

Makes 4 servings

Chicken and sweet potato soup ingredients

- 2 cooked chicken breasts.
- 2 sweet potatoes
- 2 carrots
- 2 medium potatoes – remove skins
- 750 ml of bone broth, chicken or vegetable broth – whichever you can find
- 1/2 cup of any non-dairy milk or lactose free milk
- 2 teaspoons of turmeric
- Sprinkle of black pepper
- 1 small piece of ginger

Prepping time

1. Peel and slice carrots, sweet potatoes and potatoes; cut into small chunks.
2. Ensure cooked chicken is chopped finely.
3. Peel ginger and dice it finely.

Making it the old fashioned way

1. Add bone broth and 1/2 of the almond milk to a saucepan to make your soup base.
2. If using cooked chicken, now's the time to add it to the pan.
3. Stir in all of the peeled and chopped vegetables, ginger and turmeric.
4. Bring the whole thing to the boil and then cook on simmer for 35-40 minutes.
5. By this time the vegetables should have softened considerably.
6. Blend to smooth using a blender, hand blender or even a Nutri bullet. If you don't have any of those, the soup will just be a little chunkier.
7. Finally, add the other half of the dairy-free milk to the mixture and stir through to make it extra creamy.

Low Residue Low Fiber Beet Carrot Soup

Cook Time 30 minutes

Total Time 30 minutes

Servings 4

Author Jeanette

Ingredients

- 4 cups vegetable broth
- 1 carrot sliced
- 1 can cooked beets not pickled
- salt to taste

Instructions

1. Place sliced carrot and vegetable broth in a small saucepan. Bring to a boil, then reduce heat and cook, covered, until carrots are very tender. Add beets and cook until heated through. Pour soup into a blender and puree until smooth. Season to taste with salt.

Egg Potato Bites

Course Breakfast/Brunch

Keyword low fiber

Prep Time 10 minutes

Cook Time 25 minutes

Total Time 35 minutes

Servings 12

Calories 90 kcal

Ingredients

- 8 ounces potato peeled, cooked, chopped
- 2 ounces swiss cheese or your favorite cheese shredded
- 8 large eggs
- Small chunks of cooked ham
- 1 cup low-fat cottage cheese pureed
- sea salt to taste

Instructions

1. Preheat oven to 325 degrees.
2. Spray 12 muffin tins well with cooking spray. (Silicone muffin tins work especially well.)
3. Whisk together eggs, cottage cheese and a pinch of salt. Add potatoes and ham. Divide among cups. Sprinkle cheese on top.
4. Bake for 25-30 minutes until firm.

Chicken Orzo Soup

INGREDIENTS:

- 2 tablespoons olive oil, divided
- 1-pound boneless, skinless chicken thighs, cut into 1-inch chunks
- Kosher salt and freshly ground black pepper
- 3 cloves garlic, minced
 - 1 onion, diced
 - 3 carrots, peeled and diced
 - 2 stalks celery, diced
 - 1/2 teaspoon dried thyme
 - 5 cups chicken stock
 - 2 bay leaves
 - 3/4 cup uncooked orzo pasta
 - 1 sprig rosemary
 - Juice of 1 lemon
 - 2 tablespoons chopped fresh parsley leaves

DIRECTIONS:

1. Heat 1 tablespoon olive oil in a large stockpot or Dutch oven over medium heat. Season chicken thighs with salt and pepper, to taste. Add chicken to the stockpot and cook until golden, about 2-3 minutes; set aside.
2. Add remaining 1 tablespoon oil to the stockpot. Add garlic, onion, carrots and celery. Cook, stirring occasionally, until tender, about 3-4 minutes. Stir in thyme until fragrant, about 1 minute.
3. Whisk in chicken stock, bay leaves and 1 cup water; bring to a boil. Stir in orzo, rosemary and chicken; reduce heat and simmer until orzo is tender, about 10-12 minutes. Stir in lemon juice and parsley, season with salt and pepper, to taste.

Simple Chicken-Veggie Pasta Soup

There's nothing quite like a nice comforting soup on a cold night — and fall is perfect for just such a dish.

