Soup Recipes
Using Health One Meal Replacement

General tips and pieces of information are here at the beginning. More specific tips will be found in the section with specific recipes...i.e., waffles. Hopefully the tips will answer some of the questions the recipes can create.

Many of the more complex recipes come from the website http://nolongeragrimgirl.blogspot.com/ Mary (the blogger at that address) has many pictures to show how food should look at various stages of preparation. There is a find box in the upper left-hand corner of her page, just type in the recipe name and it will appear, then you can see how she makes it.

If you are new to the HOMR (Health One Meal Replacement) page, you might find the HNT YouTube Channel of interest for help with recipes. There are about 30 videos you can watch for ideas and help. Check it out here: http://www.youtube.com/hntweightloss

**HOMR Tip:** Your microwave and oven may not cook the same as the times/temps in the recipes provided. Please be aware of this and adjust according to your appliances! The last thing we want for you is an overcooked MR!

In all the recipes, HEALTH ONE MEAL REPLACEMENT is abbreviated as MR. The number after the recipe title, i.e., (3), tells the number of servings the recipe will provide. Mix (whisk) dry ingredients together before adding the liquid in each recipe for a better end product.

When you find a (+     that is where you fill in the additive calories for that food. Several of the basic calories are filled in, but in some foods calories vary by brand purchased or specific type of food, i.e., Cool Whip could be light, nonfat, low fat, regular or some other variation. You could also use Reddi Whip, which has fewer calories. It could also be that the amount of a food is up to you, again Cool Whip is an example, you can add the amount you desire, so no specific calories were added, you need to do that.

Recipes included here come from the Health One pages on Facebook, Mary’s blog (mentioned above), a couple from the website, http://www.needlesspounds.com, the recipes handed out in our group meetings, a couple from YouTube videos, and a smattering of originally created recipes from our group. Print these or keep a digital recipe book where you can change the amounts to suit your taste. I started with paper, but ended up with too many notes beside favorite recipes, making them hard to read!

All mistakes in these documents, i.e., calorie counts, spelling, and formatting are the fault of the typist! I have to stop checking and get this out to the group!

**Soup Tip:**
You don't always have to make something from scratch...think outside the box. For example: if you want soup you could either add veggies to the Potato MR OR you could add ½ can of the light Progresso soup, ½ to 1 cup of water, and a packet of Potato MR and mix, then microwave!
Soup Recipes
Using Health One Meal Replacement

Easy and for some soups the additive ends up being 50 calories or less! You may want to check the sodium count before using a canned soup.

**Vegetable Potato Soup (1)**
Meal Replacement: 160 calories
Additives: 5
Calories per serving: 165

1 potato MR
8 oz hot water
½ cube bouillon (vegetable or chicken) (+5)
1 tsp vegetable flakes

Blend at low speed.

**Creamy Potato Soup (2)**
Meal Replacement: 320 calories, 160 calories per serving
Additives: 90 calories, 45 calories per serving
Calories per serving: 205

2 potato MRs
1 Tbsp minced onion
2 tsp minced garlic
1 - 2 cups water
2 tsp Mrs. Dash Original Blend
2 tsp Molly McBButter
3 Tbsp light sour cream (+60)
1 ½ Tbsp Bac-Os (+30)

Using medium heat, sauté minced onion and garlic with 2 Tbsp of water for a minute, then add the rest of the water, bring to a boil for 3 minutes. Add sour cream, Molly McBButter, Mrs. Dash, Bac-Os and potato MRs. Stir with wire whish and cook until desired consistency on medium heat.

**Herb Spice Soup (1)**
Meal Replacement: 160 calories
Additives: 0
Calories per serving: 160

1 potato MR
8 oz hot water
Dill and ground pepper to taste
Blend at low speed.
Spicy Soup (1)
Meal Replacement: 160 calories  
Additives: 25  
Calories per serving: 185  

1 potato MR  
8 oz hot water  
1 tsp chili powder  
2 Tbsp Salsa (+25)  
Pepper  

Blend at low speed. Add other spices to suit your taste.

