

French Onion Soup



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

½ onion, sliced
16 oz water
1 packet onion soup mix
Skinny bread waffle, cubed (see recipe)
Mozzarella cheese

DIRECTIONS:

1. Sauté the onion in a skillet until soft and lightly golden.
2. In a saucepan, bring the water and onion soup mix to a boil. Stir in the sautéed onions.
3. Place cubed skinny bread waffle pieces into a serving bowl and pour the hot soup over the top.
4. Finish with mozzarella cheese and serve warm.

Egg Drop Soup



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

8 cups water
1 tablespoon soy sauce
1 tablespoon sesame oil
1 tablespoon HOH seasoning
8 eggs, beaten
Chopped chives (for garnish)

DIRECTIONS:

1. In a large pot, combine the water, soy sauce, sesame oil, and HOH seasoning. Bring to a boil.
2. Slowly pour in the beaten eggs while stirring gently to create egg ribbons.
3. Serve hot and garnish with chopped chives.

Chicken Noodle Soup

**SERVINGS:** *x***COOK TIME:** *x***CALORIES:** *x***NET CARBS:** *x***INGREDIENTS:**

1 bunch celery, chopped
2 onions, chopped
4 carrots, chopped
¼ cup HOH seasoning
1 gallon water
2 cups shredded cooked chicken
Keto ramen-style noodles or keto spaghetti noodles
1 tablespoon butter
Chicken soup base, to taste

DIRECTIONS:

1. In a large pot, combine the celery, onions, carrots, HOH seasoning, and water. Bring to a boil, then simmer until the vegetables are tender.
2. Stir in the shredded chicken and continue heating until warmed through.
3. Rinse the noodles and sauté in butter until lightly cooked. Season with chicken soup base to taste.
4. Add the noodles to the soup before serving, or serve separately and ladle the soup over the top.
5. Serve warm.

Asian Chicken Soup

**SERVINGS:** *x***COOK TIME:** *x***CALORIES:** *x***NET CARBS:** *x***INGREDIENTS:**

1 lb shredded chicken (see recipe)
2 bags ramen-style skinny noodles
1 bag frozen asian vegetables
2 tablespoons HOH seasoning
2 tablespoons sesame oil
2 tablespoons soy sauce
Red pepper flakes (optional)

DIRECTIONS:

1. Rinse the noodles and sauté in sesame oil with the HOH seasoning until lightly browned.
2. Add the soy sauce, shredded chicken, frozen vegetables, and enough water to create a light broth. Bring to a boil.
3. Reduce heat and simmer until the vegetables are tender and everything is heated through.
4. Top with red pepper flakes, if desired, and serve warm.

Celery Soup



SERVINGS: *Single*

COOK TIME: *1 minute*

CALORIES: *250*

NET CARBS: *3g*

INGREDIENTS:

2 bunches celery, chopped
1 (10 oz) bag spinach
3 (12 oz) bags frozen broccoli
1 bag frozen peppers & onions
¼ cup HOH seasoning
1 pint heavy whipping cream
Water

DIRECTIONS:

1. Add the celery, broccoli, peppers & onions, and HOH seasoning to a large pot.
2. Fill with enough water to reach the top of the vegetables. Stir in the spinach.
3. Bring to a boil, then reduce heat and simmer for 30 minutes.
4. Add the heavy whipping cream and blend with a hand blender until smooth and creamy.
5. Serve warm.

Shrimp Ramen Soup

**SERVINGS:** *x***COOK TIME:** *x***CALORIES:** *x***NET CARBS:** *x***INGREDIENTS:**

Ramen-style skinny noodles
1 tablespoon butter
1 tablespoon chicken seasoning
12 oz water
1 egg, beaten
Shrimp
Red pepper flakes (optional)

DIRECTIONS:

1. Rinse the ramen-style Skinny noodles.
2. In a saucepan or skillet, sauté the noodles in butter and chicken seasoning until lightly coated and warmed through.
3. Add the water and bring to a simmer.
4. Slowly stir in the beaten egg and cook until set. Add the shrimp and continue cooking until the shrimp are fully cooked.
5. Top with red pepper flakes, if desired, and serve warm.

Cabbage Rollup Soup



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

2 lb 93% lean ground turkey
1 head cabbage, chopped
¼ cup HOH seasoning
2 cans diced tomatoes
1 small can tomato paste
Water

DIRECTIONS:

1. In a large pot, cook the ground turkey with 2 tablespoons of HOH seasoning until browned.
2. Add the chopped cabbage, diced tomatoes, and tomato paste.
3. Pour in enough water to reach the top of the cabbage. Stir in the remaining HOH seasoning.
4. Bring to a boil, then reduce heat and simmer until the cabbage is tender.
5. Serve warm.

Beyond Bone Broth



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

NET CARBS: *x*

INGREDIENTS:

Chicken bones
Water or broth

DIRECTIONS:

1. Place the chicken bones into an Instant Pot and fill with water or broth to the maximum fill line.
2. Cook on the broth setting twice, or until the bones are very soft and easily break apart.
3. Strain the broth to remove any large pieces and excess fat.
Return the softened bones to the broth.
4. Using a hand blender, carefully blend the softened bones into the broth until smooth.
5. Serve warm or refrigerate until ready to use.