

[WEIGHT WATCHERS SOUP RECIPE](#)



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Weight Watchers Taco Soup Real Housemoms

Having a simple, go-to soup recipe, like this Weight Watchers Taco Soup is a great way to set yourself up for success. Loaded with beans, lean ground turkey and tons of flavor, this simple soup recipe is just 1-point per serving on the new Weight Watchers Freestyle program. It's fantastic for dinner after a long day, and great to divide up into individual servings a take to work for an easy, filling lunch.

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Fresh Vegetable Soup Recipes WW USA Weight Watchers

Put garlic, vegetables, thyme and broth into a large soup pot. Cover and bring to a boil over high heat; reduce heat to low and simmer, partly covered, about 10 minutes. Cover and bring to a boil over high heat; reduce heat to low and simmer, partly covered, about 10 minutes.

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7 Delicious Weight Watchers Soup Recipes skinnymys com

These soups will warm you up from the inside and keep you feeling full. In fact, we think they're so tasty that you don't even have to be on the program to enjoy them.

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Slow Cooker Lentil Soup Recipes WW USA Weight Watchers

To thicken soup, remove 1 cup of cooked lentils and puree in food processor; stir back into soup. For a lighter flavor, replace 4 cups of chicken broth with 4 cups of water. To make this vegetarian, substitute a cup of sliced shiitake mushroom caps for the Canadian bacon and use vegetable broth (could affect SmartPoints value). For additional flavor, top each serving with a splash of white wine vinegar.

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