Taco Soup (1)
Meal Replacement: 160 calories  
Additives:  
Calories per serving:  

1 potato MR  
8 oz water  
1 Tbsp taco seasoning  

Stir together, gently warm and stir until desired thickness.

Creamy Italian Soup (1)
Meal Replacement: 160 calories  
Additives: 13 calories  
Calories per serving: 173  

1 potato MR  
1 tsp dried onion flakes  
½ tsp dried garlic bits  
½ tsp basil  
½ tsp oregano  
8 oz water  

Heat gently.  
Sprinkle with 1 Tbsp Parmesan (+13) and serve.
Soup Recipes
Using Health One Meal Replacement

Creamy Spinach Soup (1)
Meal Replacement: 160 calories
Additives: 55
Calories per serving: 215

1 tsp minced garlic
¼ cup chopped onion (+15)
½ bag spinach (+40)
1 ½ cups water
1 potato MR

Sauté garlic and onion in skillet sprayed with olive oil flavored Pam. Cook until lightly browned and tender. Add spinach (take off the larger stems if you wish), and sauté until wilted. Add water and potato soup. Cook until dissolved and soup reaches desired thickness.

Tomato Soup (1)
Meal Replacement: 160 calories
Additives: calories
Calories per serving:

½ cup water
½ cup canned Diced Tomatoes in Basil, Garlic, and Oregano or Salsa (+
1 tsp Ranch dressing mix (+10)
1 potato MR
2 tsp shredded Parmesan (+

Combine water and tomatoes in microwave-safe bowl and heat for 2-3 minutes or until very hot. Transfer mixture to a blender. Add ranch dressing mix, potato MR, and cheese. Blend for 1 minute then pour and enjoy!
Soup Recipes
Using Health One Meal Replacement

Cauliflower Soup (2)
Meal Replacement: 320 calories, 160 per serving
Additives:
Calories per serving:

2 potato MRs
1 med. head of fresh cauliflower (+75, if 3 cups)
2 Tbsp dried onion flakes
1 chicken bouillon cube (+10)
6 cups water
2 Tbsp fat free sour cream (+20)
2 Tbsp Bacon Bits (+40)
1 Tbsp Butter Buds® (+15)
1 Tbsp chives, dehydrated or fresh (+1)
1 cup brussels sprouts, fresh or frozen (+65)
Mrs. Dash® to your taste

Boil the head of cauliflower until done; overcook the cauliflower until it crumbles when touched with utensil. Boil the brussels sprouts with the cauliflower if you choose. Drain and set aside. Put water in a large pan and bring to a boil. Add the onion, chives, and bouillon cube. When the onions are cooked to your liking, add the potato MR, turn the heat down. Stir the mixture until smooth; it should be watery at this point. Add the sour cream, Butter Buds®, and bacon bits. Add the cauliflower and apply pressure to mash some of the cauliflower. It acts as a thickener in the soup mixture. Add the cooked brussels sprouts and season with Mrs. Dash®. Let the soup simmer for 5 minutes, stirring often to keep it from sticking to the pot. Add water if the soup is too thick for your liking.

Note: This could easily become 4 servings as part of a meal...then divide the calories in half. You could mash some/all of the cauliflower and brussels sprouts to make a more creamy soup.

Ellen’s Easy Corn Chowder (1)
Meal Replacement: 160 calories
Additives: 110 calories
Calories per serving: 270

1 potato MR
2 cups chicken broth (99% fat free, low sodium) (+50)
1/3 cup "Mexi-corn" or canned corn (+50?)
½ Tbsp Bac-O’s (+10)
Salt & Pepper

Combine all ingredients except MR in blender until corn is pureed. Heat on stovetop or in microwave and add. (To make thick chowder: add all ingredients including the MR in the blender and then microwave or heat on stovetop.)
Cheesy Vegetable Soup (2)
Meal Replacement: 320 calories, 160 calories per serving
Additives: 165 calories, 83 per serving
Calories per serving: 243

2 potato MRs
1 (14 oz.) can chicken broth (+10) (used 16 oz from carton of chicken broth)
1 cup frozen mixed vegetables (+90) see the package of the brand you use
1 Tbsp Molly McCheese (+15)
½ cup Rotel diced tomatoes and chili peppers (+50)

Stovetop:
Cook all ingredients until veggies are tender (10 min or so). Soup will thicken due to the MR. OR see the microwave directions below.

