

MNP RECIPES

Collected over the years from our patients

Please submit your own creations

- *Blending your flavor of choice with 8-10 oz of water with 5-6 ice cubes will give you a thick shake
- *Blending shake with 9-10 ice cubes with 12 oz of diet soda & no water will give the consistency of a slushie
- *Blending shake with just ice and no liquids will give you the consistency of soft serve ice cream
- *Experiment with different flavor extracts: Add pumpkin pie spice, cinnamon, or raspberry, strawberry or orange extract to your vanilla shake, or peppermint to your chocolate shake
- *Sugar-free, fat-free pudding mix adds a variety of flavors to your shakes as well: pistachio, cheesecake, butterscotch or margaritas, pina coladas, strawberry daiquiris, etc

CURRIED CHICKEN SOUP

1 packet MNP chicken soup
12 ounces hot water
2 packages very low sodium broth
1/4 tsp curry powder
1/2 tsp onion powder
1/2 tsp dried parsley

Mix in blender or with hand-held immersion blender.
Reheat in microwave for 1-2 minutes

MATZO BALL SOUP

1 packet MNP chicken soup
1/4 cup egg whites or egg beaters
1 tsp instant minced onion
1 tsp parsley flakes
1 tsp Lawry's special seasoning for chicken

Mix well and refrigerate for about 30 minutes
When dough has chilled, mix 2 cups water & 2 packets low sodium bouillon. Bring to boil.
Wet hands (may have to wet hands again after rolling 2 balls) and roll about 1 tspn of mixture into a ball and gently put into boiling broth.
Makes 5-7 balls.
Cover and let simmer for about 30 minutes

CINNAMON VANILLA COOKIES

1/2 tsp ground cinnamon
1 packet MNP vanilla. Mix vanilla and cinnamon well
1/2 cup water

Preheat oven to 290 degrees
Mix ingredients very, very well
Distribute into approx. 9 tbsp size portions on air-bake cookie sheet sprayed with Pam
Bake for approximately 30 minutes, then turn off heat
Move cookies to rack with metal spatula and return to warm oven for about 1 hour to allow cookies to dry

ALMOND VANILLA COOKIES

2 tbsp Torani sugar-free almond syrup
water to fill 1/2 cup
1 packet MNP vanilla

Preheat oven to 290 degrees

Mix ingredients very, very well

Distribute into approx 9 tbsp size portions on air-bake cookie sheet sprayed with Pam

Bake for approximately 30 minutes, then turn off heat

Move cookies to rack with metal spatula and return to warm oven for about 1 hour
to allow cookies to dry

CHOCOLATE CHOCOLATE COOKIES

2 tbsp Torani sugar-free chocolate syrup
Water to fill 1/2 cup
1 packet MNP chocolate

Preheat oven to 290 degrees

Mix ingredients very, very well

Distribute into approx 9 tbsp size portions on air-bake cookie sheet sprayed with Pam

Bake for approximately 30 minutes, then turn off heat

Move cookies to rack with metal spatula and return to warm oven for approx 1 hour
to allow cookies to dry

COFFEE VANILLA COOKIES

2 tbsp Torani sugar-free coffee syrup
1/2 tsp decaf coffee crystals
Very hot water to fill 1/2 cup. Make sure crystals are dissolved
1 packet MNP vanilla

Preheat oven to 290 degrees

Mix ingredients very, very well

Distribute into approx 9 tbsp size portions on air-bake cookie sheet sprayed with Pam

Bake for approximately 30 minutes, then turn off heat

Move cookies to rack with metal spatula and return to warm oven for approx 1 hour
to allow cookies to dry

COCONUT ALMOND FUDGE

1 packet MNP chocolate
3/4 cup cold water
3 or more ice cubes
1/4 tsp coconut flavor
1/4 tsp almond flavor
1/2 packet artificial sweetener
Combine in blender and mix until smooth

POTATO PANCAKES "LATKES"

1 packet creamy potato
2 tsp egg whites (Just Whites is suggested)
1/8 tsp garlic powder
1/2 cup chicken bouillon
1/4 cup grated carrot
Pam cooking spray

Combine all ingredients except carrots. Use an electric mixer at high speed to blend.
Add carrots and beat another minute.

