



# Soup's On!



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# Introduction

The impetus for developing a soup recipe was the unexpected discontinuation of my favorite Spicy Black Bean Soup that I'd been getting at Safeway in the deli. I'd eaten that soup nearly every day for years throughout my weight loss journey (I know, what can I say... I'm a creature of habit!) and its absence was heart-breaking for me.

Once I'd broken the code on that yummy black bean soup I decided to try my hand at a few others I really love. And that's where this book comes from. With the exception of the wonderful recipe contributed by my best friend forever, Janice (BFF Corn Chowder), these are all my own recipes based on classics that I've made over to be healthier. I'm a vegetarian so they're all meat-free, but you can easily add chicken to any of them to suit your tastes.

Try them in your kitchen and tell me what you think. Happy cooking!

A handwritten signature in blue ink, appearing to read 'Cheryl', with a stylized, flowing script.

# BFF Corn Chowder

My BFF Janice brought me this soup when I was at home recovering from surgery a couple of years back. It's easy to make and another one of her very versatile recipes that can be modified based on personal preferences and what's in the fridge. For her family she makes it with chicken, but I'm a vegetarian so I opt out. Either way it's delicious, even if you're not laid up in bed!



## Ingredients

- 4 Tbsp butter
- ½ cup onion, diced
- ½ cup celery, diced
- 1 jalapeno, diced
- 4 Tbsp flour
- 3 cups nonfat or 1% milk
- 2 cups vegetable broth (you can use chicken broth)
- 2 cups frozen corn
- 2 14.5 oz. cans creamed corn
- 2 tsp. dried thyme
- ¼ - ½ tsp. cayenne, depending on desired heat
- 2 cups cooked chicken, chopped (optional)

## Directions

Heat butter in stockpot. Sauté onion, celery and jalapeno in melted butter and cook until softened, about 5 minutes. Add flour, stirring constantly for about 1 minute. Whisk in milk and broth while loosening vegetables from bottom of pot. Bring to low boil. Mixture will thicken slightly. Reduce heat, cover and simmer, about 15 minutes. Add corns, thyme, cayenne and optional chicken. Continue simmering until heated through. Serve and enjoy!



# Broccoli Cheddar Soup

What's not to love about ooey-goey cheese soup? And if it means you get the kids to eat some vegetables, even better.

I'm not a fan of "comfort foods" but let's face it ... sometimes we've had a rough day! When that happens a bowl of soup can indeed be comforting, so there's nothing wrong with that. But make it a lean bowl of soup so you don't undo all your efforts at healthy living. That'll be even more comforting!



## Ingredients

- 1 Tbsp olive oil
- 1 cup onion, chopped
- ½ tsp. pepper
- 2 cloves garlic
- 48 oz. vegetable broth (you can use chicken broth)
- 4 cups broccoli florets, chopped into bite-size pieces
- 12 oz. can evaporated milk
- ½ cup fat free half and half
- ½ cup flour
- 8 oz. light processed cheese (such as Velveeta)

## Cooking Instructions

Heat olive oil in stockpot. Add onion, garlic and pepper. Cook until softened, about 3 minutes. Add broth and broccoli. Bring broccoli mixture to a low boil. Reduce heat, cover and simmer, 10 – 15 minutes or until broccoli is tender. Combine milk, half and half, and flour, stirring with a whisk until well blended. Add milk mixture to broccoli mixture. Cook until soup thickens, about 5 minutes. Stir in cheese until fully melted. Use an immersion blender to mostly puree the soup. Serve on cold rainy evening and enjoy!

# Curried Split Pea Soup

Having four kids I can't tell you how many jokes I've heard about "pee green soup." Sheesh. Buncha comedians around here.

I've always loved split pea soup. When I was a kid it was the good ol' Campbell's version but this one offers a more sophisticated palate with the addition of curry. It's still super healthy and ridiculously easy, so go pea green soup!



## Ingredients

- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 cup onion, diced
- 1 cup carrots, diced
- 1 tsp. salt
- ½ tsp. pepper
- 16 oz. split peas, rinsed and picked over
- 32 oz. vegetable broth (you can use chicken broth, if you prefer)
- 1 Tbsp curry powder

## Cooking Instructions

Heat olive oil in stockpot. Add garlic, onion, carrots, salt and pepper. Heat thoroughly, about 5 minutes. Add split peas, vegetable broth and curry powder. Bring to low boil. Reduce heat, cover and simmer, about 1 hour or until peas are tender. Use an immersion blender to partially puree the soup. Serve and enjoy!

