

Soups

- [Mexicali Soup](#)
- [Taco Soup](#)
- [Broccoli Cheese Soup](#)
- [Cheese Soup](#)
- [Cream of Carrot Soup](#)
- [Taco Soup](#)
- [Taco Soup](#)

Mexicali Soup

Contributor: Dana Still, Yvonne Mercer Berry

Directions

1. Cook 4 chicken breasts and dice separately.
2. Begin with Knorr's mushroom soup. Prepare using instructions on box.
3. Pour in one can Rotel chopped green chilies/tomatoes. Pour in 2 cans chicken broth (16 oz at least). To this mixture you can add chopped onion, sliced black olives, or some chopped green onion. Salt and pepper to taste.
4. Cut 3 to 4 flour tortillas into bite size pieces and drop into this mixture. We use 1 small jar of jalapeno Cheese Whiz (this will be hot - you can use mild Mexican or regular Cheese Whiz). Add to mixture.
5. Put chicken in and you can then add more chicken broth or water to get the consistency you want.
6. Sprinkle crumbled tortilla chips on top - shredded cheese, black olives, green onions, etc.
7. We like sour cream on top of soup also.

Taco Soup

Contributor: Lisa Buergey Taylor

Makes a large pot.

Ingredients

- 2 lbs ground beef
- 1 can kidney beans
- 1 can pinto beans, with jalapenos optional
- 1 can Rotel
- 2 cans corn
- 2 cans diced tomatoes with green chilies
- 1 pkg taco mix
- 1 pkg ranch dressing mix

Directions

1. Brown meat and drain.
2. Dump all canned items (including juices) and packaged mixes into large pot. Add meat.
3. Simmer 45 minutes.
4. Garnishes: Fritos or tortilla chips, salsa, sour cream, shredded cheese

Broccoli Cheese Soup

Contributor: Andrea Cummings

Serves 10-12

Directions

- Boil:
 - 7 oz wide egg noodles (do not drain)
 - 6 cups water
 - 6 chicken bouillon cubes
 - Don't overcook
- Add:
 - 6 cups milk
 - 2 pkg frozen chopped broccoli (10 oz), heat and drain
- Add:
 - 20 oz American cheese or Velveeta

Cheese Soup

Contributor: Evelyn Hert

Ingredients

- 6 cups water
- 6 chicken bouillon cubes
- 2 cups shredded carrots
- 1 large onion
- 1 1/2 cups celery
- 2 cups potatoes
- 1 cup cauliflower
- 1 cup broccoli

Directions

1. Add carrots, onion, celery, and potatoes to bouillon liquid and cook until tender
2. Chop 1 cup cauliflower, 1 cup broccoli
3. Cook 5 minutes or until done.
4. Lower fire and add 2 cans Cream of Chicken Soup and 1 lb of Velveeta cheese.
5. Do not boil; stir until cheese is melted.

Cream of Carrot Soup

Contributor: Ann Hert Gay

Ingredients

- 4 carrots
- 1 small onion
- 1 small potato
- 1 can chicken broth
- 1 1/2 cup milk
- 1 slice ginger
- lemon peel

Directions

1. Cook - puree - then add milk. Serve hot or cold.

Taco Soup

Contributor: Vana Hert Taylor

Ingredients

- 1 lb ground beef
- 1 onion
- 1/2 tbsp minced garlic
- 1 pkg Hidden Valley Ranch Dressing Mix
- 1 pkg taco seasoning mix
- 3 cans beans (chili beans, light or dark red kidney beans... I use one of each)
- 1 can whole kernel corn
- 1 can diced tomatoes
- 1 can diced green chilies (small can of El Paso brand works well)

Directions

1. Brown the ground round and drain any excess grease.
2. Chop the onion and add it and all the other ingredients (including juices in the cans) to the ground round. Simmer until ready to eat... flavor is best after at least 30 minutes.
3. Can be frozen and reheated... it tastes great! Also can be done as a vegetarian meal... substitute one 12 oz package of Boca or Morningstar veggie crumbles and it's even easier... you just throw all the ingredients in at once. Also, Del Monte fiesta corn and Rotel diced tomatoes work well. This is one recipe that can't be messed up!!

Taco Soup

Contributor: Evelyn Hert

Very good and satisfying. This is another Weight Watchers' recipe, each serving is 3 points.

Ingredients

- 1/2 lb ground round or turkey
- 1 large onion, chopped
- 1 pkg taco seasoning mix
- 1 pkg dry ranch dressing mix
- 1 can diced tomatoes (16 oz)
- 1 can tomato sauce (8 oz)
- 1 can Rotel
- 2 can pinto beans (16 oz)
- 1 can hominy or corn (16 oz)
- 1 can water

Directions

1. Brown meat and onion.
2. Add other ingredients. Simmer for 30 minutes.