Pour mixture into a small shallow casserole (6 1/2 inch diameter suggested) that has
been coated with Pam.

Microwave on high for about 3 minutes.

May also 'fry' on a frying pan covered with Pam.

Some people have added psyllium to mixture to thicken it.

Top with salsa

POTATO PANCAKES

Heat water in tea kettle and heat frying pan coated with Pam on med-high heat.

In small bowl, add minced onions, dill seed, 2 tsp flax seed, garlic powder, turmeric.

Pour in about 1/4 C hot water and let sit for a couple minutes to hydrate the onions.

Add 2 packets of creamy potato soup and the other 1/2 C of hot water and stir until mixed.

Pour into preheated frying pan that has been sprayed with Pam.

Cook over med-high heat until firm on bottom, then turn over and cook the second side.

Turn out onto plate, sprinkle with Molly McButter cheese flavor and top with 2-3 T salsa.

TOMATO - POTATO CHIPS

1 packet MNP tomato
1 packet creamy potato
2 tsp hot taco seasoning powder
1 pinch salt
1 pinch garlic powder

Mix above ingredients thoroughly

1 cup water

Big pinch dried onion flakes (soak onion flakes in water for a few minutes)

Makes two batches, so add 1 tbsp water to remaining batter before preparing second
batch

Preheat oven to 290 degrees

Mix ingredients very, very well

Distribute into approx 9 tbsp size portions on air-bake cookie sheet sprayed with Pam

Bake for approximately 30 minutes, then turn off heat

Move cookies to rack with metal spatula and return to warm oven for approx 1 hour
to allow chips to dry

POTATO CHIPS

1 packet creamy potato
1 tsp taco seasoning

1/2 cup water
1-2 tsp Schilling parmesan herb seasoning (may substitute garlic salt to taste)

Mix ingredients

Spray an air bake cookie sheet with Pam & drop 9-12 blobs of mixture onto cookie sheet

Spread thin with the back of a spoon

Bake 25-30 minutes at 350 degrees. Chips will curl on edges when done

Recipe can be changed by changing seasoning...perhaps to BBQ seasoning

Chips come out thin and crispy...can be used for dipping in salsa

Best eaten when warm

MNP PUDDING

1 packet MNP vanilla, chocolate or strawberry
1/2 cup ice-cold water
1/2 tsp flavored extract (ie lemon, chocolate or your favorite flavor)
1-2 packets sweetener, to taste
Mix well and chill for 30 minutes

CAPPUCINO

1 packet MNP vanilla
1 cup hot water
1 tsp instant decaffeinated coffee
1/4 tsp rum flavor
1/8 tsp cinnamon
1/2 packet artificial sweetener
Combine in blender and mix until smooth

PINEAPPLE CRUSH

1 packet MNP vanilla
3/4 cup cold water
3 or more ice cubes
1/4 tsp pineapple flavor
1/4 tsp coconut flavor
1/4 tsp almond flavor
1/2 packet artificial sweetener
Combine in blender and mix until smooth

VANILLA CRÈME

1 packet MNP vanilla
9 oz. diet cream soda
3 ice cubes
few drops vanilla extract
Combine in blender and mix until smooth

MOCHA SHAKE

1 packet MNP chocolate
6 oz. water

1 tsp unsweetened cocoa
1 tsp decaffeinated coffee
1-2 packets non-caloric sweetener
4 or more ice cubes

Blend on lowest speed, adding one ice cube at a time, until ice is thoroughly blended and smooth.

BERRY DELIGHT SHAKE

1 packet MNP vanilla
6 oz. water
1 tsp sugar-free mixed fruit gelatin mix
4 or more ice cubes

Blend on lowest speed, adding one ice cube at a time, until ice is thoroughly blended and smooth.

