

One Pot Creamy Pierogi Soup

Recipe makes 6 meals

Ingredients

- 26 oz bag Mrs. T's Classic Cheddar Mini Pierogies, frozen
- 14 oz can Sliced Carrots, drained
- 13 oz Hillshire Farm Turkey Polska Kielbasa, chopped
- 1 small Yellow Onion, chopped
- 1/2 small Cabbage Head, chopped
- 4 cups Chicken Broth
- 2 cups Fat Free Fairlife Milk
- 1/2 cup Grated Parmesan
- 2 Tbsp Instant Mashed Potatoes
- 1 Tbsp Butter
- 1 Tbsp Garlic Powder
- 1/2 Tbsp Italian Seasoning
- 1 tsp Paprika
- 1/4 tsp Crushed Pepper Flakes
- Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 435
Fat - 15g
Carbohydrates - 49g
Protein - 25g
***Fiber - 6g**

Estimated Cost
Per Meal

\$2.34

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Instructions

- 1. Start by heating a large pot over medium-high heat and melt in 1 Tbsp of butter.**
- 2. Once your butter is melted, add in your chopped kielbasa and chopped onion. Cook until your onions are translucent, stirring occasionally (about 5 minutes).**
- 3. Next, add in 4 cups of chicken broth, 1 Tbsp garlic powder, 1/2 Tbsp Italian seasoning, 1 tsp paprika, and 1/4 tsp crushed pepper flakes. Mix well and bring to a boil. Once your broth starts to boil, reduce the heat to low, cover, and let simmer for 10 minutes.**
- 4. After 10 minutes, remove the lid, and add in 2 cups of milk, your frozen pierogies, chopped cabbage, and sliced carrots. Turn the heat back up to medium-high and bring to a boil, stirring occasionally.**
- 5. Once your soup starts to boil, remove the pot from the heat and add in 1/2 cup grated parmesan and 2 Tbsp instant mashed potatoes and mix well.**
- 6. When everything is done, give it a taste, and add salt and pepper to preference.**
- 7. Portion out into your meal containers and enjoy!**



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Notes

- **The cabbage and carrots in this dish can be swapped out for whatever veggies you prefer. I recommend using frozen or canned veggies, because fresh veggies will increase the amount of time your soup needs to cook.**
- **The instant mashed potatoes in this recipe is just to help thicken the soup, while also adding some extra flavor. If you don't have access to instant mashed potatoes, you can always use a little corn starch to thicken the soup. You'll just need to make a slurry before adding it into the soup so that it doesn't clump up.**
- **For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.**
- **If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.**



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