**Slow Cooker Chicken Fajita Soup**

1 pound boneless, skinless chicken breasts

2 (10.75 ounce) cans condensed cream of chicken soup

1 cup salsa

2 cups frozen corn

1 (15 ounce) can black beans, drained and rinsed

1½ cups water

1 teaspoon ground cumin

½ teaspoon dried cilantro

1 cup shredded cheddar cheese

Optional Toppings:

sour cream

diced tomatoes

green onions

cilantro

lettuce

diced avocado

tortilla strips

1. Spray your slow cooker with cooking spray. Add chicken to the bottom of the slow cooker.
2. In a medium sized mixing bowl, mix cream of chicken soup, salsa, corn, black beans, water, cumin, and cilantro. Pour over the top of chicken.
3. Cook on low for 4-6 hours. Remove the chicken and shred with two forks. Place back into the slow cooker and add shredded cheese. Continue cooking until cheese has melted about 15 minutes. Serve with your favorite toppings.

**Skinny Slow-Cooker Chicken Tortilla Soup**

1 onion, chopped

2 cloves garlic, minced

1 tablespoon oilve oil

3 cups low sodium chicken broth

1 (8 ounce) can tomato sauce

1 can fire roasted diced tomatoes (or regular if you prefer less spicy)

1 can Old El Paso™ Green Chiles

¼ cup chopped cilantro

4 cups cooked and shredded chicken (or rotisserie chicken)

1 (1 ounce) packed Old El Paso™ taco seasoning mix

1 can steamed corn, drained and rinsed

## FOR THE TORTILLA STRIPS

2 cups canola oil

2 8" Old El Paso™ flour tortillas for burritos

1 tablespoon Old El Paso™ taco seasoning mix (I used Hidden Valley Ranch seasoning)

#### Heat oil over medium/high heat in a medium skillet. Add onion and garlic and cook until translucent, about 3 minutes. I like mine to be a bit under-sauteed, to keep a bit of their crunch.

Once sauteed, add the onion and garlic to a slow cooker over high heat. Add in all other ingredients except for tortillas and garnishes. Stir to combine.

Heat on high, covered, for 2-3 hours, or on low for 4-5 hours.

Before serving, prepare the tortilla crisps: In a small saucepan, heat the canola oil over medium/high heat.

Spray each tortilla with olive oil and sprinkle with the taco seasoning. Use a pastry brush to spread out the taco seasoning evenly.

Using a pizza cutter, cut each tortilla into 1/2 inch strips.

Cook the strips in batches, about 2-4 minutes or until browned. Some of the taco seasoning will come off into the oil, and that's okay.

Using a slotted spoon, remove the strips and allow to drain on a paper towel.

When ready to serve the soup, serve garnished with extra cilantro, low fat sour cream, jalapeños, and tortilla strips. Or any of your favorite toppings!

**Chicken Pot Pie Soup**

2 T. butter

¼ cup finely chopped onion

1 ½ cups chicken broth

1 cup whole milk

1 package 1.6 oz. garlic and herb sauce mix

1 cup diced potatoes

1 bag mixed vegetables

2 cups cooked chicken

1 pie crust, baked and broken into pieces

Melt butter. Saute onions until soft. Stir in broth and milk then sauce mix. Add potatoes and cook on low until tender. Stir in vegetables and chicken. Cook for 15 minutes. Top soup with pie crust pieces.

**Hearty Minestrone Soup**

2 tbsp. olive oil

1½ c. yellow onion, diced

1 c. celery, diced

1 c. carrots, diced

6 cloves garlic (raw or roasted), minced

2 cans (14.5 oz) diced tomatoes

1 can (14.5 oz) red kidney beans, drained and rinsed

1 can (14.5 oz) great northern beans, drained and rinsed

5 c. low ­sodium vegetable broth

2 c. low ­sodium chicken broth or water

¼ c. tomato paste

2 tbsp. basil pesto

2 bay leaves

1 tsp. dried oregano

1 tsp. kosher sea salt

¼ tsp. ground black pepper

¼ tsp. dried rosemary

1 parmesan rind

1½ c. small shells, small elbows, ditalini, or anellini

1½ c. zucchini, quartered lengthwise and diced

1 c. frozen green beans, thawed

2 c. baby spinach, roughly chopped

 1. In a large stock pot or Dutch oven set over medium heat, add the olive oil. When the oil is hot, add the onion, celery and carrots. Cook until soft, about 5­6 minutes. Add the garlic and cook until fragrant, about 1 minute.