CHOCOLATE COOKIE SURPRISE

Combine in bowl:

1 packet potato soup
1 packet MNP chocolate
1 dash cinnamon

Torani syrup-in desired flavor, add enough to make a thick dough

*Grease plates with non-fat spray. Drop spoonfuls of dough on to 2 plates.

Microwave 2 minutes.

Makes two servings. Be sure to drink 8 ounces of water per serving.

CHEESY-TASTY CRACKERS

Combine in bowl:

1 packet potato soup
1 packet MNP chicken soup
1 packet MNP tomato soup
Minced onions
Sweet pickle relish
1 dash garlic powder
1 dash basil
1 dash Thai seasoning
1 dash Brag all-purpose seasoning

Walden Farms no-calorie salad dressing, in desired flavor (Caesar or ranch)-add enough to make thick dough

*Grease plates with non-fat spray. Drop spoonfuls of dough onto three plates.

Sprinkle top with parmesan cheese and basil

Microwave each plate for two minutes.

Makes three servings. Be sure to drink 8 ounces of water per serving.

MIKE'S BROWNIES

- 2 packets chocolate supplement
- 1 cup quick oats
- 1 tsp. vanilla
- 4 tbsp. cocoa powder
- 3 tbsp. artificial sweetener like Splenda
- 3 tbsp. egg beaters or egg white
- 1 tbsp. cinnamon
- 1 cup non-fat milk
- ¼ cup Raspberry Torani sugar-free syrup (try other syrup flavors if desired)

Soak oats in milk for 30-60 minutes

Preheat oven to 350 degrees

Spray 9x9 pan with Pam

Combine all ingredients in mixing bowl

Pour mixture into pan

Bake at 350 until edges pull away from the pan and toothpick comes out clean -
each oven is different (perhaps 12-15 minutes)

Let sit in pan for 10 minutes to finish baking

Cut into 8 equal pieces; 2 pieces = 1 supplement

Makes 4 servings - Can be frozen and used as needed. Heating in a microwave is a treat.

JEFF'S THAI SOUP

- 1 Packet of MNP Chicken soup mix
- 1 Packet of MNP Tomato soup mix
- 1 Rounded tablespoon of PB2 (regular flavor)
- 1 Tablespoons of Torani Coconut Syrup
- 1 Teaspoon of salt free garlic and herb seasoning
- Optional (Favorite hot sauce to taste)

Shake, rattle and roll!

I prefer to use Tomato, but Potato works almost as well, IMHO.

BREAD STICKS

- 2 packets potato soups
- 1/4 tsp garlic powder
- 2 tbsp fat-free ricotta cheese
- 1 tbsp fat-free sour cream
- 1 tbsp water
- 1/4 tsp Italian seasoning (optional)

Mix ingredients together. Mixture will be stiff, but all dry ingredients should be mixed in

On floured cutting board, turn dough into 4 pieces until about 12 inches long.

Cut in half. You will have 8 pieces 6 inches long.

Place on cookie sheet sprayed with Pam.

Spray tops of bread sticks with Pam and sprinkle with garlic powder

Bake at 350 for 10 minutes

CHEESY BISQUITS

2 packets potato soup
2 tsp cornmeal
1/2 tsp garlic Molly McButter
3 tbsp fat free sour cream
2 tbsp fat free shredded cheese
1/2 cup water

Bake at 350 for about 15 minutes

LIME CHIPS

1 packet potato soup
1 tbsp lime juice
1/2 tsp cumin
1/2 tsp ranch dressing mix
Enough water to make thick batter

Place batter in the middle of a greased cookie sheet and spread very thinly.
Bake at 350 for 10 min. Take out and cut into small pieces. Flip chips over and place back in oven for 5 minutes. Serve with salsa and fat free sour cream.

