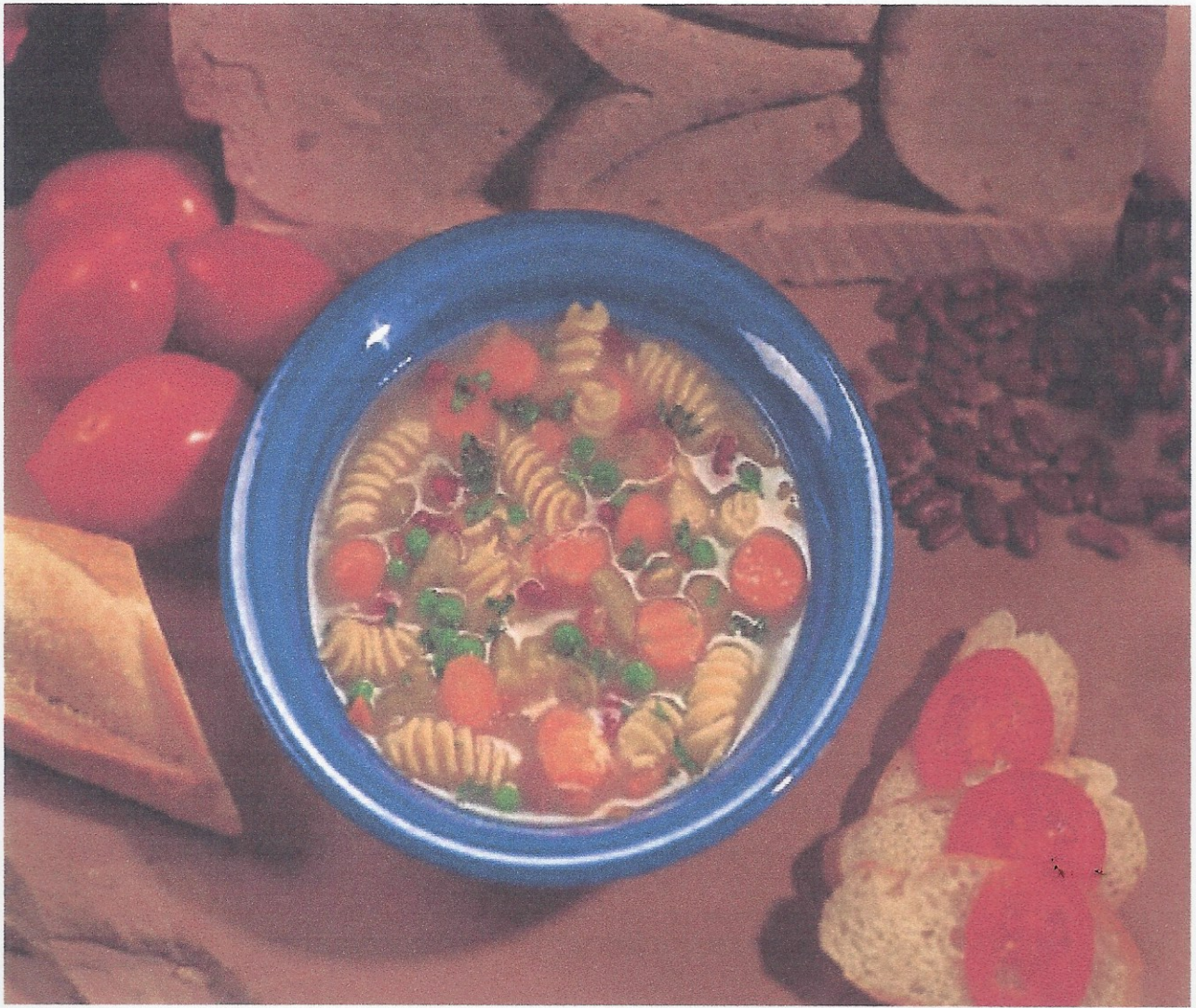


SOUPS



Easy chicken stock

Serves 12

Ingredients

- 3 pounds chicken bones, trimmed of fat
- 3 carrots, cut into 2-inch pieces
- 2 celery stalks, cut into 2-inch pieces
- 1 large yellow onion, cut into chunks
- 1/4 teaspoon peppercorns
- 4 quarts cold water
- 5 fresh flat-leaf (Italian) parsley sprigs

