

## Tasty but Easy Soups

As a single person with limited access to stores during the pandemic, I focused on staples from Costco and my daughters weekly runs to Trader Joes and Von's. Also restaurant food: Chicken enchiladas, Mexican beef soup, Vietnamese Pho. I am prediabetic so my spices are fresh garlic, black pepper, Dash seasoning in Italian, Original and Spicy Chipotle. Fresh cilantro, onions and radishes.

Costco: Individual wrapped frozen chicken breast, frozen French Onion Soup, 2 packaged soups (Potato-Cheddar, Toscano or Chicken Noodle)

Von's/Trader Joes: low sodium chicken broth, low sodium individual size tomato juice regular and/or spicy, frozen veggies small bags, snack size fresh veggies, avocados, tortilla chips, small baguette

1. Chicken tortilla soup: Left over chicken from enchiladas or poached chicken breast, chicken broth, few fresh veggies, tortilla chips and avocado
2. Thaw French onion soup in fridge, add low sodium chicken broth, and extra cheese. Serve with salad or half sandwich.
3. Cold gazpacho – Dice a cucumber, small Roma tomato and celery stalk add to tomato juice garnish with lemon wedge, Add avocado to taste.
4. Restaurant food usually too much for one meal can be used to make or extend to a different soup.