SPICY MASHED POTATOES

2 packets potato soup
1 cup water
2 tbsp fat free sour cream
2 tbsp taco sauce

Mix packets and water until there are no lumps (works best with a whisk).
Pour into a non-stick frying pan sprayed with butter-flavored non-stick spray.
Cook over medium heat, stir when it starts to bubble.
When the top starts to look dry, the bottom will start to form a thin crust.
Flip (don't worry if it doesn't stay in 1 piece, because you will mix it later.)
When crust starts to form on the second side it should be heated through.
Place in bowl and mix in fat free sour cream and taco sauce.
Salt to taste. Makes 2 servings, each serving is 183 calories

PIZZA

1 packet potato soup
1 tsp herb and garlic seasoning
2 tbsp water

Mix into dough and press out onto well sprayed pan.
Bake at 350 for 10 minutes
Cover with 2 tbsp of spaghetti sauce and 1 tsp parmesan cheese
Bake 5-7 minutes more
(For an alternate type of dough: add 1 tbsp of corn meal and use 3 tbsp water)

MNP BROWNIES EXTRAORDINAIRE

2 packets of chocolate
1 cup of quick oats
3-4 TBSP of cocoa powder
3 TBSP Splenda
1/4 cup of powdered non-fat milk
1 tsp vanilla extract
3 TBSP egg substitute or egg whites
1 cup water
1/4 cup of Torani sugar-free chocolate syrup

Mix liquid ingredients

Combine wet and dry ingredients and stir until mixed

Let batter sit 30-60 min or overnight in refrigerator

Preheat oven to 350 degrees

Spray 9x9 glass pan with cooking spray

Bake 25-30 min until edges pull away from pan and toothpick comes out clean.

Let cool for 10 min. Cut into 8 pieces. 2 pieces=1 serving=1 packet

***Drink an extra 8 oz water per each serving

ROOT BEER FLOAT

1 packet vanilla

1 can diet root beer

Ice (about 9 cubes)

Add ice to blender, then pour in a little diet root beer.

Add vanilla shake, then the rest of the soda. Pulse the blender until the ice is thoroughly crushed, then blend continuously for 20 seconds

MOCK ORANGE JULIUS

1 packet vanilla

1 can diet orange soda

Ice (about 9 cubes)

Add ice to blender, then pour in a little diet orange soda

Add vanilla shake, then the rest of the soda. Pulse the blender until the ice is thoroughly crushed, then blend continuously for 20 seconds

CHOCOLATED CREAM SODA

1 chocolate shake (strawberry or vanilla work well too)

1 can diet cream soda

Ice (about 9 cubes)

Add ice to blender, then pour in a little diet cream soda

Add chocolate shake, then the rest of the soda. Pulse the blender until the ice is thoroughly crushed, then blend continuously for 20 seconds

WARM APPLE CIDER

1 vanilla shake

1 packet sugar-free apple cider mix

Cinnamon

Water, 8-10 oz war/hot

Mix shake and cider mix with the water and sprinkle with cinnamon to taste

PEANUT BUTTER SHAKE

1 vanilla shake

1 tbsp PB2 powdered peanut butter (regular flavor) (approx 23 calories)

Ice (about 6 cubes)

Cold water (8-10 ounces)

Add ice and water to blender. Add vanilla shake and powdered peanut butter.

Pulse the blender until the ice is thoroughly crushed, then blend continuously for 20 secs.

CHOCOLATE, PEANUT BUTTER AND BANANA SHAKE

1 chocolate shake

1 tbsp PB2 powdered peanut butter (regular flavor) (approx 23 calories)

Banana extract, to taste (approx 1 tsp)

Ice (about 6 cubes)

Cold water (8-10 ounces)

Add ice & water to blender. Add chocolate shake, powdered PB & banana extract

Pulse the blender until the ice is thoroughly crushed, then blend for addl 20 secs.

BLUEBERRY LEMON SHAKE

1 vanilla shake

1 tbsp sugar-free and fat-free lemon pudding mix

Frozen blueberries, 1/4 cup

Crushed ice, 1 cup

Water, 1 cup

Pour water, crushed ice and blueberries into a blender.

(Note: if you're using fresh blueberries, then toss them in the freezer first.

