Lemon Chicken and Rice Soup

Ingredients

- 1 lb cooked chicken
- 1 onion diced
- 3 carrots diced
- 3 celery stalks diced
- 2 bay leaves
- 8 cups chicken stock
- 1 Tbsp olive oil
- 2 garlic cloves minced
- 1/2 tsp dried thyme
- ½ tsp dried oregano
- ¼ tsp turmeric
- ½ cup short-grain rice
- 2 lemons zested and juiced
- Salt and pepper to taste
- Parsley

Directions

Heat olive oil in a pot over medium heat then add diced carrots, celery, and onion with thyme, turmeric, and oregano cooking until soft 5-7 minutes. Add minced garlic and cook until fragrant 1-2 minutes.

Add chicken, chicken stock, bay leaves, and rice to the pot and bring to a boil. Reduce heat and simmer for about 20 minutes until rice is tender.

Zest and squeeze lemon juice into soup once rice is cooked. Add parsley for color if desired.

Cabbage Soup

Ingredients

- 2 Tbsp olive oil
- 1 onion diced
- 1 carrot diced
- 2 celery stalks diced
- 2 garlic cloves minced
- ½ tsp dried oregano
- ½ tsp dried basil
- ½ tsp salt
- ½ cabbage chopped
- 1 (14 oz) can diced tomatoes
- 6 cups chicken or vegetable broth
- 1 Tbsp lemon juice
- Option to add cut up potatoes or rice to make soup heartier
- Salt and pepper to taste

Directions

Heat olive oil in a pot over medium heat then add carrots, onions, and celery cooking until soft 5-7 minutes. Add minced garlic, oregano, and basil cook until fragrant 1-2 minutes.

Add chopped cabbage and sweat for 5 minutes stirring often. Add diced tomatoes and broth bring to a simmer uncovered 10-15 minutes if deciding to add potatoes or rice they would be added at this step and increase simmer time to 20 minutes or until potatoes/rice are soft.

Remove soup from heat stir in lemon juice, salt and pepper to taste.

Chicken Noodle Soup

Ingredients

- ¼ cup olive oil
- 1 large onion diced
- 3 large carrots diced
- · 4 celery stalks diced
- 1 tsp salt
- 1 tsp black pepper
- ½ tsp oregano
- 3 cloves garlic minced
- 8 cups chicken broth
- · 8 oz egg noodles
- 4 cups cooked chicken
- ½ cup parsley
- Salt and pepper to taste

Directions

Heat olive oil in a pot over medium heat then add carrots, onions, and celery season with salt and pepper cooking until soft 5-7 minutes. Add minced garlic and oregano cook until fragrant 1-2 minutes.

Add chicken broth and bring to a boil. Add egg noodles cook for 6 minutes. Add chicken cook another 2 minutes until chicken is warmed and noodles are tender.

Season with salt and pepper to taste. Stir in parsley and serve.

Chicken Chili

Ingredients

- 2 Tbsp olive oil
- 1 onion diced
- 2 bell peppers diced
- 2 cloves garlic minced
- 1 lb cooked chicken
- 1 large sweet potato peeled and cut into 1-inch dice
- ½ cup chicken broth
- 1 (14.5 oz) can diced tomatoes
- 1 (15 oz) can kidney beans drained and rinsed
- 1 (15 oz) can cannellini beans drained and rinsed
- 1 (15.5 oz) can corn drained
- ½ cup brown sugar
- 2 Tbsp ketchup
- 1 Tbsp barbeque sauce
- 1 (8 oz) can tomato sauce
- 1 Tbsp chili powder
- 1 Tbsp cumin
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp smoked paprika
- Salt and pepper to taste

Directions

Heat olive oil in a pot over medium heat then add onion and bell pepper season with spices and cook until soft about 5-7 minutes. Add garlic cook until fragrant 1-2 minutes.

Add remaining ingredients stir to combine. Simmer chili covered for about 20 minutes stirring occasionally until the sweet potatoes are soft.

Sweet Potato Bisque

Ingredients

- 2 Tbsp butter
- 3 cloves garlic minced
- 1 onion diced
- 1 tsp ginger
- 1 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp chili powder
- 4 cups chicken broth
- ½ cup brown sugar
- · 2 large sweet potatoes peeled and cubed
- 1 cup heavy cream
- Salt and pepper to taste

Directions

Heat butter in a pot until melted and foamy then add garlic and onion seasoning with spices, salt, and pepper cook until soft 5-7 minutes. Add garlic cook until fragrant 1-2 minutes.

Add brown sugar, chicken broth, and sweet potatoes bring to a simmer until sweet potatoes are soft about 20 minutes.

Carefully puree soup in a blender. Stir in heavy cream and add salt and pepper to taste.

Creamy Roasted Cauliflower Soup

Ingredients

- 1 large head cauliflower cut into bite-size florets
- 3 Tbsp olive oil
- 1 red onion diced
- 2 cloves garlic minced
- 4 cups vegetable or chicken broth
- 2 Tbsp butter
- 1 Tbsp lemon juice
- ¼ tsp nutmeg
- Salt and pepper to taste

Directions

Preheat oven to 425 degrees Fahrenheit. On a baking sheet toss cauliflower with 2 Tbsp of olive oil and season lightly with salt. Roast 25-35 minutes until cauliflower is tender and caramelized mixing halfway through cooking.

Heat the remaining 1 Tbsp olive oil in a pot over medium heat then add onion cooking until soft 5-7 minutes. Add garlic and cook until fragrant 1-2 minutes.

Add cauliflower and brother bring to a simmer for about 20 minutes. Carefully puree soup in a blender adding butter, lemon juice, and nutmeg. Season with salt and pepper to taste.