. Heat the ghee in a large pot over medium-heat. Add in the onion and cook for 2-3 minutes.
2. Stir in the garlic and cook an additional minute.
3. Add in the sausage (break up with a wooden spoon) and cook until browned. Drain any excess grease.
4. Add in chicken stock, tomatoes and tomato paste. Stir until combined and then add the oregano, Italian seasoning and basil.
5. Bring to a light boil and then add in the noodles. Cook for 8-10 minutes, or until the noodles are tender.
6. Stir in the parmesan cheese, mozzarella cheese.
7. Ladle soup into bowls and top with a spoonful of ricotta cheese and more basil if desired.

Nutrition

Calories: 559kcal | Carbohydrates: 46g | Protein: 25g | Fat: 31g | Saturated Fat: 11g | Cholesterol: 69mg | Sodium: 1310mg | Potassium: 1165mg | Fiber: 5g | Sugar: 14g | Vitamin A: 844IU | Vitamin C: 23mg | Calcium: 191mg | Iron: 5mg



Hearty Chicken Soup with Egg Free Noodles
By Arizona Resel
Serves 6

Homemade Egg Free Noodles

½ Cup All Purpose Flour

½ Cup Semolina Flour

1/3 Cup Water

3 TABLESPOONS Olive Oil

Soup

2 Ribs/Sticks of Celery

3 Carrots

3 Green Onions

2 TABLESPOONS of Olive Oil

2 Cups Rotisserie Chicken

1 - 32 oz Chicken Broth Low Sodium

1 Cup of Water

1 TABLESPOON Chicken Bouillon

1 teaspoon Liquid Vegetable Aminos

3 TABLESPOONS of Parsley

Prepare noodle dough by making a well out of both flours.
Add wet ingredients (water and olive oil) to well in flour and then mix together.
Cover and let set.

Wash and chop celery, carrots, and green onions and start cooking them in a pan with olive oil.

Then roll out and cut noodles and make into bowtie pasta.

Chop chicken and add to soup as well as add chicken broth, chicken bouillon, water, and liquid aminos.

Cook on Medium heat for 15 minutes.

10 Minutes before serving add noodles.

Chop parsley and garnish soup with them and then serve.

Bistro Corn Chowder

Roux:

3 TBSP Butter, 1 Cup Yellow Onions diced, ½ Cup + 2 TBSP All Purpose Flour

Main Soup Base:

1 TBSP Chicken Base, 1 Qt + 2 Cups Water, ¾ tsp White Pepper, 1 ¼ tsp Marjoram, Dash Nutmeg, 1 Cup Potatoes, ½" dice, ¼ Cup Carrots, half round.

Remaining Ingredients:

2 ¼ Cups Creamed Corn, 1 Lb frozen Corn, ¾ Cup Bacon, cooked and diced, ¼ Cup Milk, ¼ Half and Half, ¾ tsp Kosher Salt, ¼ tsp Black Pepper

Roux: Melt the butter in a small saucepan, add the flour and mix well. Over low to medium heat, cook the roux for ten minutes, adjusting the temperature of the burner, so that the roux cooks but does not brown. Set aside for use later.

Place the Chicken Base, Water, Pepper, Marjoram and Nutmeg in a stock pot and whisk together until completely mixed.

Place Potatoes and the Carrots into the stock pot, bring to a boil then and then reduce the heat to a simmer for 15 minutes, or until the Potatoes and the Carrots are crisp and tender. Bring the stock pot back to a boil and add the Roux to the boiling stock a little at a time, whisking completely between additions. Stir constantly. When all the Roux is incorporated and the stock is thickened, reduce the heat to simmer.

Add the remaining ingredients. Bring back to temperature, taste for seasoning and adjust as desired.