Frozen berries reduce the amount of ice needed, resulting in a richer shake)

Pour in vanilla shake and pudding and blend until desired consistency

HOT CHOCOLATE

1 chocolate shake

1-2 packets sweetener

Hot water (8-12 oz)

1/8 tsp flavoring (spearmint, peppermint, raspberry, hazelnut, almond, etc)

Mix chocolate shake and sweetener in a mug. Add hot water & desired flavoring

POTATO CORN MUFFIN

1 packet potato soup

1 tbsp Jiffy brand corn muffin mix

1 tbsp taco seasoning

Black pepper to taste

In a small bowl, combine potato soup w/ the other dry ingredients. Stir in water

Spoon mixture into a ramekin, mug or teacup.

Microwave 60-90 seconds until the center is done

Check to see if a knife inserted into the center of your muffin comes out clean--

if not, put it back in the microwave for 10 second increments until it is done

You may need to tweak the amount of water to get the consistency you prefer

BAKED POTATO SOUP

1 packet potato soup

1 tbsp minced onion

1 tsp Molly McCheese

2 tbsp instant potatoes

1 tsp Mrs Dash (garlic and herb is good)

Water, 1 cup

Boil water and onion. Add other ingredients, adding potato soup last

LIME POTATO CHIPS

1 packet potato soup

1 tbsp lime juice

1/2 tsp cumin

1/2 tsp Fiesta Ranch salad dressing powder

Salt and pepper to taste

Water, enough to make a thick batter

Place batter in the middle of a sprayed cookie sheet. Spread out very thin

Bake at 350 for 10 minutes. Take pan out and cut into pieces with a pizza cutter

Flip chips over and place back in oven for another 5 minutes.

Serve with salsa if desired.

COOKIES

CINNAMON VANILLA

1/2 tsp ground cinnamon

1 packet vanilla

1/2 cup water

ALMOND VANILLA

1/2 tbsp Torani sugar-free almond syrup

Water to fill 1/2 cup

1 packet vanilla

CHOCOLATE CHOCOLATE

2 tbsp Torani sugar-free chocolate syrup

Water to fill 1/2 cup

1 packet chocolate

COFFEE VANILLA

2 tbsp Torani sugar free coffee syrup

1/2 tsp decaf coffee crystals

Very hot water to fill 1/2 cup. Make sure crystals are dissolved

1 packet vanilla

BAKING PROCESS

Preheat oven to 290 degrees and prepare air-bake pan

Mix ingredients very, very well

Distribute into 9 ~tbsp lumps

Bake for ~30 minutes

Reduce temp to 200 degrees

Keep oven door open to help reduce temperature as you move cookies onto rack.

Use very thin metal spatula to remove cookies (plastic spatula may be too thick)

Return cookies (on rack) to oven for 15-30 minutes to continue drying

Time will vary

CHIPS

1 packet tomato

1 packet potato

2 tsp taco seasoning powder

Pinch salt

Pinch garlic powder. Mix above ingredients thoroughly

1 cup water

Big pinch onion flakes. Soak onion flakes in water for a while

Same baking procedure as for cookies, above

Note: Makes two batches, so add ~1 tbsp water to remaining batter before prepping

POTATO PANCAKE

1 packet potato soup

1 tbsp Hidden Valley Ranch dry dressing mix

Any combination of black pepper, Mrs Dash, onion powder or garlic powder

In a small bowl, combine potato soup, ranch dressing mix and other flavorings

Stir in water to make the mixture the consistency of pancake batter.

Cook in a non-stick skillet (or spray with cooking spray), turning over once to brown both sides.

GINGERBREAD BROWNIES (Yield 4 servings, equivalent to 4 shakes)

Prepare oat flour: Take 1 cup of Quick Oatmeal and crush in a food processor until it's quite fine like, like wheat flour, w/ some small texture remaining

One cup of Quick Oatmeal makes 3/4 cup of oat flour

Blend together dry ingredients

1 cup of Quick Oatmeal ground to make 3/4 cup oatmeal flour

2 packets of MNP vanilla shakes

1 tsp cinnamon

1 tsp pumpkin pie spice

3 tbsp Splenda (note: Equal is not meant to be baked, so use Splenda)

2 tsp baking powder

1 tbsp psyllium fiber (they turn out the same w/ or w/o the psyllium)