Directions

Preheat the oven to 450 F. Rinse the chicken bones in cold water and place in a large roasting pan. Roast the bones until browned on one side, about 20 minutes. Turn the bones, add the carrots, celery and onion to the pan, and roast until evenly browned, about 20 minutes longer.

Transfer the vegetables and bones to a stockpot. Deglaze the hot roasting pan with a little water, stirring with a wooden spoon to scrape up any browned bits, and add the liquid to the stockpot. Add the peppercorns, parsley and cold water and slowly bring to a boil over medium-high heat. Reduce the heat to low, cover partially, and simmer for 1 1/2 hours, using a spoon to regularly skim off the foam that rises to the surface. Remove from the heat and let cool slightly.

Carefully strain the stock into a bowl through a colander or sieve lined with paper towels or cheesecloth (muslin). Discard the bones and solids. Let cool at room temperature for about 1 hour.

Cover and refrigerate the stock overnight. With a large spoon, lift off any solidified fat from the surface and discard. Use the stock immediately, cover and refrigerate for up to 2 days, or freeze in airtight containers for up to 3 months. Makes about 12 cups.

Serving size: 1 cup

Calories 20

Cholesterol 11mg

Sodium 16mg

Protein 1 g

Carbohydrate 2 g

Total fat < 1 g

Saturated fat < 1 g

Easy Vegetable Stock

Serves 6 & Yields 6 Cups

Ingredients

- 3 teaspoons olive oil
- 12-14 fresh white mushrooms, clean and coarsley chopped
- 1 large yellow onion, cut into 1-inch pieces
- 3 large carrots, cut into 1-inch pieces
- 2 celery stalks with leaves, cut into 1-inch pieces
- 6 cloves garlic, halved
- 8 cups water
- 6 fresh flat-leaf parsley sprigs
- 4 fresh thyme sprigs
- 1 bay leaf
- 1/8 teaspoon salt

Directions

In a stockpot, heat 2 teaspoons of the olive oil over medium-high heat. Add the mushrooms and saute until they begin to brown, 4-5 minutes. Push the mushrooms to the side of the pot and add the remaining 1 teaspoon oil, the onion, carrots, celery and garlic. Raise the heat to high and saute, stirring often, until the vegetables are deeply browned, about 10 minutes. (The browner the vegetables, the richer the flavor of the stock.) Add the water, parsley, thyme, bay leaf and salt. Bring to a boil, then reduce the heat to medium low and simmer, uncovered, for 25-30 minutes. Remove from the heat and let cool slightly. Carefully strain the stock into a bowl through a colander or sieve lined with paper towels or cheesecloth. Use immediately, cover and refrigerate for up to 3 days, or freeze in airtight containers for up to 3 months.

Nutritional Analysis (per serving)

Serving size: 1 cup

Calories	24	Cholesterol	0 mg
Protein	0 g	Sodium	52 mg
Carbohydrate	1 g	Fiber	0 mg
Total fat	2 g		

TOMATO SOUP

1/2 c Onion, Chopped
1/2 t Garlic, Minced
1/2 c Celery, Chopped
1/4 t Red Pepper Flakes
2 T Olive Oil
4 c No Salt Added Tomatoes
1/2 c Water

Saute the onion, garlic, celery and pepper flakes in the oil until softened. Add the tomatoes and water, bring to a boil and simmer until vegetables are soft, about 20 minutes. Puree in a blender or food processor.

