

MEXICAN VEGGIE SOUP - 4 SERVES



Ingredients:

- Ready to Prep Vegetable Soup – full container
- Kroger® 99% Fat Free Chicken Broth – 6 cups
- Kroger Chicken Breast or Thighs – 1 pound (raw)
- Butter or olive oil – 3 tbsp
- Salt & black pepper – to taste

Optional (but recommended):

- Ground cumin (1 tsp)
- Chili powder (1 tsp)
- Kroger® Santa Fe Tortilla Strips

Instructions:

1) Build the flavor base

- Heat oil in a large pot over medium heat.
- Add chopped onion, cook for 3–4 minutes until softened.
- Stir in garlic and jalapeño, cook 1–2 minutes until fragrant.

2) Add vegetables

- Add tomatoes and carrots.
- Cook for about 5–7 minutes, stirring occasionally, until tomatoes start breaking down.



3) Season

- Add cumin and chili powder (if using), plus salt and pepper.
- Stir well to coat everything evenly.

4) Add broth and chicken

- Pour in 6 cups of chicken broth.
- Add the raw chicken directly into the pot.
- Bring to a boil, then reduce to a simmer.

5) Simmer

- Let simmer for 20–25 minutes, until chicken is fully cooked and tender.

6) Shred the chicken

- Remove chicken from the pot.
- Shred using two forks.
- Return shredded chicken back into the soup.

7) Add corn and finish

- Stir in corn kernels.
- Simmer for another 5–7 minutes.

8) Final touch

- Turn off heat.
- Add lime juice and cilantro.
- Taste and adjust salt if needed.

Serve

- Ladle into bowls
- Top with tortilla strips

CHICKEN PHO - 4 SERVES



Ingredients:

- Ready to Prep Vegetable Soup – full container
- Kroger® 99% Fat Free Chicken Broth – 8 cups
- Kroger Chicken Breast or Thighs – 1 pound (raw)
- Rice Noodles – 8oz
- Butter or olive oil – 3 tbsp
- Salt & black pepper – to taste

Instructions:

1) Char the aromatics (key for pho-style depth)

- Heat a dry pan or skillet over high heat.
- Place onion, tomatoes, jalapeño, and garlic cut-side down.
- Char until slightly blackened (about 5–8 minutes).

2) Start the broth

- In a large pot, add:
 - Charred vegetables
 - Chicken (raw)
 - 8 cups chicken broth
- Bring to a boil, then reduce to a gentle simmer.



3) Simmer and build flavor

- Add carrots.
- Let everything simmer for 25–30 minutes.
- Skim any foam from the top for a cleaner broth.

4) Prepare noodles (separately – important)

- Cook rice noodles according to package instructions (usually soak or boil for a few minutes).
- Drain and rinse with cold water to stop cooking.

* Keep noodles separate so they don't get mushy in the broth.

5) Remove and shred chicken

- Take the chicken out once cooked through.
- Shred it into thin pieces.
- Return shredded chicken to the pot.

6) Strain (optional but recommended for pho style)

- For a clearer, more traditional pho feel:
 - Strain out the solids (onion, tomato skins, etc.)
 - Return the broth to the pot

7) Final additions

- Add corn kernels.
- Simmer another 5–7 minutes.
- Season with salt to taste.

8) Final touch

- Turn off heat.
- Add chopped cilantro and a squeeze of lime juice.

Serve

- Place shredded chicken in bowls
- Ladle hot broth over it
- Top with extra cilantro and lime wedges

TOMATO SOUP - 6 SERVES



Ingredients:

- -Ready to Prep Tomato Soup – full container
- -Kroger Vegetable or chicken broth – 4 to 5 cups
- -Butter or olive oil – 3 tbsp
- -Heavy cream (optional) – ½ to 1 cup
- -Sugar – 1–2 tsp (to balance acidity)
- -Salt & black pepper – to taste

Instructions:

1) Sauté aromatics

- Heat butter or oil in a large pot over medium heat.
- Add onion and cook 5–6 minutes until soft.
- Add garlic, cook 1–2 minutes until fragrant.

2) Build tomato base

- Add Roma tomatoes (and tomato paste if using).
- Cook for 8–10 minutes, stirring occasionally, until tomatoes break down and release juices.