Microwave:
Whisk together MRs, broth & Molly McCheese, then add veggies and stir. Heat in microwave on level 5: 2 min, stir, then 3 min, stir, then 3 min. Stir and heat on high for a minute or so, until warmed to your taste. Used one serving along with a dessert for a meal. Will heat the other half for a meal tomorrow. This soup would make a good meal with a serving of chips…but no dessert.

Ate the second serving the next evening. Heated on high in microwave for two minutes, then another 30 seconds. Good again! I wondered if it would turn into a thick casserole, but it was still soup, even without adding more liquid.
Soup Recipes
Using Health One Meal Replacement

Pumpkin Bisque (2)
Meal Replacement: 320 calories, 160 calories
Additives: 100 calories, 50 per serving
Calories per serving: 210

2 potato MR
2 packets sweetener
1 cup pumpkin (+100)
1 tsp minced onion
1 tsp pumpkin pie spice
½ tsp cinnamon

Mix potato MR and pumpkin in a blender or food processor. Heat and add minced onion, pumpkin pie spice, and cinnamon to taste.

Variation: add some curry and turmeric to this and have a whole other soup!

Pumpkin Soup (1)
Meal Replacement: 160 calories
Additives: calories
Calories per serving

1 potato MR
1 cup very hot water
½ cup canned pumpkin (+40)
Dash of McCormick® Vegetable Supreme seasoning
Salt and Pepper to taste

Combine all ingredients in blender and blend for about 1 minute. Use caution as you are blending hot water.
Butternut squash could be used instead of the pumpkin.

Baked Potato Soup (1)
Meal Replacement: 160 calories
Additives: calories 40 calories
Calories per serving: 200

1 potato MR
1 Tbsp minced onion
1 tsp Molly McCheese® (+5)
2 Tbsp instant potatoes (+35)
1 tsp Mrs. Dash® (used Original Blend, cut in half next time, too spicy!)
1 cup water

Boil water and onion. Add other ingredients (add meal replacement last).

Before serving you may want to top it with 1 Tbsp light shredded cheddar cheese, 1 Tbsp light sour cream, and/or 1 Tbsp bacon bits. Add those calories to the total.

This thickened up and was almost like mashed potatoes.
Carrot/Ginger Soup (1)
Meal Replacement: 160 calories
Additives: calories
Calories per serving:

1 potato MR
1 cup water
1 tsp vanilla
½ cup Trader Joe’s® Carrot/Ginger Soup in a Box (+

Heat in a saucepan, stir with a whisk to dissolve potato MR.

Veggie Soup (2)
Meal Replacement: 320 calories, 160 per serving
Additives: 10 calories, 5 per serving
Calories per serving: 165

16 oz hot water
1 chicken bouillon cube, crushed (+10)
4 tsp Mrs. Dash Original Blend
Whisk together, let sit a minute, then add
2 potato MR

Whisk and serve. If using as two servings, chips could be added for a meal.

Bacon Tomato, Basil, Garlic Soup (1)
Meal Replacement: 160 calories
Additives: 20 calories
Calories per serving: 180

8 oz hot water
1 Tbsp bacon bits (+20)
1 tsp Mrs. Dash tomato, basic, garlic flavoring (adjust to your taste)
Mix together, then add
1 potato MR, whisk and serve.
French Onion Soup (1)
Meal Replacement: 160 calories
Additives: 145 calories, 36 per serving
Calories per serving: 196

2 cups low sodium fat free beef broth (+
1 Tbsp Worcestershire sauce
Dash of thyme
Onion powder to taste

Mix ingredients in a saucepan and bring to a boil.
In a separate bowl, mix

1 potato MR
1 Tbsp baking mix (+
Water (enough for a batter consistency)

Drop batter into beef broth and cook 5 minutes. Add salt and pepper to taste and top with fat free mozzarella cheese. Add the cheese calories. (+