

Broccoli Cheddar Soup

Ingredients:

1 cup broccoli
1 cup chicken broth
¼ cup white onions, FINELY DICED
¼ cup carrots, FINELY DICED
½ t. Garlic, MINCED
2 T butter
2 T all-purpose flour
¼ t. Salt
¼ t. Black pepper
1 cup whole milk
¼ c. half and half
1 c. cheddar cheese, shredded

Directions:

Day 1:

1. Chop broccoli into tiny pieces, add to ziploc bag
2. Dice onions and carrots
3. Mince Garlic
4. Add all to ziploc bag, label, store in fridge.

Day 2:

1. In a medium pot, add chicken broth, onion, carrots, and garlic
2. Bring to a boil and then reduce heat and simmer for 15 minutes or until onions are tender.
3. In a large pot, melt butter over medium heat.
4. Whisk in flour, stirring CONSTANTLY for about 1-2 minutes. Reduce heat.
5. Add in salt and pepper and continue to stir for 1 minute.
6. Slowly stir in milk and heavy cream until mixture coats spoon.
7. Slowly stir in chicken broth mixture.
8. Stir in cheese. Add broccoli. Heat until simmer.
9. Taste and add more salt and pepper if desired.

Chicken Noodle Soup

Ingredients:

4 c. water
4 c. chicken broth
1 carrot- SLICED and DICE
1 celery- SLICED and DICE
¼ onion- MINCED
1 tsp. Garlic- MINCED
½ c. elbow noodles
2 T oil
¼ tsp. Basil
Salt and pepper to taste

Directions:

Day 1:

1. Peel and wash your vegetables.
2. Slice, dice and mince your vegetables. Add to ziploc bag, label and store in fridge.

Day 2:

1. Boil 2 pots of water.
2. One sauce pan has 4 cups of stock.
3. One sauce pan has 4 cups of water for noodles.
4. Saute celery, carrots, onion and garlic in oil on separate skillet.
5. Saute until bright colored about 7 minutes
6. When done sauteing, add vegetables to your STOCK
7. Once noodles are al dente, DRAIN and add to stock
8. Simmer for about 4 minutes.

Baked Potato Soup

Ingredients:

4 slices of bacon for topping
¼ onion **CHOPPED**
1 t. Garlic **MINCED**
3 T flour
3 cups milk
1 ½ large potatoes **CUBED**
¼ cup sour cream
½ tsp. Salt
½ tsp. Black pepper
Oil for sauteing vegetables

Directions:

Day 1:

1. Chop, cube, and mince your vegetables
2. Cook your potatoes
3. Place in zip lock bag, label, and store in fridge.

Day 2:

1. Saute onion with oil and garlic about 5 minutes.
2. Whisk in flour, salt and pepper until smooth
3. Gradually add milk.
4. Whisk **CONSTANTLY** until thickened and no lumps remain.
5. Stir in potatoes and bring to a boil.
6. Stir frequently to avoid scorching on the bottom.
7. Reduce heat and simmer 10 minutes.
8. Mix in sour cream and cheese
9. Stir until cheese is melted throughout