



Low Carb Soup Recipes

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

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Please refer to my website for the nutritional counts for these recipes.

BASIC CHILI

2 pounds ground beef
1 small onion, chopped
1 green pepper, chopped
1 clove garlic, minced
1/2 teaspoon pepper
1 teaspoon cumin
1/2 teaspoon chipotle chile powder, optional
2 tablespoons chili powder
3 cups water
8 ounce can tomato sauce
14.5 ounce can diced tomatoes, undrained
2 teaspoon salt

Brown the meat, onion, green pepper and garlic in a large pot; drain the fat. Add the remaining ingredients. Cover and simmer 3 hours.

Makes 4-6 servings



CABBAGE & SAUSAGE SOUP

3 tablespoons butter
2 medium carrots
2 stalks celery
1 small onion
1 clove garlic, minced
1 pound cabbage
1/2-1 teaspoon xanthan gum, optional
2 teaspoons chicken bouillon granules
Salt and pepper, to taste
16 ounces smoked sausage
4 cups chicken broth
2 tablespoons fresh parsley, chopped



TIP: If you chop and add the ingredients to the pot in the following order, it will give the carrots and celery a chance to get a head start before you add the cabbage.

In a large soup pot, heat the butter over medium-low heat until melted. Chop the carrots and add to the pot. Chop the celery and add it to the pot. Next chop the onion and add it to the pot along with the garlic. While these vegetables are cooking, coarsely chop the cabbage; add to the pot and stir well.

Turn the heat to low, cover the pot and simmer 10 minutes, stirring occasionally. Meanwhile, cut the smoked sausage into bite-size pieces. When the 10 minutes are up, sprinkle the xanthan gum over the surface of the vegetables; stir in well. Add all of the remaining ingredients except the parsley. Go easy on the salt, or wait until the end to add it. The broth, bouillon and sausage all have a lot of salt so you may not need more. Bring to a boil; cover and simmer on low 30 minutes, stirring occasionally. Adjust the seasoning if necessary then stir in the parsley.

Makes about 7-8 cups or about 6-8 servings

CAULIFLOWER BISQUE

- 1 small cauliflower, cut into small chunks
- 1 small onion, diced
- 2 tablespoons celery, finely chopped
- 2 tablespoons butter
- 3 cups chicken broth
- 1/2 cup heavy cream
- Salt and pepper, to taste
- 2 tablespoons fresh parsley, finely chopped

In a 3-quart saucepan, sauté the onion and celery in the butter until tender. Add the chopped cauliflower, a bit of salt and pepper and the broth; bring to a boil. Turn the heat to low; cover and simmer until the cauliflower is very tender, about 20-25 minutes. Use a stick blender to puree the soup until completely smooth and thick. Add the cream; mix well. Add salt and pepper, if needed. Stir in the parsley and serve.

Makes about 6 big servings



COUNTRY CABBAGE SOUP

1 pound ground beef
1 clove garlic, minced
1 small onion, chopped
28 ounce can diced tomatoes, undrained
1 small cabbage, chopped
3 stalks celery, coarsely chopped
2 cups chicken or beef broth
1 teaspoon beef bouillon granules
1 teaspoon salt, or to taste
1/2 teaspoon pepper, or to taste
Sweetener equal to 2 teaspoons sugar

In a large soup pot, brown the ground beef, garlic and onion; drain. Add the remaining ingredients and bring to a boil. Simmer, uncovered, until the vegetables are tender, about 30 minutes. Adjust the seasonings to taste.

Makes 6 servings



CREAMY TOMATO SOUP

2 tablespoons butter
1/2 cup onion, diced
28 ounce can diced tomatoes, undrained
2 cups chicken broth
1 cup heavy cream
Salt and pepper, to taste
2 tablespoons parsley, minced (optional)

In a 3-quart pot, sauté the onion in butter until tender. Add the tomatoes, with their liquid, and the broth; bring to a boil. Simmer 5 minutes. Puree with a stick blender until smooth. Stir in the cream and adjust the seasoning. Stir in the parsley and serve at once.

