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Tortellini Soup with Italian Sausage & Kales

Modern Proper

 6 servings  35 minutes

INGREDIENTS

1 lb mild italian sausage, ground

1 onion, minced

6 garlic cloves, minced

1 quart chicken stock

1 (14 oz can)crushed tomatoes

2 tbsp tomato paste

1 tsp salt

1 bunch kale, stems removed

1 (10 oz) bag tortellini, fresh (not dried)

1 cup heavy cream

parmesan cheese (optional)

¼ tsp red pepper flakes (optional)



INSTRUCTIONS

1. Heat a large soup pot over medium-high heat.
2. Add the sausage, onions and garlic to the pot and sauté until the onions are soft and translucent, about 5 minutes. (Drain off any excessive fat.)
3. Add the chicken stock, crushed tomatoes and tomato paste. Whisk until tomato paste is fully incorporated.
4. Bring to a boil, season with salt then simmer for 15 minutes.
5. Add the kale, tortellini and heavy cream.
6. Simmer for 3-5 minutes until the kale is wilted and the pasta is tender.
7. Serve with parmesan cheese and red pepper flakes if desired.

NUTRITIONAL INFORMATION

Calories 368

Fat 22g

Protein 19g

Sugars 5g

Carbohydrates: 24g

Easy Chicken Noodle Soup

Modern Proper

 6 servings  15 minutes

INGREDIENTS

- 1 tbsp olive oil or butter
- 1 small yellow onion, chopped about 3/4 cup
- 2 ribs of celery, 1/2-inch chopped
- 1-2 large carrots, peeled, 1/2-inch sliced about 1 1/2 cups
- 4 cloves garlic, minced
- 2 bay leaves
- 8 cups chicken stock
- 2-3 cups cooked shredded chicken (from rotisserie)
- 8 oz egg noodles
- 1 tbsp minced, flat leaf parsley
- 1 tsp sea salt
- 1/4 tsp fresh cracked black pepper to taste



INSTRUCTIONS

1. In a large (6 quart) soup pot or dutch oven, heat the butter or olive oil over medium heat. When the oil is glistening, add the onion, celery and carrots and cook, stirring often, until the onions are translucent, about 5 minutes. Add garlic and cook for 1 minute longer.
2. Add the chicken stock and bay leaves. Bring to a boil over high heat. Reduce heat to medium and cook until the vegetables are nearly tender, about 10 minutes longer.
3. Add the chicken, egg noodles, parsley, salt and pepper. Bring to heavy simmer. Place a lid on the pot to keep the liquid from evaporating. Maintain a low boil/heavy simmer until the noodles are tender and the chicken is warmed through, about 10 minutes longer.

NUTRITIONAL INFORMATION

Calories 253

Fat 6g

Protein 35g

Sugars 2g

Carbohydrates: 11g

Taco Soup

Modern Proper



6 servings



45 minutes

INGREDIENTS

- 1 lb ground beef
- 1 onion, diced
- 1 4 oz can green chilies, mild
- 2 cups chicken stock
- 1 28 oz can diced tomatoes
- 2 tbsp taco seasoning
- 2 14 oz cans black beans, drained
- 1 cup frozen corn
- 1 green bell pepper, diced
- 1 red bell pepper, diced

Toppings

- cheese
- sour cream
- cilantro
- green onions
- avocado



INSTRUCTIONS

1. In a large soup pot, brown the beef along with the onions. Add remaining ingredients and simmer 30 minutes.
2. Serve with warm with cheese, sour cream and/or fresh cilantro.

NUTRITIONAL INFORMATION

Calories 355

Fat 9g

Protein 28g

Sugars 10g

Carbohydrates: 43g

Tuscan White Bean Soup

Eat with Clarity



6 servings



30 minutes

INGREDIENTS

- 3 15 ounce cans cannellini beans drained and rinsed
- 1 yellow onion finely chopped
- 4 cloves garlic minced
- 2 tbsp olive oil
- 2 large carrots peeled and chopped
- 1 stalk celery diced
- 1/3 cup white wine I used pinot grigio
- 2 cups chopped kale stems removed, finely chopped
- 2 1/2 – 4 cups vegetable or chicken broth see notes
- 1 tbsp tomato paste
- 1 tsp salt or to taste
- 1/4 tsp black pepper or to taste
- 1/4 tsp red pepper flakes omit if you don't like spice
- 1/4 tsp Italian seasoning
- 2 bay leaves
- 1 tsp dried thyme
- 1/2 tsp dried oregano



INSTRUCTIONS

1. Saute the finely chopped onion in a large pot or dutch oven with the oil.
2. Once it starts to brown slightly, add in the garlic, celery and carrot. Saute an additional 10 or so minutes to let the veggies soften and brown slightly. The browning helps add lots of flavor!
3. Add in the white wine and saute until most of the liquid has evaporated, about 5-7 minutes.
4. Add in all remaining ingredients except for the kale (see notes about the amount of broth since there is a range, but I recommend starting with 2 1/2 cups), and stir well.
5. Bring to a boil, then cover and reduce heat to low. Let simmer for 15 minutes.
6. Discard the bay leaves, then transfer about 2 1/2 – 3 cups worth of the soup to a blender. Blend until smooth.
7. Transfer back to the pot and stir well to combine. If it's too thick, add in more broth until it reaches your desired consistency.
8. Add in the chopped kale and let simmer for a few minutes to allow the kale to wilt. Taste and adjust flavors as desired. I usually add a bit more salt and pepper and a squeeze of lemon juice.
9. Serve warm as is or with a hearty bread on the side. Enjoy!

NUTRITIONAL INFORMATION

Calories 221

Fat 5g

Protein 15g

Sugars 1g

Carbohydrates: 25g

French Onion-Style Beef Vegetable Soup

Cleaning Eat Mag

 4 servings  40 minutes

INGREDIENTS

- 1 tbsp olive oil
- 4 stalks celery, thinly sliced
- 2 leeks (white and light green parts), halved lengthwise and thinly sliced
- 1 lb cremini mushrooms, sliced
- 3 tbsp dry red wine
- 1 tsp unsalted tomato paste
- 4 cups low-sodium chicken broth, divided
- 1 tsp potato or arrowroot starch
- Leftover steak (from Red Wine Steak), cut into bitesize pieces
- Leftover caramelized vegetables (from Red Wine Steak)
- 1/2 tsp each sea salt and ground black pepper
- 1 clove garlic, minced
- 1/3 cup grated Parmesan cheese
- 4 tsp organic unsalted butter, softened
- 4 oz whole-grain baguette, sliced into 16 rounds



INSTRUCTIONS

1. In a large saucepan on medium, heat oil. Add celery and leeks and cook, stirring occasionally, until softened, about 5 minutes. Add mushrooms and cook, stirring occasionally, until beginning to brown and no liquid remains, 15 to 20 minutes.
2. Stir in wine and tomato paste; cook for 1 minute. Add 3 cups broth; bring to a boil. Reduce heat to low and cook for 10 minutes. In a small bowl, whisk remaining 1 cup broth with starch; stir into soup. Stir in steak, vegetables, salt and pepper. Bring to a boil; reduce to a simmer and cook until thickened, 1 minute.
3. Meanwhile, preheat oven to 400°F. In a separate small bowl, combine garlic, cheese and butter. Arrange baguette slices on a parchment-lined baking sheet; spread garlic mixture over tops. Bake until golden, about 10 minutes.
4. Divide soup among bowls; top with baguette.

NUTRITIONAL INFORMATION

Calories 354

Fat 16g

Protein 20g

Sugars 8.5g

Carbohydrates: 38g