

Easy and Delicious Recipes Made with the Help of Canned Soups!

Slow Cooker Bacon Potato Chowder

This bacon potato chowder is heavenly on a chilly autumn evening. You can serve it in a bread bowl if you're feeling adventurous!

Serves 6 | Prep. time 10 minutes | Cooking time 4 hours.

Ingredients

- 6 slices bacon, chopped
- 1 large onion, chopped
- 4 (10 $\frac{3}{4}$ -ounce) cans condensed cream of potato soup
- 3 cups milk
- 2 large white potatoes, peeled and diced
- $\frac{1}{2}$ cup sour cream
- 2 cups shredded cheddar cheese, divided
- $\frac{1}{2}$ cup fresh chives, chopped
- Black pepper

Directions

1. In a 6-quart slow cooker, combine the bacon, onion, potato soup, milk, and potatoes.
2. Cover and cook for 4 hours on HIGH.
3. Stir in the sour cream and half the cheese until it melts.
4. Garnish with the remaining cheddar, chives, and black pepper.

Nutrition per serving

Calories 533, fat 25 g, carbs 51 g,
Protein 25 g, sodium 2238 mg

Tuscan Chicken Skillet

The sun of Tuscany shines through in this quick and easy skillet recipe with some Italian seasoning, sun-dried tomatoes, artichokes, and baby spinach in a creamy sauce.

Serves 4 | Prep. time 10 mins | Cooking time 25-30 minutes

Ingredients

- 2 tablespoons olive oil, more if needed
- 4 boneless chicken breasts, sliced into large strips
- Salt and pepper to taste
- 2 cloves garlic, minced
- 2 (10 ¾-ounce) can condensed cream of chicken soup
- 1 tablespoon Italian seasoning
- 1 tablespoon tomato paste
- 3 cups spinach
- 1 cup sundried tomatoes, drained and chopped
- 1 small jar marinated artichokes, drained and chopped
- Parmesan cheese for serving

Directions

1. In a large cast-iron or heavy-bottomed skillet warm the olive oil over medium heat.
2. Season the chicken generously with salt and pepper.
3. Cook the chicken for 4-5 minutes per side in the skillet or until cooked through. Transfer it to a plate.
4. Add the garlic to the skillet and sauté for 30 seconds. Add olive oil if needed.
5. Stir in the soups, bring it to a boil and let simmer for 5-6 minutes.
6. Add the chicken and its juices back to the pan and stir in the Italian seasoning and tomato paste. Stir to coat well. Add the spinach, sun-dried tomatoes, and artichokes, cover, and cook for 4-5 minutes or until the spinach are wilted and ingredients are warmed through.
7. Serve chicken immediately with a drizzle of sauce and vegetables. Serve with parmesan cheese on the side.

Nutrition per serving

Calories 456, fat 22 g, carbs 26 g,
Protein 36 g, sodium 878 mg

Meatballs and Gravy Dinner

Meatballs are an integral part of a healthy and flavorsome menu, so why not use them to make a complete dinner meal using our favorite recipe?

Serves 6 | Prep. time 10 minutes | Cooking time 45 minutes

Ingredients

Meatballs

- 2 pounds ground beef
- 1 small onion, minced
- 1 egg
- Salt and pepper to taste

Gravy

- 2 tablespoons butter
- 3 tablespoons flour
- 2 (10 ¾-ounce) cans consommé
- ⅔ cup heavy cream
- Black pepper, to taste

Mashed Potatoes

- 6 large potatoes, peeled and diced
- ¼ cup butter
- ¼ cup cream cheese
- ½ cup buttermilk
- 2 teaspoons salt
- ½ teaspoon black pepper

Directions

1. Preheat the oven to 350°F (177°C) and cover a baking sheet with foil.
2. In a large bowl, gently combine the ground beef, onion, egg, and salt, and pepper. Form 1½-inch meatballs out of this mixture.
3. Spread the meatballs on the baking sheet and bake for 30 minutes.
4. Peel and dice the potatoes. Place them in a suitable pot and cover them with salted water. Bring to a boil, reduce the heat, and simmer until tender.
5. Meanwhile, place a large pot over medium heat. Melt the butter and whisk in the flour.
6. Gradually stir in the consommé and bring the mixture to a simmer.
7. When the potatoes are tender, drain them and mash with butter, cream cheese, buttermilk, salt, and pepper. Cover and set aside.
8. When the meatballs are cooked, allow them to drain on a paper towel for a minute or two.
9. Stir the cream into the consommé gravy and add the meatballs. Stir gently to coat and cook on low to heat through.
10. Serve warm with mashed potatoes.

