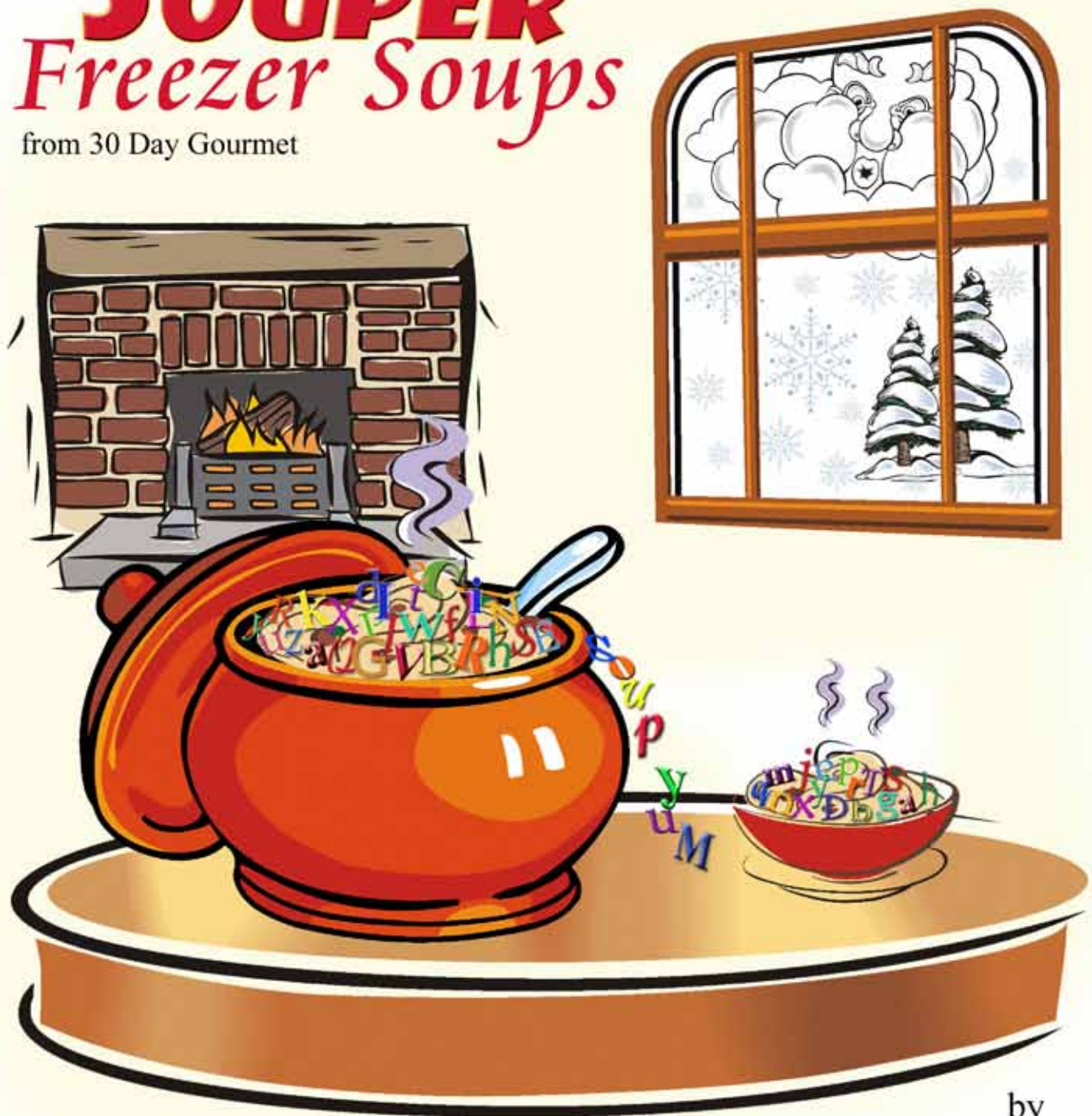


SOUPER Freezer Soups

from 30 Day Gourmet



by

**Cindy
Clark**

Cindy Clark is the busy mother of three who takes advantage of freezer meals to give her family a home-cooked meal, even if they only have 15 minutes to eat before they're off to the next activity.

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For great information about freezer cooking and lots of free recipes, visit our website at:

www.30daygourmet.com

Note: The nutritional information contained in this cookbook is not intended to serve as a replacement for professional medical advice. Any use of the information in this book is at the reader's discretion. The authors and the publisher specifically disclaim any and all liability arising directly or indirectly from the use or application of any information contained in this book. A health care professional should be consulted regarding your specific situation.

