



SOUPS

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Manhattan-Style Fish Chowder

8 servings

30 minutes

Ingredients

- 3 1/2 cups Vegetable Broth (divided)
- 1 White Onion (large, diced)
- 1 stalk Celery (diced)
- 1 Carrot (medium, diced)
- 1 tsp Thyme (fresh, plus more for optional garnish)
- 1 cup White Cooking Wine
- 1 tbsp Tapioca Flour
- 3 cups Diced Tomatoes
- 2 cups Mini Potatoes (quartered)
- 3 Haddock Fillet (cubed)
- Sea Salt & Black Pepper (to taste)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 139 |
| Fat | 0g |
| Saturated | 0g |
| Polyunsaturated | 0g |
| Monounsaturated | 0g |
| Carbs | 14g |
| Fiber | 2g |
| Sugar | 4g |
| Protein | 14g |
| Cholesterol | 39mg |
| Sodium | 658mg |
| Potassium | 443mg |
| Vitamin A | 1948IU |
| Vitamin C | 19mg |
| Calcium | 39mg |
| Iron | 1mg |

Directions

- 1 Heat a few tablespoons of the broth in a pot over medium-high heat. Cook the onion, celery, carrot, and thyme until soft, about five to eight minutes. Add a splash of water as needed to prevent sticking.
- 2 Meanwhile, whisk together the white wine and tapioca flour in a small bowl to create a slurry. Add the slurry to the veggies and stir well.
- 3 Add the diced tomatoes, potatoes, and remaining broth. Bring to a boil, then lower to a simmer for 10 minutes, or until the potatoes are tender.
- 4 Add the haddock and cook for an additional 10 minutes. Season with salt and black pepper to taste. Divide into bowls, garnish with more thyme (optional) and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups of chowder.

More Flavor: Add bay leaves, bacon and/or sausage. Sauté the veggies with oil instead of broth.

Serve it With: Crackers or crusty bread.

No Haddock: Use tilapia or cod instead.

Haddock Fillet: Each haddock fillet is equal to 150 grams or 5.3 ounces.



| | |
|-----------|------|
| Vitamin D | 13IU |
| Vitamin E | 0mg |
| Vitamin K | 4µg |



Roasted Carrot White Bean & Tahini Soup

4 servings

1 hour

Ingredients

- 18 Carrot (medium, peeled and roughly chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (medium, diced)
- 3 stalks Celery (chopped)
- 4 Garlic (cloves, minced)
- 4 cups Vegetable Broth
- 2 cups White Navy Beans (cooked, drained and rinsed)
- 1 tsp Turmeric
- 1/4 cup Tahini
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

| Amount per serving | |
|--------------------|---------|
| Calories | 423 |
| Fat | 16g |
| Saturated | 2g |
| Polyunsaturated | 5g |
| Monounsaturated | 8g |
| Carbs | 61g |
| Fiber | 20g |
| Sugar | 17g |
| Protein | 14g |
| Cholesterol | 0mg |
| Sodium | 887mg |
| Potassium | 1488mg |
| Vitamin A | 46529IU |
| Vitamin C | 22mg |
| Calcium | 253mg |

Directions

- 1 Preheat your oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the chopped carrots with half of the olive oil. Spread them over the baking sheet and roast for 40 minutes, tossing halfway through cooking.
- 3 In a large pot, heat the rest of the olive oil. Add the onion and celery, cook for 7-10 minutes or until softened. Then add the garlic and cook for 2 to 3 more minutes.
- 4 Add the roasted carrots, vegetable broth, white beans, turmeric, and tahini into the pot. Use an immersion blender to puree until completely smooth. Add lemon juice and salt and pepper to taste.
- 5 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 4 days, or freeze up to 6 months.

Serving Size: One serving is approximately 2 cups.

No Immersion Blender: Use a regular blender instead, ensuring there is a place in the lid for the steam to escape.

Carrot Tip: If using different sized carrots, aim for about 0.5 lb. of carrots per serving.