Yield: 4 Servings

Serving Size 1 Helping
Servings Per Recipe 4

SODIUM 43MG POTASSIUM 517MG

CARBOHYDRATES 12GR

PROTEIN 2GR

LOW SODIUM CHILI

- 1 POUND LEAN GROUND BEEF
- 1 CAN NO SALT ADDED PINTO BEANS
- 1 CAN NO SALT KIDNEY BEANS
- 1 CAN NO SALT ADDED TOMATOES
- 1 CAN NO SALT TOMATOES PUREE
- 4 TEASPOON OREGANO
- 4 TABLESPOON PAPRIKA
- 2 TABLESPOON GARLIC POWDER
- 1 TABLESPOON ONION POWDER
- 2 TEASPOONS BLACK PEPPER
- 1 TEASPOON CAYENNE PEPPER
- 2 TEASPOON GROUND CUMIN
- 2 TEASPOON MINCED GARLIC
- 1 MEDIUM ONION CHOPPED
- 2 CUPS GREEN PEPPERS CHOPPED

BROWN GROUND BEEF, GREEN PEPPERS, ONION & GARLIC

MIX ALL INGREDIENTS IN CROCK POT

LET COOK ON LOW HEAT FOR 4 TO 8 HOURS THEN ENJOY

SERVINGS PER RECIPE 8

SODIUM 130 MG CARBS 37

PROTIEN 14 G FAT TOTAL 7G

Homemade Chicken Noodle Soup

SERVINGS: 8

2 Tbsp olive oil
1 lg onion, chopped
5 carrots, sliced
3 ribs celery, sliced
8 oz sliced mushrooms (optional)
3 sprigs fresh
thyme and/or
parsley
1 bay leaf
2 qt reduced-sodium chicken broth
2 lb boneless, skinless
chicken breasts or thighs
8 oz wide egg noodles

1. **HEAT** oil in 4 qt pot over medium heat. Add onion, carrots, celery, mushrooms (if using), thyme, and bay leaf. Cook, stirring occasionally, until vegetables are softened but not browned, about 5 minutes. Stir in broth and 4 cups water. Bring to a boil.

2. **ADD** chicken and bring to a simmer. Simmer until cooked through, about 15 minutes.

Transfer chicken to cutting board and shred using 2 forks.

3. **STIR** in noodles and shredded chicken and simmer until noodles are tender, about 7 minutes.

Discard bay leaf and season soup to taste with salt and pepper. (Makes about 15 cups.)

4. **LADLE** soup into serving bowls. To freeze, chill soup completely, divide among individual serving containers with lids, and freeze up to 3 months.

NUTRITION (per cup) 135 calories, 13g pro, 12 g carb, 19 fiber, 3.5 g fat, .5g sat fat, 285 mg sodium

""HINT TO REDUCE SODIUM MORE MAKE YOUR OWN BROTH""

MEXICAN CHICKEN SOUP

**4 c Low Sodium Chicken Broth
1 Onion, Sliced And Separated Into Rings
1 Green Bell Peppers, Cut In Strips
1 Red Bell Peppers, Cut In Strips
1/2 c Carrot, Diagonally Sliced
1/2 c Celery, Diagonally Sliced
1/2 t Black Pepper
1 c Chicken Breast, Cooked And Coarsely Shredded
3 T Fresh Cilantro
2 T Lime Juice
4 Corn Tortillas, Cut In Strips
2 T Oil**

Combine first 7 ingredients in a large saucepan. Bring to a boil, reduce heat and simmer until vegetables are tender, about 10 minutes. Stir in chicken, cilantro and lime juice. Cook until chicken is heated through. Heat oil in a skillet and fry tortilla strips until crisp, but not brown, 3-4 minutes. Drain. Ladle soup into bowls and top with tortilla strips.

