

## MNP RECIPES

*Collected over the years from our patients*

*Please submit your own creations*

- \*Blending your flavor of choice with 6-8 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

### 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.

#### 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

#### 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)

#### 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.

#### 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.

#### 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 ½ packet potato soup mix w/ ½ 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 ½ packet of potato soup with ½ 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.

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.