No Carrots: Use sweet potato instead.

Add Toppings: Greek yogurt, avocado, roasted vegetables, pumpkin seeds, sesame seeds, hemp seeds, cinnamon or extra turmeric.



| | |
|-----------|------|
| Iron | 6mg |
| Vitamin D | 0IU |
| Vitamin E | 3mg |
| Vitamin K | 51µg |



Cozy Slow Cooker Split Pea & Kale Stew

6 servings

8 hours

Ingredients

- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 2 Carrot (medium, diced)
- 2 stalks Celery (diced)
- 1 tbsp Dried Thyme
- 2 cups Yellow Split Peas (dry/uncooked)
- 8 cups Vegetable Broth
- 4 cups Kale Leaves (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 278 |
| Fat | 3g |
| Saturated | 0g |
| Polyunsaturated | 1g |
| Monounsaturated | 0g |
| Carbs | 48g |
| Fiber | 17g |
| Sugar | 6g |
| Protein | 17g |
| Cholesterol | 0mg |
| Sodium | 909mg |
| Potassium | 796mg |
| Vitamin A | 4948IU |
| Vitamin C | 18mg |
| Calcium | 105mg |
| Iron | 5mg |
| Vitamin D | 0IU |
| Vitamin E | 0mg |
| Vitamin K | 82µg |

Directions

- 1 In your slow cooker, add the onion, garlic, carrots, celery, thyme and dried split peas. Pour the broth over all ingredients and cook on low for 8 hours. Stir every few hours to prevent the split peas from sticking to the bottom.
- 2 In the last 30 minutes of cooking, add chopped kale. Once the kale is wilted, season to taste with salt and pepper. Enjoy!

Notes

- Leftovers:** Store in the fridge up to 4 days or freeze.
- Serving Size:** One serving is roughly 1 1/2 to 2 cups.



Slow Cooker Beef Stew

6 servings

4 hours

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 lbs Stewing Beef (sliced into bite-size pieces)
- 1/4 cup Red Wine Vinegar
- 2 cups Baby Carrots
- 1 Sweet Onion (diced)
- 2 1/2 cups Mushrooms (sliced)
- 1 cup Beef Broth
- 1/2 tsp Dried Thyme
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/4 cup Brown Rice Flour

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 311 |
| Fat | 12g |
| Saturated | 4g |
| Polyunsaturated | 1g |
| Monounsaturated | 7g |
| Carbs | 16g |
| Fiber | 3g |
| Sugar | 6g |
| Protein | 35g |
| Cholesterol | 95mg |
| Sodium | 645mg |
| Potassium | 789mg |
| Vitamin A | 7681IU |
| Vitamin C | 8mg |
| Calcium | 64mg |
| Iron | 4mg |

Directions

- 1 Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
- 2 Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
- 3 Ladle into bowls and enjoy!

Notes

Leftovers: Store in the fridge up to 3 days or freeze.

More Carbs: Serve it with roasted potatoes, rice or quinoa.

Add Greens: Stir in chopped kale or baby spinach just before serving.



| | |
|-----------|-----|
| Vitamin D | 9IU |
| Vitamin E | 1mg |
| Vitamin K | 7µg |



Slow Cooker Burrito Soup

6 servings

4 hours

Ingredients

- 2 cups Black Beans (cooked, drained and rinsed)
- 3 cups Diced Tomatoes
- 1 Sweet Onion (diced)
- 1 cup Frozen Corn
- 1/2 Green Bell Pepper (diced)
- 2 Jalapeno Pepper (de-seeded and diced)
- 2 tbsps Chili Powder
- 2 tsps Cumin
- 1 tsp Oregano
- 1/2 tsp Black Pepper
- 2 tsps Sea Salt
- 1 cup Brown Rice (uncooked)
- 4 cups Water
- 4 cups Kale Leaves (chopped)
- 1 Avocado (peeled and diced)
- 1/4 cup Salsa

Directions

- 1 Add all ingredients except kale, avocado and salsa to slow cooker. Cover and cook on high for at least 4 hours. Cook up to 8 hours, depending on how thick you like your soup.
- 2 About 10 minutes before serving, remove the lid and set kale leaves on top. Cover with lid and let sit for 10 minutes.
- 3 After 10 minutes, stir to mix in kale evenly throughout. Ladle into bowls and top with a spoonful of salsa and avocado. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is roughly 2 cups.