# Lentil Tomato Soup

Lentils are a humble little legume. They don't stand on pretense, but they have so much to offer. Lentils are a nutritional powerhouse because they're high in fiber, potassium, calcium, zinc, niacin, vitamin K, folate and iron. Possibly most important for a vegetarian like me, they're also an excellent lean protein source. And for cooks who always forget to soak the beans the night before (ahem), lentils have your back – they don't require soaking ahead of time!



## Ingredients

- 1 Tbsp olive oil
- 1 cup onion, chopped
- 1 tsp. ground turmeric
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 1 tsp. red pepper flakes
- ½ tsp. salt
- ½ tsp. pepper
- 2 cloves garlic
- 3-1/2 cups water
- 16 oz. bag dried lentils
- 32 oz. vegetable broth (you can use chicken broth)
- Garnish with chopped fresh tomatoes and chopped cilantro

## Cooking Instructions

Heat olive oil in stockpot. Add onion and cook until softened. Add turmeric, cumin, chili powder, red pepper flakes, salt and pepper. Sauté for 1 minute. Add water, lentils, broth and diced tomatoes and bring to low boil. Reduce heat, cover and simmer, about 1 hour or until lentils are softened. Use an immersion blender to mostly puree the soup. Garnish with chopped tomatoes and cilantro, if desired.



# Spicy Black Bean Soup

I am addicted to this stuff. But what a way to go, right?! Here's the thing, not only is the soup itself fabulous, but you can top it with all the same stuff you love on tacos (in very small amounts please; these are garnishes after all). It's so delicious and so healthy, there's no reason not to eat it every day.



## Ingredients

- 1 Tbsp olive oil
- 16 oz. container ready-made pico de gallo
- 1 Tbsp cumin
- 1 tsp salt
- ½ tsp pepper
- 14.5 oz. can of diced fire roasted tomatoes (such as Rotel), not drained
- 4 oz. can minced jalapenos
- 4 15oz. cans black beans, rinsed and drained
- 32 oz. vegetable broth (you can use chicken broth)
- Juice of ½ lime
- Garnish with diced cilantro, plain, non-fat greek yogurt, avocado, shredded sharp cheddar and pico de gallo

## Cooking Instructions

Heat olive oil in stockpot. Add most of the container of pico de gallo (reserving a small amount for optional garnish), cumin, salt and pepper. Heat thoroughly, about 3-5 minutes. Add 3 cans of the rinsed, drained beans, tomatoes, and jalapenos and heat through. Add vegetable broth and bring to low boil. Reduce heat, cover and simmer, about 10 minutes. Use an immersion blender to mostly puree the soup. Add in remaining can of black beans and the lime juice. Heat through. Serve with cilantro or any/all of the other garnishes.



# White Bean and “Bacon” Soup

I decided to create this recipe for two reasons: 1) the standard version is made with bacon and I’m a vegetarian, and 2) it was my absolute favorite soup as a kid. There is something so lovely and earthy about bean soup with simple vegetables and herbs.

I could eat this every day. As a matter of fact, I just might.



## Ingredients

- 6 strips vegetarian “bacon” alternative (you can use real bacon, if you prefer)
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 cup celery, diced
- 1 cup onion, diced
- 1 cup carrots, diced
- 1 tbsp dried rosemary, crushed
- 1 tsp salt
- ½ tsp pepper
- 3 15 oz. cans white beans
- 32 oz. vegetable broth (you can use chicken broth, if you prefer)

## Cooking Instructions

Cook “bacon” in microwave, 2 minutes on high or until crisp. Cool and crumble. Heat olive oil in stockpot. Add garlic, celery, onion, carrots, rosemary, crumbled “bacon”, salt and pepper. Cook thoroughly, about 5 minutes. Add beans and vegetable broth. Bring to low boil. Reduce heat, cover and simmer, about 10 minutes or until heated through. Use an immersion blender to mostly puree the soup. Serve and enjoy!

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