Nutrition per serving

Calories 373, fat 11 g, carbs 25 g,
Protein 39 g, sodium 680 mg

Pulled Pork Sandwiches

Pulled pork sandwiches are everyone's favorite as the meat filling tends to be super juicy. Try this new spin on them using condensed French onion soup.

Serves 8 | Prep. time 10 minutes | Cooking time 8½ hours

Ingredients

- 4 pounds boneless pork shoulder roast
- Salt and pepper to taste
- 1 tablespoon vegetable oil
- 2 teaspoons garlic powder
- 1 (10 ¾-ounce) can condensed French onion soup
- 1 cup ketchup
- ¼ cup apple cider vinegar
- ¼ cup packed brown sugar
- 12–16 hamburger buns

Directions

1. Rub the pork with oil, salt, and black pepper and sear in a hot skillet to form a crust on all sides.
2. Place it in a slow cooker and add the garlic powder.
3. In a mixing bowl, combine the soup, ketchup, vinegar, and brown sugar. Pour the mixture over the pork.
4. Cover, and cook on LOW for 8 hours.
5. Shred with two forks and return the meat to the sauce.
6. Serve on hamburger buns.

Nutrition per serving

Calories 571, fat 34 g, carbs 33 g,
Protein 31 g, sodium 609 mg

Spicy Seafood Risotto

Spicy seafood risotto is just the thing for a chilly weeknight dinner. This one cooks up quickly and every seafood lover will ask for it again!

Serves 4 | Prep. time 10 minutes | Cooking time 34 minutes

Ingredients

- 1 tablespoon vegetable oil
- 1 small white onion, sliced
- 1 jalapeno pepper, cored, seeded, and minced
- 3 cloves garlic, crushed and minced
- 10½ ounces fish pie or chowder mix
- 8 large prawns
- 1 (10 ¾-ounce) can condensed cream of tomato soup
- 1½ cups water
- 4 ounces paella rice
- 1 teaspoon red chili flakes
- 1 fish stock cube

Directions

1. In a large skillet over medium-high heat, warm the oil. Sauté the onion, jalapeno, and garlic for 5 minutes.
2. Stir in the prawns and fish mix and cook for 4 minutes.
3. Add the soup, water, rice, red chili flakes, and fish stock cube.
4. Stir gently and cook to a boil.
5. Cook the rice on a simmer for 20 minutes, loosely covered, stirring occasionally, and adding more water if necessary.

Nutrition per serving

Calories 372, fat 18 g, carbs 35 g,
Protein 18 g, sodium 668 mg

Cheesy Potatoes

For every potato lover, this cheesy potato recipe is a delight just waiting to happen! The condensed soup makes the potatoes so creamy.

Serves 6 | Prep. time 10 minutes | Cooking time 50 minutes

Ingredients

- 1 (10 ¾-ounce) can condensed cream of chicken soup
- 1½ cups sour cream
- 2 tablespoons ranch seasoning powder
- 2 cups shredded cheddar cheese
- 1 (2-pound) package diced hash brown potatoes, thawed
- 20 saltine crackers, crushed
- 2 tablespoons butter, melted

Directions

1. Preheat the oven to 350°F (177°C) and butter a 9x13 baking pan.
2. In a large mixing bowl, combine the soup, sour cream, seasoning, and cheddar.
3. Fold in the potatoes.
4. Spread this mixture in the prepared baking dish.
5. Mix the cracker crumbs with the butter and spread it over the potatoes.
6. Bake for 50 minutes.

Nutrition per serving

Calories 498, fat 32 g, carbs 34 g,
Protein 15 g, sodium 1434 mg

***These recipes and more can be found in Louise Davidson's *Cooking with Soup Cans: 101 Quick and Easy Soup Can Dinner and Casserole Recipes*. To get your copy, click on the cover or click [here](#).