Nutrition

| Amount per serving | |
|--------------------|-----|
| Calories | 330 |
| Fat | 7g |
| Saturated | 1g |
| Polyunsaturated | 1g |
| Monounsaturated | 4g |
| Carbs | 57g |
| Fiber | 13g |
| Sugar | 8g |
| Protein | 11g |



| | |
|-------------|--------|
| Cholesterol | 0mg |
| Sodium | 982mg |
| Potassium | 750mg |
| Vitamin A | 2222IU |
| Vitamin C | 46mg |
| Calcium | 130mg |
| Iron | 4mg |
| Vitamin D | 0IU |
| Vitamin E | 3mg |
| Vitamin K | 70µg |



Creamy Roasted Tomato Soup

4 servings

1 hour

Ingredients

- 7 Tomato (sliced into quarters)
- 2 Sweet Onion (coarsley chopped)
- 4 Garlic (cloves, peeled)
- 1 tbsp Extra Virgin Olive Oil
- 2 cups Vegetable Broth
- 1 tbsp Thyme
- 1 tsp Oregano
- 1/8 tsp Cayenne Pepper
- 1 tbsp Apple Cider Vinegar
- 1/2 cup Basil Leaves (chopped)
- 1 cup Unsweetened Almond Milk
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Baby Spinach (chopped)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 135 |
| Fat | 5g |
| Saturated | 1g |
| Polyunsaturated | 1g |
| Monounsaturated | 3g |
| Carbs | 22g |
| Fiber | 4g |
| Sugar | 9g |
| Protein | 5g |
| Cholesterol | 0mg |
| Sodium | 466mg |
| Potassium | 698mg |
| Vitamin A | 3983IU |
| Vitamin C | 43mg |
| Calcium | 184mg |

Directions

- 1 Preheat the oven to 410°F (210°C). Toss your tomatoes, onion and garlic cloves in olive oil and season with sea salt and pepper. Place on large parchment-lined baking sheet and bake for 40 to 50 minutes.
- 2 In the mean time, add your vegetable broth, thyme, oregano, cayenne pepper, basil leaves and apple cider vinegar to a large stock pot. When your veggies are done roasting also add them to your stock pot. Stir in almond milk.
- 3 Transfer mixture to blender and blend in batches until pureed. Ensure you leave a place for the steam to escape to avoid the lid bursting off during blending.
- 4 Transfer pureed soup back to stock pot and warm through over low heat. Serve topped with chopped spinach and a slice of bread for dipping.

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.



| | |
|-----------|------|
| Iron | 2mg |
| Vitamin D | 25IU |
| Vitamin E | 1mg |
| Vitamin K | 45µg |



Roasted Red Pepper & Tomato Lentil Soup

5 servings

45 minutes

Ingredients

- 2 Tomato (cut in half)
- 3 Red Bell Pepper (halved and seeds removed)
- 1 Sweet Onion (coarsley chopped)
- 3 Garlic (cloves)
- 1 tbsp Extra Virgin Olive Oil
- 1 cup Dry Red Lentils (uncooked)
- 3 cups Water
- 3 cups Vegetable Broth
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tsp Oregano
- 1/4 cup Cashews (raw, unsalted)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 273 |
| Fat | 7g |
| Saturated | 1g |
| Polyunsaturated | 1g |
| Monounsaturated | 4g |
| Carbs | 42g |
| Fiber | 9g |
| Sugar | 8g |
| Protein | 14g |
| Cholesterol | 0mg |
| Sodium | 896mg |
| Potassium | 817mg |
| Vitamin A | 3221IU |
| Vitamin C | 103mg |
| Calcium | 58mg |