Yield: 4 Servings

TOTAL FAT 10GR SODIUM 139MG

CHOLESTEROL 30MG

POTASSIUM 637MG

CARBOHYDRATES 25GR

PROTEIN 18GR

MINISTRONE SOUP

10 CUPS WATER

½ POUNDS CANNELLINI BEANS

½ POUNDS GARBANZO BEANS

1 CHOPPED ONION FINELY

½ CUP CARROT, DICED

1 CUP ZUCCHINI, SLICED

2 GARLIC CLOVES CRUSHED

1 TEASPOON BASIL

1 TEASPOON OREGANO

3 CANS NO SALT TOMATOES CHOPPED

1 CUP OF FROZEN GREEN BEANS ITALIAN STYLE

SOAK BEANS OVERNIGHT AND DRAIN. PLACE IN LARGE SOUP POT WITH WATER AND SIMMER 1 HOUR AND DRAIN. COOK ONIONS, CARROT, ZUCCHINI AND GARLIC UNTIL TENDER. MIX EVERYTHING IN SOUP POT WITH 10 CUPS OF WATER AND SIMMER AND ENJOY. ADD ADDITIONAL WATER AS NEEDED.

MAKES 6 SERVINGS

FAT 3 GRAMS SODIUM 38 MG

POTASSIUM 1055 MG

CARBOHYDRATES 51 GRAMS

PROTEIN 17 GRAMS

SPICES & SAUCES



FRESH TOMATO MEAT SAUCE

2 POUND GROUND BEEF

1 ONION CHOPPED

1 GREEN PEPPER CHOPPED

1 POUND MUSHROOM SLICED

1 TABLESPOON MINCED GARLIC

2 TABLESPOON OLIVE OIL

18 TOMATOES

6 CANS NO SALT ADDED TOMATO PASTE

2 TABLESPOON OREGANA

2 TABLESPOON BASIL

2 TABLESPOON PARSLEY

CRUMBLE BEEF INTO LARGE SKILLET. ADD ONIONS, PEPPERS & MUSHROOMS. COOK UNTIL MEAT IS DONE. BOIL WATER AND DROP TOMATOES IN FOR 30 SECONDS DRAIN PEEL AND CHOP FINELY. ADD ALL OTHER INGREDIDENTS SIMMER SLOWLY UNTIL DESIRED THICKNESS 1 TO 2 HOURS.

MAKES 8 SERVINGS

FAT 18GR SODIUM 100MG POTASSIUM 1500MG CARBS 25GR

TYPICAL SEASONING WITHOUT THE SALT

GREAT FOR ABOUT EVERYTHING REMINDS ME OF LAWRY'S.

- 1 TEASPOON CHILI POWDER**
- ¼ TEASPOON CELERY SEED**
- ½ TEASPOON NUTMEG**
- 1 TEASPOON ONION POWDER**
- 1 TEASPOON PAPRIKA**
- ½ TEASPOON GARLIC POWDER**
- 1 TEASPOON TURMERIC**
- ½ TEASPOON CORIANDER**

MIX TOGETHER AND STORE IN AIRTIGHT CONTAINER.

YIELDS 24 SERVINGS

ZERO FAT, SODIUM, CARBOYDRATES

9 MG POTASSIUM

MEXICAN BLEND SEASONING

THIS SEASONING IS GREAT FOR CHILI, BEANS OR OTHER MEXICAN DISHES.

- 1 TABLESPOON CHILI PEPPERS (GROUND)
- 2 TEASPOON GARLIC POWDER
- 2 TEASPOON ONION POWDER
- 1 TEASPOON PAPRIKA
- 1 ½ TEASPOON CUMIN
- 1 TEASPOON CELERY SEED
- 1 TEASPOON OREGANO
- ¼ TEASPOON CAYENNE (DOUBLE IF YOU LIKE IT HOT)
- ¼ TEASPOON BAY LEAVES (GROUND)

MIX WELL AND STORE IN AN AIRTIGHT CONTAINER.

