

White Chili

2 cans white beans (northern is fine)
1 can diced tomatoes
1-2 cups ground turkey browned with onions OR
1-2 cups cooked and diced chicken/turkey
several cups loose baby spinach (to taste)
6 cups chicken broth
1 tsp cumin
1 tbsp chili powder

Put everything in a pot and simmer 30-45 min (depending on how much time you have!)

“Creamed” Zuke-Potatoe Soup

2 or 3 medium zucchini/spinach/broccoli
2 or 3 medium potatoes
2 small onions (1 large)
4 C. broth (chicken or vegetable)
1 clove garlic, minced
½ t. salt or less
dash of pepper
¾ c. plain yogurt, to garnish
dill or curry powder to taste

Slice vegetables. Simmer in broth with garlic, salt and pepper until tender. Puree in blender in batches. Serve hot or cold, garnish with a large dab of yogurt, and dill or curry.

Freezes well. For a change, use ½ bunch broccoli or ½ lb spinach in place of zucchini.

Butternut Squash Soup

1 tbs olive oil
1 tbs water
4 stalks celery, chopped
2 medium leeks, white part only, chopped
1 medium onion, chopped
1 medium potato, cubed, more for thicker soup
salt and pepper to season
3 tbs butternut squash, peeled seeded and cut into 1 inch cubes, about 8 cups
6 cups chicken stock

Heat the vegetable oil and water in a 5-quart saucepan over medium heat. When hot, add the chopped celery, leeks, potato and onion. Season with salt and pepper and sauté until the onions are translucent, 5 to 6 minutes. Add the butternut squash cubes and sauté 8 minutes. Add the chicken stock. Bring to a boil, then lower the heat and simmer for 40 minutes or until potato and squash are tender. Puree in blender. Serve with grated cheese.

Vegetable Soup

½ Split chicken breast*
½ onion, chopped fine
2 large carrots cut up
1 large potato cubed
2 cups frozen green peas
1 tsp. salt
2 tbsp. oil
2 tbsp. flour
½ tsp. red paprika

Cook the chicken breast in a pot with 2-cups of water with the bone and skin on. (The liquids are the stock.) After it's cooked, remove skin and bones and discard them. **Cut** the chicken into bite-sized pieces. In a large pot sauté the onion and carrots in the oil. Add the flour and brown about 2-3 min. Add red paprika and salt, chicken and stock. Cook until it's hot.

- May substitute 1 can chicken broth for the chicken breast stock.

Adrenal Burnout Soup

1 package frozen green beans
1 cup chopped celery
1 sliced zucchini
1 cup tomato/V8 juice
1 cup water
2 tbsps raw honey
1 tsp paprika
1 cup chicken broth
Pepper to taste

Combine ingredients and simmer for one hour or until veggies are tender. Use when run down by colds, flu, or adrenal burnout.