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Souper Freezer Soups

From 30 Day Gourmet

Welcome to the Souper Freezer Soups e-book. I hope you find a great selection of soups to use throughout the year. There are warm, comforting winter soups, lighter-fare summer soups, and soups to go with sandwiches for a quick meal. They prepare, freeze, and reheat quickly. Why pay for those frozen soups you see in the grocery store when you can make your own for less money? Plus, you can control your serving size (freeze a gallon or freeze a bowl-full).

A few years ago, I was not big on making soup because it never seemed to turn out right. If it wasn't in a can, we didn't eat it. But we found that canned soup isn't very filling, and if you're like me, you're always looking for the meat!

Through trial and error, and a soup class put on by our local kitchen supply store, I have learned a few techniques to make soup turn out flavorful and filling. I hope I can pass along my love for soup to you.

On soup cooking day, I like to have several soups going at once. When I freezer cook by myself, I try to set aside a day to prepare only soups. The recipes seem to put themselves together because you are using the basic ingredients - broths and cut vegetables - for a lot of the recipes.

First of all, read the section on making your own broth or using canned. If using canned, you are ready to go on soup cooking day. However, if you plan to make your own broth, this should be done ahead of time since it has to sit overnight. Next, figure out how you will be making your soup. You can make most any of these soups in a slow cooker or stockpot. Borrow from friends so you can prepare several at the same time. Make sure your stockpot is heavy enough so things will not stick to the bottom. As you can see, I use everything available, even the roaster! Try these recipes and let me know what you think. If you have any questions, you can e-mail me at cindy@30daygourmet.com.



Enjoy your freezer soups!
Cindy Clark

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Cindy@30DayGourmet.com

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SOUP AND SANDWICH RECIPES

Taco Soup

Recipes	1	2	3	4	5	6
Servings:	6	12	18	24	30	36
Ingredients:						
Ground beef	1 lb.	2 lbs.	3 lbs.	4 lbs.	5 lbs.	6 lbs.
*Onion, chopped	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Taco seasoning packet	1	2	3	4	5	6
Kidney beans, undrained	14 oz.	28 oz.	42 oz.	56 oz.	70 oz.	84 oz.
Canned corn, undrained	14 oz.	28 oz.	42 oz.	56 oz.	70 oz.	84 oz.
Canned diced tomatoes, undrained	28 oz.	56 oz.	84 oz.	112 oz.	140 oz.	168 oz.
On Hand Ingredients:						
Shredded Mexican blend cheese	3 C.	6 C.	9 C.	12 C.	15 C.	18 C.
Sour cream	6 T.	3/4 C.	1 C. + 2 T.	1-1/2 C.	1-3/4 C. + 2 T.	2-1/4 C.
Green onion, chopped	6 T.	3/4 C.	1 C. + 2 T.	1-1/2 C.	1-3/4 C. + 2 T.	2-1/4 C.
Corn chips or tortilla chips	6 C.	12 C.	18 C.	24 C.	30 C.	36 C.

Assembly Directions:

Brown ground beef and onion; drain grease. Turn off heat. Add taco seasoning packet, kidney beans, corn and tomatoes to pan. Stir until taco seasoning packet is mixed in.

Freezing Directions:

Pour into freezer containers. Seal, label, and freeze.

Serving Directions:

Thaw in refrigerator overnight. Heat in microwave or on stovetop. Serve soup garnished with shredded cheese, sour cream, green onion, and corn or tortilla chips.

Comments:

* 1 medium onion is about 1 cup chopped

My sister-in-law Shirley served this for Christmas and it has been one of our family favorites ever since. It's so easy, and the taste changes depending on the garnishes you add. We take this soup on camping trips with us. It tastes great on a cool night in front of a campfire.



Nutritional Info:

Per Serving: 809 Calories; 50g Fat (54.4% calories from fat); 38g Protein; 56g Carbohydrate; 10g Dietary Fiber; 119mg Cholesterol; 1739mg Sodium.

Exchanges: 3 Grain (Starch); 4 Lean Meat; 1-1/2 Vegetable; 6-1/2 Fat.

SOUP AND SANDWICH RECIPES

Chicken Rice Soup

Recipes:	1	2	3	4	5	6
Servings:	6	12	18	24	30	36
Ingredients:						
Chicken broth	6 C.	12 C.	18 C.	24 C.	30 C.	36 C.
*Chicken, cooked & diced	2 C.	4 C.	6 C.	8 C.	10 C.	12 C.
Dried minced onion	1 T.	2 T.	3 T.	1/4 C.	1/4 C. + 1 T.	1/4 C. + 2T.
Dry vegetable soup mix packets	2	4	6	8	10	12
On Hand Ingredients:						
Rice, cooked	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.