Makes 6 cups or 6-8 servings



DOTTIE'S CREAM OF MUSHROOM SOUP FOR RECIPES

8 small mushrooms, chopped
1 stalk celery, minced
2 tablespoons onion, minced
2 tablespoons butter
1/2 cup chicken broth
3/4 cup heavy cream
Salt and pepper, to taste

In a medium skillet, sauté the mushrooms, celery and onion in the butter until soft. Add the broth and cream. Bring to a boil, then turn down the heat and simmer until reduced and thickened, stirring frequently. Watch closely so it doesn't boil over. Season to taste and use in recipes or as a sauce.

Makes about 1 cup



JAMBALAYA SOUP

2-4 chicken breasts, cubed
1/2 teaspoon Cajun seasoning (see recipe below)
2 tablespoons butter
1 small onion, diced
1 stalk celery, chopped
1 green pepper, chopped
3 cloves garlic, minced
2 teaspoons Cajun seasoning
1 teaspoons Worcestershire sauce
1 teaspoons onion powder
1 pound ham, cubed
1/2 pound smoked sausage, in bite-size pieces
15 ounce can diced tomatoes
2 14-ounce cans beef broth
3 cups water
1 chicken bouillon cube

Coat the chicken with 1/2 teaspoon of the Cajun Seasoning. Heat the butter in a large soup kettle; brown the chicken in the butter. Remove from the pot and set aside. Sauté the onion, celery, green pepper and garlic in the kettle until tender, adding a little oil if necessary. Add the ham and sausage; sauté a few minutes. Add all of the remaining ingredients except the chicken; bring to a boil. Cover and simmer 20 minutes. Add the chicken and heat through.

Makes about 8 servings

CAJUN SEASONING

2 tablespoons basil
2 tablespoons oregano
2 tablespoons paprika
3 teaspoons thyme
2 teaspoons cayenne
2 teaspoons garlic powder
2 bay leaves

Grind in a food processor and store in an airtight container.

Makes about 25 teaspoons.



SPINACH EGG DROP SOUP

6 cups chicken broth
1 tablespoon soy sauce
Sweetener equal to 1/2 teaspoon sugar
2 eggs, lightly beaten
2 green onions, chopped
2 cups fresh spinach, lightly packed

Bring the broth, soy sauce and sweetener to a boil in a large pot; reduce to a simmer. Slowly stir in egg. Remove from the heat; let stand 1 minute. Stir in the green onions. Remove any tough stems and coarsely chop or shred the spinach and place in the bottom of 4 soup bowls. Ladle the hot soup over the spinach to serve.

Makes about 6 cups or 4 servings



LYNN'S "SPLIT PEA" SOUP

2 smoked turkey legs
4 cups chicken broth
4 cups water
2 teaspoons chicken bouillon granules
16 ounces frozen cauliflower
16 ounces frozen green beans
Salt and pepper, to taste
1 small onion, diced
1 large carrot, diced
1 stalk celery, diced
1 tablespoon butter



Put the turkey legs in a large soup pot. Add the broth, water and bouillon granules; bring to a boil. Cover and simmer until the meat is starting to fall off the bones, about an hour. Remove the drumsticks from the broth and set aside to cool.

Meanwhile, add the cauliflower and green beans to the broth in the pot. Bring to a boil; cover and simmer until the vegetables are very tender, about 30 minutes. Puree the soup with an immersion blender until smooth.

Meanwhile, in a medium skillet, sauté the onion, carrot and celery in the butter until very tender. Add to the soup and cook until heated through. Remove the meat from the bones, cut into bite-size pieces and add to the soup. Adjust the seasoning with salt and pepper, to taste.

Makes about 12 cups or eight 1 1/2 cup servings