

Ideal Protein Soups



MUSHROOM VEGETABLE SOUP

4 oz. water

8 oz. low sodium beef broth

½ c chopped broccoli

1 packet Ideal Protein Mushroom Soup

1 c sliced mushrooms

½ c fresh spinach

Spray sauté pan with olive oil spray. Sauté mushrooms and broccoli until tender crisp. Remove from heat, add spinach. Put veggies, broth, water, and soup packet into blender. Blend, heat, and serve.

CHICKEN VEGETABLE SOUP

4 oz. water

8 oz. low sodium chicken broth

½ c chopped broccoli

1 packet Ideal Protein Chicken Soup

1 c chopped celery or leeks

½ c rough chopped fresh spinach

Spray sauté pan with olive oil spray and heat. Add celery or leeks and broccoli, sauté until tender crisp. Remove from heat, add spinach. Put veggies, broth, water, and soup packet into blender. Blend, heat, and serve.

LEEK ASPARAGUS SOUP

4 oz. water

8 oz. low sodium vegetable broth

½ c chopped asparagus

1 packet Ideal Protein Leek Soup

1 c chopped leeks

1 green onion, chopped

Spray sauté pan with olive oil spray and heat. Add asparagus and green onion, sauté until tender crisp. Remove from heat. Put veggies, broth, water, and soup packet into blender. Blend, heat, and serve.

SALMON BISQUE

8 oz. boiling water

1 oz. salmon, sliced into 1" pieces

Hot sauce to taste

1 packet Ideal Protein soup, any flavor

½ tsp. crushed garlic

Pour boiling water and soup packet into blender. Add salmon, garlic, and hot sauce. Blend until salmon can no longer be seen as individual pieces, about 1 minute, and serve.