Mix together the following ingredients:

1/4 cup dry nonfat powdered milk

1 cup water

1/4 cup Torani sugar-free gingerbread syrup

1 tsp pure vanilla

4 tbsp egg whites

Make a batter by combining the two mixtures

Baking options:

a) Pour the batter into a 9 x 9 inch pan, sprayed with Pam

b) Spoon the batter into cupcake pans, sprayed with Pam. Makes 24 small small

1/2 inch tall cakes, so you use 6 cakes per serving. Or you fill them fuller so as to make 16 total (4 per serving), if you don't mind them being more chewy and moist

c) Spoon the batter into small individual torte pans (the kind where bottom pops out)

Because the brownies will always be moist (due to the whey in the shake mix), I like baking them as individual cakes since they get a bit firmer than the center of a 9 x 9 pan.

Do not use cupcake papers- the batter sticks to the paper

Bake at 350 degrees, or until an inserted toothpick comes out clean and the brownie has come away from the sides of the pan

Servings:

9 x 9 inch pan: cut into 4 servings, each serving equivalent to 1 shake

Individual cakes: 1/4 of the total cakes is the equivalent of 1 shake

Note: Since this recipe takes only 1 cup of water for 4 servings, you need to drink an extra 6 ounces of water with every serving for these brownies you eat

SUPER-EASY POTATO SOUP RECIPES with Walden Farms Calorie Free (not just sugar-free) products

For sweeter recipes:

1. Generously spray a regular sized paper plate with Pam Baking spray.
2. Mix together 1/2 packet potato soup mix w/ 1/2 packet of any flavor MNP First Step supplement on the plate.
3. Add a dash 1/2 tsp of "sultry" cinnamon (~ 90% cinnamon mixed w/ 5% nutmeg & 5% cloves)
4. Add enough WF calorie free syrups or spreads (Pancake, Chocolate, Blueberry, Strawberry, Caramel, Apple Butter, Apricot Butter, Peanut Butter, etc-add two or more for variety to fork-blend into a paste or dough, neither watery nor powdery—slightly lumpy is OK.
5. Fork into a shallow flat mound in the middle of the plate and spray again w/ Pam baking spray For a slight crunch, sprinkle with Nectresse no-cal sweetener
6. Microwave for about 3 minutes, times vary depending on your microwave, how much syrup you've added and how 'bread-y' or crispy you like it. Texture will come out anywhere from bread pudding to bread to soft cookie to crispy cracker.
7. "Release" the flattened product from the edges of the plate and eat w/ a fork or your fingers.
8. Don't forget to drink additional water.

For savory/spicy recipes:

1. Generously spray a regular sized paper plate with Crisco Butter spray.
2. Mix 1/2 packet of potato soup with 1/2 packet of one of the MNP First Step soups on the plate.
3. Add spices, like basil, or minced dried onion if desired.

4. Add enough WF calorie-free dressings (Honey Mustard, Ranch, Creamy Bacon, Honey BBQ, Sesame Ginger, Ketchup, etc-you can add two or more if desired) to fork blend into a paste or dough, neither powdery nor watery- slightly lumpy is OK.
5. Fork into a shallow flat mound in the middle of plate and spray again w/ Crisco Butter spray Sprinkle with more spices as desired.
6. Microwave for about 3 min, times vary depending on your microwave, how much dressing you've added and how 'bread-y' or crispy you like it. Texture will come out anywhere from bread pudding to bread to soft cookie to crispy cracker.
7. "Release" the flattened product from the edges of the plate and eat with a fork or your fingers.
8. Don't forget to drink additional water.

POTATO SOUP

1 Packet Potato Soup

1 Serving of Your Favorite Light Canned Soup, Water, Chicken Broth, or Beef Broth

Prepare soup according to directions. Whisk in an additional amount of liquid, either water, chicken broth, or beef broth, according to type of soup being prepared or your tastes.

POTATO SOUP

2 Packets Potato Soup

1 Tbsp. Steys® Roasted Garlic and Bell Pepper Seasoning

1 Tbsp. Baco's®

4 Cups Boiling Water

Season to taste

Combine all ingredients. Whisk together until smooth.