2. Add the diced tomatoes, kidney beans, great northern beans, vegetable broth, chicken broth (or water), tomato paste, pesto, bay leaves, oregano, salt, pepper, rosemary, and parmesan rind. Turn heat to medium high and bring to a simmer. Reduce heat to medium ­low, cover and cook for 30 minutes.

3. Remove the cover and turn heat to medium­ high. When the liquid is boiling, add the pasta, zucchini, and green beans, stir well. Cook until the pasta is tender, about 20­ - 25 minutes. During the last 5 minutes, add the spinach and allow it to wilt. Remove from heat and serve warm.

Notes: ­Try adding 1 pound ground sausage, turkey or beef to this recipe!

**Chicken Tortilla Soup**

1 onion, chopped

3 cloves garlic, minced

1 tablespoon olive oil

2 teaspoons chili powder

1 teaspoon cumin

1 (28 ounce) can crushed tomatoes

1 (10.5 ounce) can condensed chicken broth

1 1/4 cups water

2 cups canned corn, drained

1 (4 ounce) can chopped green chile peppers

1 (15 ounce) can black beans, rinsed and drained (I only used ½ of the can)

1/4 cup chopped fresh cilantro

2 boneless chicken breast halves, cooked and cut into bite-sized pieces

crushed tortilla chips

sliced avocado

shredded Monterey Jack cheese

chopped green onions

1. In a medium stock pot, heat oil over medium heat. Saute onion and garlic in oil until soft. Stir in chili powder, oregano, tomatoes, broth, and water. Bring to a boil, and simmer for 5 to 10 minutes.
2. Stir in corn, chiles, beans, cilantro, and chicken. Simmer for 10 minutes.
3. Ladle soup into individual serving bowls, and top with crushed tortilla chips, avocado slices, cheese, and chopped green onion.

**Stuffed Pepper Soup**

¾ lb ground beef

1 med. onion, chopped fine

1 stalk celery, chopped fine

1 large green pepper, chopped coarsely

1 (28 ounce) can crushed tomatoes

3 cups chicken broth

Salt & pepper to taste

Garlic powder

1 T. sugar (optional)

1 cup cooked rice, cooled

Saute beef, onion, celery and green pepper until beef is cooked and vegetables are soft. Add tomatoes, chicken broth, salt, pepper, garlic powder and sugar. Cook gently for 30 minutes. Add rice at last minute. Heat through.

**Zuppa Toscana**

1 lb. Hot Italian sausage, casings removed

3 cloves garlic, minced

1 large onion, chopped

kosher salt

Freshly ground black pepper

6 c. low-sodium chicken broth

4 large russet potatoes, diced

1 bunch curly kale, leaves stripped and chopped

3/4 c. heavy cream

1/4 freshly grated Parmesan, for serving

1. In a large pot over medium heat, cook sausage, breaking up with the back of a wooden spoon, until browned and no longer pink, 5 to 7 minutes. Drain fat.
2. Add garlic and onion and let cook until golden, 5 minutes more. Season with salt and pepper. Add chicken broth and potatoes and enough water to cover the potatoes and cook until potatoes are tender, 20 to 25 minutes.
3. Stir in kale and let cook until leaves are tender and bright green, 3 minutes, then stir in heavy cream.
4. Garnish with Parm and serve.

**Green Pepper Soup**

2 lb. ground beef (I used 80 – 20 ratio)

1 onion, chopped

2 quarts beef broth

2 – 3 green peppers, cut into chunks

1 large can tomato sauce

1 small can crushed tomatoes

2 cups rice, uncooked

2 T. brown sugar

Salt & pepper

Brown ground beef. Add onion, beef broth, peppers, tomato sauce, crushed tomatoes, rice and brown sugar. The brown sugar is used to eliminate some of the acidity of the tomatoes. Salt and pepper to taste.

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| **DIRT DESSERT** |   |
| 1/2 stick (4 tbsp.) butter1 to 1 1/2 lb. pkg. cream filled chocolate sandwich cookies (like Oreos or Hydrox)1 (8 oz.) pkg. cream cheese1 (8 oz.) container whipped dessert topping1/2 c. powdered sugar1 1/2 sm. pkgs. instant vanilla pudding2 c. milk1 pkg. jelly earthwormsIn large bowl, mix cream cheese, dessert topping, butter, powdered sugar, pudding mix and milk. Crumble cookies or roll fine with rolling pin, until they resemble dirt. Layer cookie crumbs and cream filling in flower pot, ending with cookie crumbs on top. Chill.To serve, stick an artificial flower in pot. Place gummy worms around pot. Serve with garden trowel. Need new 8 or 9 inch flower pot glazed clay or plastic. |