Ingredients:

- 5 cups chicken broth
- 1 carrot
- 1 potato
- 1/2 cup tomato flesh, no skin or seeds
- 1 bunch asparagus tips
- 1/2 cup cooked pastini or other small pasta

Instructions:

1. Place broth, carrot and potato in a small saucepan.
2. Bring to a boil, then reduce heat and cook until vegetables are tender.
3. Add tomatoes and asparagus tips and cook until asparagus is tender. Stir in cooked pasta and cook until heated through.

Turkey Lasagna

Ingredients

- 1-pound regular ground turkey, chicken, or lean beef (I used the 93% lean ground turkey)
- 16 ounces (2 cups) marinara sauce
- 1-1/2 cups fat-free cottage cheese
- 1/4 cup shredded Parmesan cheese
- 1 teaspoon Italian seasoning
- lasagna noodles
- 4 ounces (1 heaping cup) light mozzarella, **shredded**

Instructions

- In a large skillet cook ground turkey. Once cooked, stir in marinara sauce, set aside.
- Meanwhile, in a medium mixing bowl, combine cottage cheese, Parmesan cheese and Italian seasoning.
- Preheat oven to 350°F and in an 8 x 8 to 8 x 11" baking dish that has been sprayed with nonstick cooking spray, layer 1/3 meat sauce (more sauce than meat), 2-3 noodles, and 1/2 cottage cheese mixture.
- Repeat layering process with meat sauce, noodles and then cottage cheese mixture.
- One more layer of meat sauce and then top with mozzarella.
- Cover with tin foil. Bake for 20 minutes at 350°F. Remove tin foil and bake for another 10 minutes.
- Let rest for 10 minutes before serving. Enjoy a large serving! Makes 6 HUGE servings!

Provolone Stuffed Chicken Breast with White Rice

Ingredients:

- 4 thinly sliced chicken breasts
- 4 slices provolone cheese
- 2 large eggs
- 1 cup organic Panko crumbs
- 1/4 cup of parmesan cheese
- 2 cups white rice
- 12 oz. Cream of Chicken

Directions:

1. Preheat oven to 350 degrees.
2. Set out two medium bowls. In the first bowl, beat eggs and add a little salt and pepper. In the second bowl, combine Panko crumbs and parmesan cheese. Set both bowls aside.
3. Lightly pound each chicken breast to make thinner. Place a slice of provolone cheese on each breast and roll it tightly, laying them seam-side down.
4. Dip each chicken breast in egg mixture and then Panko crumbs and cheese. Place them seam down in a large shallow glass dish.
5. Bake for 35 minutes or until chicken reaches 165 degrees with a meat thermometer.
6. When the chicken is close to being done, prepare the white rice with the cream of chicken soup as the liquid instead of water.
7. Serve chicken on top of rice.

Also buy 4 small cans of carrots to make 4 complete meals.

Mini Meatloafs

READY IN: 1hr

SERVES: 8

INGREDIENTS

8 ounces lean ground beef (90% or leaner)

8 ounces ground lean pork

8 ounces ground turkey breast

1 large egg, lightly beaten

$\frac{1}{4}$ cup quick-cooking oats

$\frac{1}{4}$ cup chopped fresh parsley

$\frac{1}{4}$ cup ketchup, divided

3 tablespoons low-fat milk

1 small onion, chopped

$\frac{3}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon fresh ground black pepper

1 $\frac{1}{2}$ teaspoons Worcestershire sauce

DIRECTIONS

- Preheat oven to 375°; coat 8 muffin cups with cooking spray.
- Mix beef, pork, turkey, egg, oats, parsley, 2 tablespoons ketchup, milk, onion, salt, and pepper in a big bowl.
- Form the mixture into 8 balls and place in the prepared muffin cups.
- Combine the remaining 2 tablespoons ketchup and Worcestershire sauce and spread about $\frac{1}{2}$ teaspoon over each mini meatloaf.
- Place the muffin pan on a baking sheet.
- Bake the meatloaves until their internal temperature reaches 160°, 25-30 minutes.
- Pour off fat before serving.
- 209 calories, 12 g fat, 5 g carb, 0 g fiber.

Also buy 4 small cans of peas, 4 small cans of brown gravy and frozen mashed potatoes – 4 single servings or 2 double servings to make this into 4 complete dinners.