BAKED POTATO SOUP

1 Packet Potato Soup

1 Tbsp. Minced Onion

1 tsp. Molly McCheese®

2 Tbsp. Instant Potatoes

1 tsp. Mrs. Dash®

1 Cup Water

Boil water and onion. Add other ingredients (add meal replacement last). Before serving top with 1 Tbsp. light shredded cheddar cheese, 1 Tbsp. light sour cream, and 1 Tbsp. bacon bits.

POTATO VEGETABLE SOUP

1 Packet Potato Soup

¼ Package Vegetable Soup Mix

1 Cup Water

Combine vegetable soup mix and water in saucepan. Bring to a boil over medium to high heat.

Reduce to a simmer, partially covered, for 10 min. Stir occasionally. In a small bowl, whisk a little water into potato soup. Add to hot soup. For added flavor, add 1/4 tsp zesty blend, extra spicy salt-free seasoning.

CHEESY VEGETABLE SOUP

- 2 Packets Potato Soup
 - 1 (14) oz. can Chicken Broth
 - 1 Cup Frozen Mixed Vegetables
 - 1 Tbsp. Molly McButter® Cheese Flavor
 - 1/4 to 1/2 Cup Rotel® Diced Tomatoes & Chili Peppers
- Cook all ingredients until veggies are tender (10 min. or so). Soup will thicken up

TOMATO SOUP

- ½ Cup Water
 - ½ Cup Canned Diced Tomatoes in Basil, Garlic, and Oregano or Salsa
 - 1 tsp Ranch Dressing Mix
 - 1 Packet Potato Soup
 - 2 tsp. Shredded Parmesan
- Combine in microwave-safe bowl and heat for 2-3 minutes or until very hot.
Transfer mixture to a blender. Add ranch dressing mix, potato soup, and cheese.
Blend for 1 minute then pour and enjoy!

TOMATO SOUP

- 1 Packet Potato Soup
 - 1 Can Basil, Garlic, Oregano-Flavored Tomatoes
 - 1 Can Sliced Mushrooms, Drained
 - ½ Cup Sautéed Diced Onions
 - Italian Spices
- Heat the tomatoes and mushrooms in the microwave, and then transfer to a blender.
Add the onions, and some Italian spices. Blend until smooth.

CARROT / GINGER SOUP

- 1 Packet Potato Soup
 - 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 soup mix.

MUSHROOM SOUP

- 3-4 tsp. Low-Sodium Chicken Bouillon
 - 2 Cups Water
 - 1 Packet Potato Soup
 - 1 Tbsp. Vanilla
 - ½ Cup Celery
 - 2-3 Tbsp. Onion
 - Spray Olive Oil
 - 1 Cup Mushrooms
 - Garlic, Salt, Lemon Pepper to taste
- Combine first 4 ingredients in a saucepan and heat (don't boil). Sauté celery and onions in frying pan for 2-3 minutes, then add mushrooms. Cook until all are tender.

Add to liquid mixture. Dilute with water as desired. Add low fat sour cream as desired.

CREAMY ZUCCHINI SOUP

- ¼ Cup Chopped Onion
- 1 tsp. Chopped Garlic
- ½ Cup Sliced Zucchini
- Basil, Parsley, or other favorite herbs
- 1 Packet Potato Soup
- 1 ½ Cups Water

Sauté onion and garlic in non-stick skillet sprayed with Pam® until tender and slightly browned.

In a saucepan, combine water and zucchini. Bring to a boil and simmer until zucchini is tender (about 5 minutes). Add onion/garlic, herbs and potato soup and simmer briefly. It gets thick fast.

Pour mixture into blender and blend until smooth.

CREAMY SPINACH SOUP

- 1 tsp. Minced Garlic
- ¼ cup Chopped Onion
- ½ bag Spinach
- 1½ cups Water
- 1 Potato Soup

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 of desired thickness. Serve with salt & pepper if needed.