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the tomatoes, red peppers, onion and garlic in olive oil and place on the baking sheet. Place in the oven and bake for 30 minutes. After 30 minutes, turn the oven to broil and bake for another 5 minutes.
- 2 Meanwhile, add lentils and water to a stockpot. Bring to a boil. Reduce heat to medium-low and simmer uncovered for 15 to 20 minutes or until tender. Stir in vegetable broth, sea salt, black pepper and oregano in with the lentils and mix well.
- 3 Remove vegetables from oven. Let cool slightly. Peel away the skin from the red pepper and discard. Place vegetables in pot with your lentils.
- 4 Add your cashews to the bottom of your blender. Pour in contents of your stock pot. Ensure there is somewhere for the steam to escape. Blend into a puree.
- 5 Ladle into bowls. Drizzle with a splash of olive oil and red chilli flakes. Enjoy!

Notes

Add Some Greens: Top with chopped baby spinach.



| | |
|-----------|------|
| Iron | 5mg |
| Vitamin D | 0IU |
| Vitamin E | 2mg |
| Vitamin K | 10µg |



Slow Cooker Cabbage Roll Soup

6 servings

4 hours

Ingredients

- 1 head Cauliflower (processed into rice)
- 4 cups Green Cabbage (roughly chopped)
- 1 Yellow Onion (diced)
- 4 Garlic (cloves, minced)
- 3 cups Crushed Tomatoes
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- 1/2 tsp Red Pepper Flakes (optional)
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 cup Water
- 1 lb Extra Lean Ground Turkey (or chicken)
- 4 cups Baby Spinach (optional)
- 1/3 cup Parsley (chopped, optional)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 249 |
| Fat | 12g |
| Saturated | 2g |
| Polyunsaturated | 3g |
| Monounsaturated | 6g |
| Carbs | 21g |
| Fiber | 7g |
| Sugar | 11g |
| Protein | 20g |
| Cholesterol | 56mg |
| Sodium | 730mg |

Directions

- 1 Use a food processor to pulse your cauliflower into rice.
- 2 Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on low for 7 to 8 hours or on high for 4 hours (or until meat is fully cooked through).
- 3 Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley. Enjoy!

Notes

Leftovers: Refrigerate in an air-tight container up to 5 days, or freeze up to a year.

Serving Size: One serving is roughly 2 cups of soup.

No Ground Turkey: Use any type of ground meat.

Vegan & Vegetarians: Replace the meat with 1 can of lentils, chickpeas or kidney beans.



| | |
|-----------|--------|
| Potassium | 1084mg |
| Vitamin A | 2599IU |
| Vitamin C | 91mg |
| Calcium | 143mg |
| Iron | 5mg |
| Vitamin D | 11IU |
| Vitamin E | 3mg |
| Vitamin K | 222µg |



Slow Cooker Black Bean Soup

6 servings

4 hours

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (finely diced)
- 2 stalks Celery (diced)
- 1 Carrot (large, chopped)
- 6 Garlic (cloves, minced)
- 1 tbsp Cumin
- 1/2 tsp Cayenne Pepper
- 6 cups Black Beans (cooked, drained and rinsed)
- 3 cups Diced Tomatoes
- 2 cups Water
- 2 Lime (juiced)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 318 |
| Fat | 6g |
| Saturated | 1g |
| Polyunsaturated | 1g |
| Monounsaturated | 4g |
| Carbs | 51g |
| Fiber | 17g |
| Sugar | 6g |
| Protein | 17g |
| Cholesterol | 0mg |
| Sodium | 45mg |
| Potassium | 756mg |
| Vitamin A | 2352IU |
| Vitamin C | 19mg |
| Calcium | 108mg |
| Iron | 6mg |

Directions

- 1 Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
- 2 Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to two months.

Serving Size: One serving equals approximately 1.5 cups.