YEILDS 22 SERVINGS

0MG FAT, PROTIEN, CHOLESTEROL

1MG SODIUM, CARBOHYDRATES

15MG POTASSIUM

MEMPHIS DRY RUB

¼ CUP PAPRIKA

2 TABLESPOON BROWN SUGAR

1 TABLE SPOON SURGAR

1 TABLESPOON CELERY SEED

1 TABLESPOON BLACK PEPPER

2 TEASPOON CAYENNE

1 TEASPOON DRY MUSTARD

1 TEASPOON GARLIC POWDER

1 TABLESPOON ONION POWDER

COMBINE ALL THE INGREDIENTS IN A JAR PUT LID ON TIGHT AND SHAKE UNTIL ALL INGREDINTS ARE MIXED COMPLETELY. STORE IN DRY AND OUT OF SUNLIGHT UP TO 5 MONTHS.

MAKES 3 SERVINGS

**FAT 2 GRAMS SODIUM 12 MG PROTIEN 2 GRAMS
CARBOHYDRATES 23 GRAMS POTASSIUM 346 MG**

CHILI POWDER

2 TABLESPOON PAPRIKA

2 TEASPOON OREGANO

1 ¼ TEASPOON CUMIN

1 ¼ TEASPOON GARLIC POWDER

1 ¼ TEASPOON GROUND RED PEPPER (CAYENNE)

¾ TEASPOON ONION POWDER

MIX IN GRINDER UNTIL TEXTURE IS TOO YOU CHOICE

TOTAL SODIUM= 17 MG OR 4MG PER TABLESPOON

SPICY RED SAUCE

2 CUPS CIDER VINEGAR

½ CUP LOW SODIUM CATSUP

2 TEASPOON CAYENNE

2 TABLESPOON MOLASSES

COMBINE ALL INGREDIENTS AND STIR. REFRIGERATE AFTER SAUCE IS MADE

FAT 0 MG SODIUM 4 MG PROTIEN 0 GRAMS

CARBOHYDRATES 5 GRAMS POTASSIUM 98MG

Vegetable salsa

Serves 16

Ingredients

- 1 cup diced zucchini
- 1 cup chopped red onion
- 2 red bell peppers, seeded and diced (about 2 cups)
- 2 green bell peppers, seeded and diced (about 2 cups)
- 4 tomatoes, diced (about 2 cups)
- 2 garlic cloves, minced
- 1/2 cup chopped fresh cilantro
- 1 teaspoon ground black pepper
- 2 teaspoons sugar
- 1/4 cup lime juice
- 1/2 teaspoon salt

Directions

Wash vegetables and prepare as directed. In a large bowl, combine all the ingredients. Toss gently to mix. Cover and refrigerate for at least 30 minutes to allow the flavors to blend.

Nutritional Analysis (per serving)

Serving size: 1/2 cup

Calories 24

Protein	1 g
Carbohydrate	5 g
Total Fat	0g
Sodium	77mg
Potassium	160mg
Calcium	11mg

SUPER SPICE HERBED CREAM CHEESE

Prep Time: 10 minutes Refrigerate: 2 hours Makes 8 (2 Tbs.) servings

INGREDIENTS

1 package (8 ounces) Neufchatel cheese (1/3 less fat than cream cheese), softened
2 TABLESPOONS MILK

1 tablespoon diced peeled cucumber
1 tablespoon diced roasted red bell pepper
1 teaspoon McCormick® Oregano Leaves
1 teaspoon McCormick® Thyme Leaves
1/4 teaspoon McCormick® Garlic Powder
Dash McCormick® Red Pepper, Ground

DIRECTIONS

1. Mix all ingredients in medium bowl until well blended. Cover.
2. Refrigerate at least 2 hours to blend flavors. Serve with assorted crackers or cut-up fresh vegetables or use as flavor-packed alternative to mayonnaise for sandwiches, pitas and wraps.