Assembly Directions:

Put chicken broth in a large pot over medium heat. Add chicken, onion, and dry soup mix. Simmer five minutes until ingredients are mixed. Cool. Cook rice and put in a separate freezer bag to stir in later.

Freezing Directions:

Pour into freezer containers. Seal, label, and freeze.

Serving Directions:

Thaw soup in refrigerator or microwave. Heat over low heat or in microwave. Add cooked rice when soup is warm and stir to mix.

Comments:

- * 2-1/2 lb. whole chicken = 2-1/2 C. cooked, diced meat
- * 1 large chicken breast is about 3/4 cup cooked, diced

This is a favorite soup of ours. It's so easy and freezes well. We usually have a slow cooker full of this soup waiting for us after a night of trick-or-treating.



Nutritional Info:

Per Serving: 185 Calories; 4g Fat (17.9% calories from fat); 21g Protein; 16g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 1327mg Sodium.

Exchanges: 1/2 Grain (Starch); 2-1/2 Lean Meat.

SOUP AND SANDWICH RECIPES

Cheese Soup

Recipes:	1	2	3	4	5	6
Servings:	6	12	18	24	30	36
Ingredients:						
Water	4 C.	8 C.	12 C.	16 C.	20 C.	24 C.
*Carrots, chopped	3/4 C.	1-1/2 C.	2-1/4 C.	3 C.	3-3/4 C.	4-1/2 C.
*Celery, chopped	3/4 C.	1-1/2 C.	2-1/4 C.	3 C.	3-3/4 C.	4-1/2 C.
*Onion, chopped	1/2 C.	1 C.	1-1/2 C.	2 C.	2-1/2 C.	3 C.
Potatoes, finely chopped	1/4 C.	1/2 C.	3/4 C.	1 C.	1-1/4 C.	1-1/2 C.
Cream of chicken soup	10-1/2 oz.	21 oz.	31-1/2 oz.	42 oz.	52-1/2 oz.	63 oz.
Velveeta®, cubed	16 oz.	32 oz.	48 oz.	64 oz.	80 oz.	96 oz.
Water	1 C.	2 C.	3 C.	4 C.	5 C.	6 C.
Salt and pepper to taste						
On Hand Ingredients:						
Crackers						

Assembly Directions:

Heat one quart water for each recipe. Add carrots, celery, onion, and potatoes. Boil for ten minutes. Add chicken soup, cut Velveeta® into cubes, and one cup water for each recipe. Add salt and pepper to taste. Turn heat to low. Stir constantly until cheese melts. Cool.

Freezing Directions:

Pour into freezer containers. Seal, label, and freeze.

Serving Directions:

Thaw. Reheat; stirring often to remix. This is one soup that I prefer to make with water. The chicken broth changes the flavor, but you may want to try it.

Comments:

- * 3 to 4 medium carrots is about 1 cup chopped
- * 1 large rib of celery is about 1/2 cup chopped
- * 1 medium onion is about 1 cup chopped



My family absolutely loves this soup. You can add more vegetables if you like, but we prefer cheese soup to have just a taste of veggies. Also, with the small amount in this soup, you don't have to worry about the texture of the potatoes changing.

Nutritional Info:

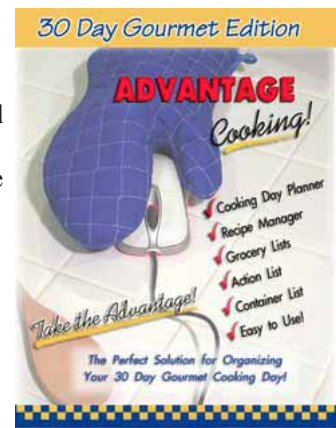
Per Serving: 448 Calories; 32g Fat (59.7% calories from fat); 26g Protein; 23g Carbohydrate; 1g Dietary Fiber; 99mg Cholesterol; 2378mg Sodium.

Exchanges: 1/2 Grain (Starch); 3-1/2 Lean Meat; 1/2 Vegetable; 4-1/2 Fat; 1 Other Carbohydrates.

30 Day Gourmet Edition of the Advantage Cooking Software

Looking for a better way to organize your recipes, cooking supplies and grocery lists for freezer cooking? Let the **30 Day Gourmet Edition of the Advantage Cooking Software** help you! This fully downloadable software is available from 30 Day Gourmet, Inc. for \$34.95. Use the included recipes or easily add your own. Group them together based on how you cook. Once you've selected which recipes you want to make, the **30 Day Gourmet Edition of the Advantage Cooking Software** quickly gives you a detailed shopping list. To help your cooking day go smoothly, use the variety of reports offered.

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