Calories: 440 per serving (Recipes from Boisie's Brick Oven Bistro)

Strawberry Soup

Ingredients:

1 pound fresh strawberries, cut into large chunks

⅓ cup (65 grams) granulated white sugar

⅓ cup (80 ml/grams) plain yogurt

½ cup (120 ml/grams) milk

1 teaspoon fresh lemon juice

Directions:

1. Wash and cut the strawberries in half.
2. Place in your food processor and pulse just to break up the strawberries.
3. Add the sugar, yogurt, milk, and lemon juice and process just until combined.
4. You can serve it immediately, but its best if you cover and refrigerate before serving.

Homemade Whipped Cream

Start by 30:00
or
35:00

This whipped cream recipe shows you how to make sweetened whipped cream that holds its shape. For best results make sure the whisk and bowl are ice cold.

Recipe by Paula |

Ingredients

1 cup heavy cream

2 tablespoon confectioners' sugar

1 teaspoon vanilla extract

Directions

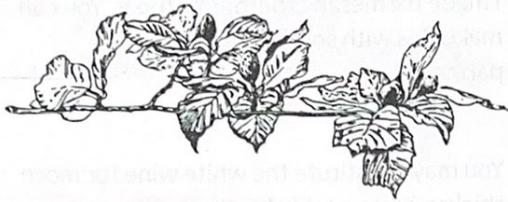
Step 1

Whisk cream in a chilled glass or metal bowl with an electric mixer until frothy. Add confectioners' sugar and vanilla; continuing to beat until soft peaks form.

Nutrition Facts

Per serving: 54 calories; total fat 6g; saturated fat 3g; cholesterol 20mg; sodium 6mg; total carbohydrate 1g; total sugars 1g; protein 0g; vitamin c 0mg; calcium 10mg; potassium 12mg

Hungarian Mushroom Soup



Ready in 30/ 45 Minutes

Approx. Cost per serving: \$2.00

Nutrition Facts

4 servings per container

Serving size

Amount Per Serving

Calories **360**

% Daily Value*

Total Fat 17g	22%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 590mg	26%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 11g	22%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

- 4 Tablespoons Salted Butter
- 1 Large Yellow Onion, Chopped
- 1 Pound Cremini Mushrooms, Sliced
- 2 Cups Chicken or Vegetable Stock
- ½ Cup Dry White Wine
- 2 Teaspoons Dried Dill
- 2 Teaspoons Thyme
- 2 Teaspoons Smoked Paprika
- 1 Tablespoon Worcestershire
- 1 Teaspoon Kosher Salt
- 3 Tablespoons All-purpose Flour
- 1 Cup Whole Milk
- ¼ Cup Heavy Whipping Cream
- 1 Tablespoon Lemon Juice (optional)
- 2 Tablespoons Fresh Italian Parsley (optional)

Instructions

1. Melt butter in a large pot over medium heat. When the butter is melted, add onions and mushrooms and cook, stirring occasionally, until onions are soft and translucent, about 8 minutes. Add the stock, white wine, dill, thyme, paprika, worcestershire and salt. Bring to a boil over high heat. Reduce to a simmer over low heat and cook, stirring occasionally, until the liquid reduces by $\frac{1}{2}$, about 10 minutes.
2. In a small bowl, whisk flour into the milk until smooth. Add the milk mixture to the soup and cook, stirring occasionally, until the soup and cook, stirring occasionally, until the soup begins to thicken, about 10 more minutes.
3. Over low heat, slowly stir in heavy whipping cream, and lemon juice until fully incorporated.
4. Divide the soup into four bowls and top with fresh parsley to serve.

Notes

Yields 5 cups of soup. If serving 4 people as a main dish, we recommend doubling the recipe.

I made parmesan croutons to top it. You can make this with sourdough bread and parmesan.

You may substitute the white wine for more chicken or vegetable broth.

You may use a mixture of mushrooms.

Nutrition Facts	
380 Calories	
Total Fat	15g
Sodium	100mg
Total Carbohydrate	12g
Total Protein	10g