SODIUM 120MG PER 1OZ

HONEY MUSTARD DRESSING

½ CUP LITE MAYONNAISE

½ CUP LITE SOUR CREAM

2 T HONEY MUSTARD

1 T HONEY

1 T CIDER VINEGAR

½ t ONION POWDER

¼ t GARLIC POWDER

**COMBINE ALL INGREDIENTS COVER
AND REFRIGERATE**

SODIUM 72MG POTASSIUM 28MG

FAT 8GR CARBOHYDRATES 3GR

Chicken Spice Mix

4 T **homemade chili powder**
4 t celery seed
4 t ground mustard
2 t cayenne (ground red pepper)
2 t ground cinnamon
2 t dried mint, crushed
2 t dill, crushed
2 T onion powder
2 T garlic powder
4 T paprika (SWEET WILL WORK AS WELL)
2 t ground cumin
ADD BLACK PEPPER TO TASTE

TOTAL SODIUM CONTENT 81 MG OR 18MG PER TABLESPOON

CREOLE SEASONING

2 ½ TABLESPOON PAPRIKA

3 TABLESPOONS GARLIC POWDER

1 TABLESPOON BLACK PEPPER

1 TABLESPOON ONION POWDER

1 TABLESPOON CAYENNE

1 TABLESPOON OREGANO

1 TABLESPOON THYME

COMBINE ALL INGREDIENTS AND STORE IN AIRTIGHT CONTAINER

MAKES 10 SERVINGS

SODIUM 2 MG PROTEIN 1 GRAM POTASSIUM 95MG

FAT 0MG

BARBECUE SAUCE

1 CUP LOW SODIUM CATSUP

½ CUP VINEGAR

½ CUP HONEY

1 CAYENNE

1/8 TEASPOON GARLIC POWDER

1 TEASPOON CHILI POWDER

1 TEASPOON LIQUID SMOKE

1 TEASPOON DRY MUSTARD

1 TEASPOON CELERY SEED

COMBINE ALL INGREDIENTS AND MIX WELL STORE IN A COVERED JAR IN THE REFRIGERATOR

MAKES 16 SERVINGS

FAT 0 GRAM SODIUM 8MG POTASSIUM 92 MG CARBOHYDRATES 11 GRAM

PROTIEN 0 GRAM

LOW SODIUM MARINADE

one C RED WINE VINEGAR
1/4 t FRESHLY GROUND BLACK PEPPER
one T FINELY GRATED OR MINCED ONION
1/2 T FINELY GRATED OR MINCED GARLIC
1/2 t BASIL LEAVES
1/2 t NO SALT SEASONING MIX

Mix all ingredients well (shake)

Place steak or whatever meat you prefer in marinade for at least
2 to 3 hours. Can be longer

Really good on grill!

Meats are often marinated overnight if done in refrigerator, but if left at room
temperature are usually only marinated 1 to 2 hours. This is obviously
not written in stone, though.

Sodium content in milligrams

Recipe total = 0 mg

CAJUN BLEND

1 TABLESPOON PAPRIKA

3 TEASPOON DRIED ONION FLAKES

3 TEASPOON MINCED GARLIC

2 TEASPOON THYME

1 TEASPOON MARJORAM

½ TEASPOON FENNEL

1 TEASPOON CUMIN

½ TABLESPOON CAYENNE

MIX UP WELL AND STORE IN AIRTIGHT CONTAINER

MAKES 24 SERVINGS

SODIUM 0 MG POTASSIUM 14 MG PROTIEN 0 GRAMS

CARBOHYDRATES 1 GRAM

BBQ SAUCE

1 TEASPOON UNSALTED BUTTER

¼ CUP NO SALT KETCHUP

½ CUP CIDER VINEGAR

1/3 CUP DARK MOLASSES

LARGE DASH PAPRIKA

LARGE DASH TABASCO SAUCE

8OZ PEACHES (DRAIN)

½ TEASPOON DRY MUSTARD

½ TEASPOON GROUND GINGER

1 TEASPOON LIQUID HICKORY SMOKE

1 TEASPOON HOMEMADE CHILI POWDER

COMBINE ALL INGREDIENTS IN SAUCEPAN. BRING TO A BOIL, REDUCE HEAT, COVER AND SIMMER FOR 25 MINUTES. REMOVE HEAT AND LET COOL SLIGHTLY. POUR INTO BLENDER AND LIQUIFY

TOTAL SODIUM CONTENT = 139MG

EASY MARINARA

28 OZ NO SALT ADDED TOMATOES

2 TABLESPOONS ITALIAN SEASONING

2 EA GARLIC (MINCED)

COMBINE ALL INGREDIENTS IN A SAUCE PAN AND SIMMER 15 MINUTES.