PUMPKIN SOUP

- 1 Packet Potato soup
- 1 Cup Very Hot Water
- ½ Cup Canned Pumpkin (butternut squash can also be used)
- Dash of McCormick® Vegetable Supreme seasoning
- Salt and Pepper to taste
- Co Use caution as you are blending hot water.

HOT PUMPKIN SOUP

- 1 Packet Potato Soup
- 2 Packets Sweet 'n Low®
- 2 Tbsp -1/4 Cup Pumpkin (canned)
- Hot Water to desired consistency
- Mix and heat.

ITALIAN MOZZARELLA SOUP

- 1 Cup Water
- ¼ Cup Italian Tomatoes
- 1 Packet Potato Soup
- 1 Tbsp. Mrs. Dash® Tomato Basil Garlic Blend
- ¼ Cup Fat-Free Shredded Mozzarella Cheese

Mix water, tomatoes and Mrs. Dash. Heat in microwave for 2.5 minutes. Mix in potato.
Mix in cheese.

ITALIAN SOUP

1 Packet Potato Soup
1 tsp. Minced Onion
1 tsp. Molly McButter®
1/8 tsp. Garlic Powder
1 Tbsp. Instant Potatoes
1 tsp. Pizza & Pasta Magic® (Meijer)
1 Cup Water

Add all ingredients to water except instant potatoes. Bring to a boil, add potato mix.

Serve topped with 2 Tbsp. spaghetti sauce mixed with ¼ tsp. Pizza & Pasta Magic and 1 tsp. parmesan cheese.

FRENCH ONION SOUP

2 Cups Fat-Free Low-Sodium 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 Packet Potato Soup
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.

SALSA SOUP

1 Packet Potato Soup
1 Cup Hot Water
4 Tbsp. Salsa

Mix soup mix and water together. Add salsa. Mix well and microwave for 90 seconds.

ARRIBA CHICKEN SOUP

3 tsp. Low-Sodium Chicken Bouillon
1 ½ Cups Water
1 Packet Potato Soup
3 Tbsp. Arriba® Salsa
2 Tbsp. Herdez® Salsa
1 tsp. Cumin
1 tsp. Fresh Lemon
Salt & Pepper to taste

Add bouillon to water and whisk to dissolve. Heat over medium flame while adding potato soup packet.

Cook for 2 minutes or until mix thickens. Lower heat to a simmer. Add salsas and cumin.

Continue to cook over low heat for 30 seconds. Add lemon juice, salt and pepper.

Add additional water up to ½ cup to dilute as desired. Top with fat-free sour cream and fat-free cheddar cheese if desired.

MEXICALI SOUP

1 Packet Potato Soup

¾ Cup Water

2 Tbsp. Chunky Salsa

Shake of chili pepper

Mix the water, salsa, and chili pepper together and microwave for 2.5 minutes.

Mix in the potato soup

SPICY POTATO SOUP MONTREAL

1 Packet Potato Soup

½ tsp. McCormick's® Montreal Chicken Seasoning

¼ tsp. Pepper

1 tsp. Dry Hidden Valley® Ranch Dressing Seasoning

1 tsp. Butter Buds®

8 oz. Hot Water

Blend the above ingredients. Sprinkle on: 1 Tbsp. Bacos® and 1 Tbsp. Dried Chives.

"FAUX" CHILI

1 Packet Potato Soup

2 tsp. Dry Onions

½ Cup Ro-Tel® Tomatoes and Chilies (undrained)

1 tsp. Southwest Chipotle Mrs. Dash®

½ tsp. Chili Powder

½ tsp. Cumin

8 oz. Water

Boil the onions and spices in the water for a few minutes. Add the tomatoes and potato soup and heat through.

CREAMY CHICKEN SOUP

1 tsp. Chicken Gravy Mix

½ tsp. Spice Island® Chicken Stock Base

1 tsp. Bacos®

1 tsp. Molly McButter®

1 tsp. Dried Onion

1 tsp. Dried Parsley

1 Packet Potato Soup

Combine ingredients with 2/3 cup water and stir well. Microwave 1 minute, stir and heat for another 30-60 seconds.