

5 Frugal Soups by Food Storage Moms

Chicken Noodle Soup

Ingredients:

2 cans of chicken (12.5 ounces each) drained or substitute 2 cups of cooked diced chicken

6 cups water

1/4 cup Better Than Bouillon Chicken Base or substitute equal amounts of water with chicken broth: [Better Than Bouillon Chicken Base 8 oz](#)

3/4 cup freeze-dried onions or 1 fresh onion chopped in bite size pieces

3/4 cup dry dehydrated carrots or 1-1/2 cups diced fresh carrots

3/4 cup dry freeze dried celery or 1-1/2 cups diced fresh celery

1 teaspoon dried parsley

1 teaspoon dried sweet basil

1 teaspoon pepper

salt to taste

1 package Grandma's frozen egg noodles (11 ounces) cooked and separated as directed or boil your pasta of choice

2 cans cream of chicken soup undiluted (optional)

Instructions:

Combine all ingredients in a slow cooker, BUT add the Grandma's Noodles the last two hours or they will be mushy. Enjoy!

Mexican Chicken Soup

Ingredients:

4 raw chicken breasts, cut into bite-size pieces or 2 cups freeze-dried chicken or 2 cans: 12.5 ounces cooked chicken [6 - 12.5oz Cans Premium Chunk Chicken Breast Packed in Water Kirkland](#)

2 cups canned tomatoes with juice

1 clove garlic, chopped or 1 teaspoon dehydrated garlic

1/2 chopped onion or 1/4 cup freeze-dried onions

1-4ounce can green chilies

2 cups canned pinto beans or garbanzo beans

Enough water to cover all the ingredients in the slow cooker or pan on the stove

Instructions:

Combine all the ingredients and cover completely with water and set on low for about 8 hours or until done. Serve as a soup or drain the liquid and scoop into tortillas. Serve with shredded cheese and a dollop of sour cream.

Albondigas Soup

Ingredients:

2-14.5 ounce cans of diced tomatoes, do not drain
2-14.5 ounce cans of chicken broth
3 cups water
1 peeled and chopped onion
1 carrot sliced into bite size pieces
2 tablespoons olive oil
1 teaspoon cumin
1 teaspoon chili powder
2 cloves garlic peeled and chopped
dash of cayenne pepper
30-40 pre-cooked 1-1/2-inch meatballs (I buy them frozen from Costco)
salt and pepper to taste

Instructions:

Combine all the ingredients except the meatballs and cook in a slow cooker for about 4 hours on low. You will add the meatballs half-way through the cooking time. Cook on low for about 8 hours total. Serve with a dollop of sour cream. Enjoy.

Potato Soup by Food Storage Moms

Ingredients and instructions:

Saute:

1-1/2 cups diced onion or 1/2 cup freeze-dried onions

1 cup bite-size pieces of celery or 1/2 cup freeze-dried celery

4 tablespoons butter

Add:

4 cups cubed or sliced raw potatoes or equal amount of reconstituted dehydrated potatoes. This is one of my favorites: [Augason Farms® Dehydrated Potato Slices - 10 Lb. Pail](#) Cook until the potatoes are tender.

Grab a large size pan and melt 3/4 cup butter and add 3/4 cup flour to make a white sauce, quickly whisk. When it is all creamy, slowly add 1-1/2 cup cream plus 3 to 3 -/2 cups milk. Stir constantly and use a whisk to keep from getting lumps. I get lumps too sometimes. No worries, bring out the hand mixer to make it smooth. Combine the other ingredients and you have a fabulous potato soup. Here's where it gets fun, you can add vegetables like corn, peas, broccoli or cheese. This is a great base soup to serve a lot of people. Serve with grated cheese on top.

Clam Chowder

Saute and simmer the following ingredients:

1 cup chopped onions or 1/2 cup freeze-dried chopped onions

1 cup chopped celery or 1/2 cup freeze-dried chopped celery

2 cups cubed raw potatoes or equal amount reconstituted cubed dehydrated potatoes

Juice from 2 cans of clams

1 teaspoon sugar

1-1/2 teaspoon salt and pepper to taste

2 tablespoon red wine vinegar

Grab a large size pan and melt 3/4 cup butter and add 3/4 cup flour to make a white sauce, quickly whisk. When it is all creamy, slowly add 1-1/2 cup cream plus 3 to 3 1/2 cups milk. Stir constantly and use a whisk to keep from getting lumps. I get lumps too sometimes. No worries, bring out the hand mixer to make it smooth. Combine the other ingredients and you have a fabulous clam chowder. Sprinkle a little-grated cheese on each bowl with a few bacon bits.