3) Simmer

- Add 4–5 cups broth.
- Bring to a boil, then reduce heat and simmer 20–25 minutes.

4) Blend

- Blend the soup until smooth using an immersion blender (or standard blender in batches).

5) Finish

- Return to low heat.
- Stir in cream (if using).
- Season with:
 - Salt & pepper
 - Sugar (start with 1 tsp and adjust)

6) Fresh herbs

- Turn off heat and stir in parsley.

Serve

- Serve hot with:
 - Toasted bread or grilled cheese
 - A drizzle of cream or olive oil

BROCCOLI CHEDDAR SOUP – 4 SERVES



Ingredients:

- Ready to Prep Broccoli Cheddar Soup– full container
- Butter – 3 tbsp
- All-purpose flour – 3 tbsp (for thickening)
- Milk – 2 cups
- Kroger Chicken or vegetable broth – 2 cups
- Salt & black pepper – to taste

Optional (recommended):

- Heavy cream – ½ cup (extra richness)
- Dijon mustard – 1 tsp (enhances cheese flavor)
- Paprika – ½ tsp

Instructions:

1) Sauté the base

- In a large pot, melt butter over medium heat.
- Add onion, cook 4–5 minutes until soft.
- Add garlic and cook 1 minute.

2) Make the roux

- Stir in flour and cook for 1–2 minutes (this removes raw flour taste).
- * This step thickens the soup.



3) Add liquids

- Slowly whisk in milk and broth to avoid lumps.
- Bring to a gentle simmer.

4) Cook vegetables

- Add broccoli and carrots.
- Simmer 15–20 minutes until tender.

5) Blend (optional texture step)

- For a smoother soup, blend part of the soup (or use an immersion blender).
- Leave some chunks for texture if desired.

6) Add cheese

- Reduce heat to low.
- Gradually stir in cheddar cheese until melted.
- 🍲 Keep heat low to prevent grainy texture.

7) Finish

- Stir in cream (if using) and Dijon mustard.
- Season with salt, pepper, and optional paprika.

Serve

- Serve hot with:
 - Crusty bread
 - Extra shredded cheddar on top

ONION SOUP - 4 SERVES



Ingredients:

- Ready to Prep Onion Soup – Full Container
- Butter – 3 tbsp
- Olive oil – 1 tbsp
- Beef broth or chicken broth – 6 cups
- Salt & black pepper – to taste

Instructions:

1) Caramelize onions (key step)

- Heat butter + olive oil in a large pot over medium heat.
- Add sliced onions and a pinch of salt.
- Cook 30–40 minutes, stirring occasionally, until deep golden brown.
- Add sugar halfway through to enhance browning.

2) Add garlic

- Stir in garlic and cook 1–2 minutes until fragrant.



3) Build the soup

- Pour in 6 cups broth.
- Add thyme and Worcestershire (if using).
- Bring to a boil, then reduce to a simmer for 20–25 minutes.

4) Season

- Taste and adjust with salt and pepper.

Serve

- Ladle soup into bowls
- Top with croutons
- Sprinkle Parmesan cheese over the top
 - Optional: Broil for 2–3 minutes to melt and lightly brown the cheese.

BUTTERNUT SQUASH SOUP



Ingredients:

- Ready to Prep Butternut Squash Soup – Full Container
- Butter or olive oil – 3 tbsp
- Vegetable or chicken broth – 4–5 cups
- Heavy cream (or half & half) – ½ to 1 cup
- Salt & black pepper – to taste

Instructions:

1) Sauté aromatics

- Heat butter or oil in a large pot over medium heat.
- Add onion and cook 4–5 minutes until soft.
- Add garlic and cook 1–2 minutes.

2) Add vegetables

- Stir in butternut squash and carrot.
- Cook for 5–7 minutes, stirring occasionally.



3) Season

- Add optional cinnamon, nutmeg, and herbs.
- Stir to coat the vegetables.

4) Simmer

- Pour in 4–5 cups broth.
- Bring to a boil, then reduce heat and simmer 20–25 minutes, until squash is very tender.

5) Blend

- Blend until smooth using an immersion blender (or in batches).

6) Finish

- Return to low heat.
- Stir in cream and optional maple syrup/brown sugar.
- Season with salt and pepper.

Serve

- Serve hot with:
- A drizzle of cream
 - Crusty bread or crouton