

STEAMY GOOD WINTRY MUSHROOM SOUP



TOTAL TIME: 20 min



MAKES: 4 cups
(4 servings)



COST PER SERVING:
\$2.14 CA/\$1.82 US

RECIPE TIP

Save prep time and buy a package of pre-sliced mushrooms. Or, mix and match—choose your favourite kinds for a medley of flavour. You'll need a generous ½ lb (225 g) whole mushrooms.

1 pkg **Wintry Mushroom Soup Mix**

3½ cups milk, your choice

3 cups sliced mushrooms, such as cremini

2 tbsp butter or olive oil

1. In a large bowl, whisk together seasoning with milk; set aside.
2. Place mushrooms and butter in a **Round Steamer**. Cover; microwave on high until mushrooms start to release juices and are tender with a bite, about 5 min, stirring halfway through.
3. Stir in reserved seasoning mixture. Microwave on high, uncovered, for 15 min, stirring every 5 min until soup is bubbly and has thickened slightly.

Per serving (about 1 cup): Calories 210, Fat 10 g (Saturated 6 g, Trans 0.3 g), Cholesterol 30 mg, Sodium 340 mg, Carbohydrate 19 g (Fibre 1 g, Sugars 1 g), Protein 10 g .

STEAMER THAI COCONUT SOUP



TOTAL TIME: 20 min



MAKES: 6 cups
(4 servings)



COST PER SERVING:
\$3.18 CA/\$2.70 US

RECIPE TIP

Swap tofu with cooked chicken or shrimp.

MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup sliced vegetables and 1 small wholegrain bun.

1 sweet potato

1 pkg **Thai Coconut Soup Seasoning**

1 can (14 oz/ 398ml) coconut milk

2 cups hot water

2 heads baby bok choy

1 block (454 g) medium-firm tofu

1 cup sliced mushrooms

½ lime, juiced (optional)

1. Dice potato into small cubes; you should have about 2 cups. Place in a **Round Steamer**. Cover; microwave on high until tender, 4–6 min.
2. Meanwhile, in a large measuring cup, combine seasoning with coconut milk and hot water. Coarsely chop bok choy, you should have about 2 cups. Drain tofu, measure out 1½ cups. Save remainder for use at a later date.
3. When potatoes are tender, pour coconut milk mixture into steamer. Cover; microwave on high until hot, about 4–6 min. Stir halfway through cooking.
4. Carefully stir in bok choy, tofu, and mushrooms. Cover; microwave on high until bok choy and mushrooms are tender, about 4 min. Squeeze in lime juice, if desired.

RECIPE TIP: For a protein boost, add leftover tofu to your morning smoothie—you won't even taste it!

Per serving (about 1½ cups): Calories 340, Fat 19 g (Saturated 13 g, Trans 0 g), Cholesterol 0 mg, Sodium 340 mg, Carbohydrate 30 g (Fibre 6 g, Sugars 10 g), Protein 16 g

ROTISSERIE CHICKEN



TOTAL TIME: 25 min



MAKES: 8 servings



COST PER SERVING:
\$2.29 CA/\$1.95 US

RECIPE TIP

Cook once, eat twice. Use up leftovers to make nourish bowls or add to soup or pasta.

MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup steamed veggies and 1 cup rice or 1 wholegrain roll.

Have some rice or bread on hand for all the saucy bits that collect in the bottom. Keep an instant read thermometer handy—microwave times and wattage may differ.

3 lbs (1.36 kg) whole chicken

1 pkg **Rotisserie Chicken Seasoning**

1. Place chicken in **Round Steamer**, breast-side down. Shake on half the seasoning and rub over meat. Turn chicken over, breast side up, and rub remaining seasoning all over to evenly coat.
2. Cover; microwave on high for 20 min. Or, roast in preheated 400° F oven for 65–70 min.
3. To test for doneness, insert an instant read thermometer into thickest part of the meat (all the way to the middle, not touching any bone). It should register at 180° F.

RECIPE TIP: Keep it juicy! Let chicken stand 8–10 min before cutting. This allows time for the juices to redistribute back through the meat.

Per serving: Calories 210, Fat 12 g (Saturated 3.5 g, Trans 0 g), Cholesterol 65 mg, Sodium 240 mg, Carbohydrate 2 g (Fibre 0 g, Sugars 0 g), Protein 21 g

STEAMER ROTISSERIE CHICKEN 'N VEGGIE SOUP



TOTAL TIME: 20 min



MAKES: 8 cups
(4 servings)



COST PER SERVING:
\$3.10 CA/\$2.64 US

RECIPE TIP

Add a splash of cream for a full-bodied soup.

MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 small wholegrain roll.

Soup is a souper way to use up leftover cooked chicken. This is a versatile recipe—use your favourite frozen veggies or swap in fresh seasonal favourites.

1 can (14 oz/398 ml) unsalted diced tomatoes

½ pkg **Rotisserie Chicken Seasoning**

6 cups water or your choice of broth

4 cups mixed frozen vegetables

2 cups shredded cooked **Rotisserie Chicken**

Topping suggestions (optional):

Chopped fresh herbs or grated Parmesan cheese

1. In **Round Steamer**, combine diced tomatoes, seasoning, and water. Cover; microwave on high until hot, 6–8 min. Stir halfway through cooking.
2. Stir in veggies and chicken. Cover; microwave on high until veggies are tender, about 3 min.
3. Ladle into bowls; add toppings, if desired.

Per serving (2 cups): Calories 310, Fat 10 g (Saturated 25 g, Trans 0 g), Cholesterol 50 mg, Sodium 460 mg, Carbohydrate 32 g (Fibre 9 g, Sugars 4 g), Protein 24 g