Toppings: Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

Stove Top: If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.



| | |
|-----------|------|
| Vitamin D | 0IU |
| Vitamin E | 2mg |
| Vitamin K | 14µg |



Chicken Curry Noodle Soup

2 servings

25 minutes

Ingredients

- 3 1/4 ozs Pho Noodles
- 1 tbsp Coconut Oil
- 1 tbsp Ginger (peeled and grated)
- 4 Garlic (cloves, minced)
- 1 Red Bell Pepper (sliced)
- 4 ozs Chicken Thighs (skinless, boneless)
- 1/4 cup Yellow Curry Paste
- 1 cup Canned Coconut Milk (full fat)
- 3 cups Chicken Broth
- Sea Salt & Black Pepper (to taste)
- 1/2 Lime (juiced)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 603 |
| Fat | 31g |
| Saturated | 26g |
| Polyunsaturated | 1g |
| Monounsaturated | 1g |
| Carbs | 59g |
| Fiber | 1g |
| Sugar | 8g |
| Protein | 19g |
| Cholesterol | 61mg |
| Sodium | 3864mg |
| Potassium | 561mg |
| Vitamin A | 1890IU |
| Vitamin C | 81mg |
| Calcium | 41mg |
| Iron | 1mg |

Directions

- 1 Bring a pot of water to a boil and cook noodles according to instructions on package. Drain, rinse under cold water and set aside.
- 2 Heat coconut oil in a saucepan over medium-high heat. Cook ginger and garlic until fragrant, about 1-2 minutes. Add bell pepper slices and chicken, and cook for about 3-5 minutes each side.
- 3 Add curry paste, coconut milk and broth. Scrape any bits at the bottom of the pan. Bring to a simmer and cook for an additional 10 to 15 minutes, or until chicken is cooked through.
- 4 Season with salt and pepper to taste. Divide noodles and curry soup into bowls. Squeeze lime juice ovetop and enjoy!

Notes

No Curry Paste: Use your desired amount of curry powder instead.

Leftovers: Refrigerate in an airtight container up to 3 days or freeze.

No Chicken Broth: Use vegetable or beef broth instead.

Vegan & Vegetarian: Use vegetable broth instead of chicken broth. Use cooked chickpeas instead of chicken thighs.



| | |
|-----------|-----|
| Vitamin D | 1IU |
| Vitamin E | 1mg |
| Vitamin K | 5µg |



Slow Cooker Sausage & Kale Soup

8 servings

4 hours

Ingredients

- 12 ozs Pork Sausage (cut into chunks)
- 1 Yellow Onion (medium, diced)
- 2 Carrot (medium, diced)
- 2 stalks Celery (diced)
- 8 cups Kale Leaves (chopped)
- 8 cups Water (or broth)
- 2 tsps Sea Salt
- 3/4 cup Brown Rice (dry, uncooked)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 220 |
| Fat | 13g |
| Saturated | 4g |
| Polyunsaturated | 2g |
| Monounsaturated | 5g |
| Carbs | 18g |
| Fiber | 2g |
| Sugar | 2g |
| Protein | 7g |
| Cholesterol | 25mg |
| Sodium | 1013mg |
| Potassium | 287mg |
| Vitamin A | 3635IU |
| Vitamin C | 21mg |
| Calcium | 98mg |
| Iron | 1mg |
| Vitamin D | 19IU |
| Vitamin E | 0mg |
| Vitamin K | 87µg |

Directions

- 1 Add all ingredients to the slow cooker and cook on high for at least 4 hours, or on low for 8 to 12 hours.
- 2 Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 3 days, or freeze if longer.

Serving Size: One serving is roughly 1 1/2 cups of soup.

No Brown Rice: Use quinoa instead.



