

52. Pasta Fagioli Soup

This Pasta Fagioli Soup recipe is a great meal loaded with healthy vegetables. You see this type of soup served often in Italian restaurants.

- 1 Tablespoon olive oil
- 1 lb. ground beef
- 1 onion, grated or diced
- 2 carrots, diced
- 30 oz. can chopped tomatoes
- 15 oz. can kidney beans, drained and rinsed (this helps cut back on salt)
- 3 Cups cooked white beans
- 7-8 Cups beef broth or 7-8 cups water with 6-7 beef bouillon cubes
- 1 Tablespoon oregano
- 2 teaspoons pepper
- large jar of spaghetti sauce
- 1 1/2-2 Cups small pasta shapes



In large soup pot, add oil, onion and beef. Sauté until beef is browned. Drain excess oil out of pan. Add carrots, tomatoes, beans, beef broth, oregano, spaghetti sauce and pepper. Simmer 5-10 minutes then add in pasta. Continue to simmer until pasta is tender and vegetables are done. Serve with breadsticks.

53. Corn Chowder Soup

For this chicken corn chowder recipe, I use leftover chicken from a roast chicken. However, you can also use chicken breasts cut into cubes. This makes a great lunch too.

- 1 Tablespoon oil
- 1 onion, grated or chopped small
- 2 potatoes, peeled and cut in cubes
- 2 Tablespoons flour
- 1 chicken bouillon cube
- 1 1/2 Cup milk
- 1 1/2 Cup water
- 1 can corn, drained
- 1-2 cups chicken, cooked, shredded or cut in cubes
- pepper



In a soup pan, sauté onion in the oil. Then add potatoes. Sauté several minutes until potatoes brown. In a measuring cup add flour, bouillon and milk. Blend together. Stir into potato mixture. Add water, chicken and corn. Stir together. Season with pepper, as desired. Cook about 10 minutes until thickens and potatoes are tender.