YIELDS 6 SERVINGS

TOTAL OF 6 SERVINGS

FAT 0MG

SODIUM 42MG

POTASSIUM 2070 MG

CHOLESTEROL 0 MG

DESSERTS



BLUEBERRY BUTTERMILK CAKE

Ingredients:

2 3/4 cups cake flour
1 1/2 tsp baking soda
1/2 tsp salt
1 1/4 cup sugar
4 tbsp softened unsalted butter
3/4 cups unsweetened applesauce
3/4 cups low fat buttermilk
2 cups blueberries
1 large egg, beaten
2 large egg whites
2 tsp. vanilla
Baking spray

Directions:

Preheat oven to 325 degrees. Grease a 13/9 inch baking pan with baking spray.

In a large bowl combine flour, baking soda and salt in a large bowl. Mix well.

Using a hand mixer or stand mixer, in a medium bowl, beat sugar and butter for about 3 minutes. Add egg and egg whites one at a time and beat until combined. Add buttermilk, vanilla and applesauce until incorporated.

Add wet ingredients to the flour mixture and stir until just blended. Gently fold in blueberries.

Place the batter into the prepared cake pan; bake cake until a toothpick comes out clean, about 30-32 minutes. Serve room temperature.

Sprinkle with powder sugar on top of cake before serving.

Serving 18 serving 1/18th

Fat 2.9 * sodium 191.8 mg. * carbs 33.1g.

PUMPKIN BREAD WITH PEPITAS

Ingredients:

1 ½ cups pumpkin puree (homemade or canned)

1 ¼ cups unbleached all purpose flour

¾ cups sugar

1 tsp baking soda

2 tsp pumpkin pie spice

½ tsp nutmeg

¼ tsp cinnamon

¼ tsp salt

2 tbsp vegetable oil

2 large egg whites

1 ½ tsp vanilla extract

Baking spray

2 tbsp pepitas

Directions:

Preheat oven to 350 degrees. Spray a 9/5 inch loaf pan with baking spray.

In a medium bowl, combine flour, sugar, baking soda, pumpkin spice, nutmeg, cinnamon and salt with a wire whisk. Set aside.

In a large bowl mix oil, egg whites, pumpkin puree and vanilla: beat at medium speed until thick. Scrape down sides of the bowl.

Add flour mixture, then blend at low speed until combined. Do not overmix.

Pour batter into loaf pan, top with pepitas and bake on the center rack for 50-55 minutes, or until toothpick inserted in the center comes out clean. Let the pan cool at least 20 minutes, bread should be room temperature before slicing.

Fat 2.2g., carb 18.7g. Sodium 280.5

Blueberry OATMEAL MUFFINS

Ingredients:

1 ½ cups Quaker quick oatmeal
1 cup unsweetened almond milk (or skim milk)
½ cup brown sugar, packed
2 tbsp agave (or sugar, honey)
½ cup unsweetened applesauce
2 egg whites
1 tbsp oil
1 tsp vanilla extract
½ cup white whole wheat flour
1 tsp baking powder
1 tsp baking soda
½ salt
1 cup fresh blueberries
Baking spray

Directions:

Preheat oven 400 degrees. Line a muffin tin with liners and lightly spray oil.

Place oats in a food processor or chopper and pulse a few times. Soak oats with milk for 30 minutes.

In a medium bowl combine brown sugar, agave, applesauce, vanilla, egg whites, oil and mix well.

In a third bowl combine whole wheat flour, salt baking soda and whisk to combine.

Combine oats and milk with sugar, applesauce mixture and mix well.

Slowly add in the dry ingredients and mix until just incorporated. Fold in blueberries.

Servings: 12 serving size 1 muffin* Carb : 28.4 sodium 222.7mg. Fat 2.3g.