

Cream of Anything Soup

Directions

1. Combine liquid, Magic Mix, and salt in saucepan. Stir over medium heat until slightly thick.
2. Add one to three of your favorite herbs and spices. Or ½ to 1 Tablespoon of one of the Spice Mixes.
3. Add one or more of the “anything” ingredients. Choose what you have on hand and what your family likes.
4. Heat through.



Cream of Anything Soup

Bases <i>Mix in saucepan</i>	Herbs & Spices <i>Choose from below</i>	Anything <i>Add one or more</i>
<ul style="list-style-type: none"> • 4 cups water or combination of water and chicken, vegetable or beef broth • 2 cups Magic Mix • 1 teaspoon salt 	<ul style="list-style-type: none"> • 1 Tablespoon of fresh herbs or 1 teaspoon of dried spices • 2 cloves garlic (½ teaspoon powder or 1 teaspoon minced) • ½ to 1 Tablespoon Taco Seasoning • 1 Tablespoon Jerk Seasoning 	<ul style="list-style-type: none"> • 3 carrots or zucchinis, sliced and cooked • 1 package frozen spinach, cooked • 1 package frozen broccoli, cooked, and 1 cup shredded low-fat cheese • 3 potatoes, chopped and cooked, and 1 Tablespoon chopped onion • 1 can cream style corn and 1 Tablespoon chopped onion • Canned, fresh or frozen vegetables, cooked • Cooked meat, poultry, fish, beans, or tofu