Moroccan Chicken Stew

4 servings

30 minutes

Ingredients

- 1/4 cup Coconut Oil
- 10 ozs Chicken Breast (skinless, boneless, diced into chunks)
- 2 Yellow Onion (medium, diced)
- 1 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsps Sea Salt
- 3 Tomato (large, diced)
- 1/2 cup Parsley (finely chopped and divided)
- 2 tbsps Raw Honey
- 1/3 cup Raisins

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 320 |
| Fat | 16g |
| Saturated | 12g |
| Polyunsaturated | 1g |
| Monounsaturated | 1g |
| Carbs | 29g |
| Fiber | 4g |
| Sugar | 22g |
| Protein | 18g |
| Cholesterol | 52mg |
| Sodium | 962mg |
| Potassium | 659mg |
| Vitamin A | 1955IU |
| Vitamin C | 24mg |

Directions

- 1 Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
- 2 Stir in tomatoes, half the parsley, honey and raisins. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
- 3 Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

Notes

Serve it With: Crusty bread, brown or white rice, quinoa, brown rice tortillas, roasted squash, sweet potato, or our Paleo Tabbouleh recipe.

Storage: Refrigerate in an airtight container up to 3 days, or freeze if longer.

Make it Vegan or Vegetarian: Use chickpeas instead of chicken and maple syrup instead of honey.



| | |
|-----------|-------|
| Calcium | 53mg |
| Iron | 4mg |
| Vitamin D | 1IU |
| Vitamin E | 1mg |
| Vitamin K | 125µg |



Beef & Bean Minestrone

6 servings

1 hour 15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Beef
- 1 Yellow Onion (medium, finely chopped)
- 2 Carrot (medium, chopped)
- 2 stalks Celery (finely chopped)
- 4 Garlic (cloves, minced)
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Sea Salt
- 1/4 cup Tomato Paste
- 4 cups Beef Broth
- 3 1/2 cups Diced Tomatoes (from the can)
- 2 cups Mixed Beans (cooked)
- 1 Bay Leaf
- 1 Zucchini (medium, chopped)
- 2 cups Baby Spinach

Nutrition

| Amount per serving | |
|--------------------|------|
| Calories | 237 |
| Fat | 7g |
| Saturated | 2g |
| Polyunsaturated | 1g |
| Monounsaturated | 3g |
| Carbs | 27g |
| Fiber | 7g |
| Sugar | 9g |
| Protein | 17g |
| Cholesterol | 25mg |

Directions

- 1 In a large pot, heat the oil over medium-high heat. Add ground beef to the pot. With a wooden spoon or spatula, break the beef into small pieces as it cooks. Stir until it is cooked through and no longer pink.
- 2 Add the onions, carrots, celery, garlic, Italian seasoning and salt. Cook until onions are just translucent, about 7 minutes. Add tomato paste and stir to incorporate.
- 3 Add the beef broth, diced tomatoes, mixed beans and bay leaf. Stir to incorporate then bring soup to a gentle boil.
- 4 Stir in the zucchini and the spinach. Reduce heat to a simmer and cook uncovered for about 40 minutes until vegetables are very tender and soup has reduced slightly.
- 5 Remove the bay leaf. Divide into bowls and enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days. Store in the freezer for longer.

Serving Size: One serving is roughly 1 1/2 cups.

No Ground Beef: Use ground turkey or ground chicken instead.

More Carbs: Stir in cooked pasta or noodles before serving.

Likes it Cheesy: Sprinkle with parmesan or nutritional yeast.



| | |
|-----------|--------|
| Sodium | 814mg |
| Potassium | 773mg |
| Vitamin A | 5211IU |
| Vitamin C | 28mg |
| Calcium | 95mg |
| Iron | 5mg |
| Vitamin D | 1IU |
| Vitamin E | 1mg |
| Vitamin K | 64µg |



Pressure Cooker Bone Broth

4 servings

3 hours

Ingredients

- 1 Whole Chicken Carcass
- 2 Carrot (medium, chopped)
- 1 Yellow Onion (chopped)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 5 cups Water

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 25 |
| Fat | 0g |
| Saturated | 0g |
| Polyunsaturated | 0g |
| Monounsaturated | 0g |
| Carbs | 6g |
| Fiber | 2g |
| Sugar | 4g |
| Protein | 1g |
| Cholesterol | 0mg |
| Sodium | 618mg |
| Potassium | 140mg |
| Vitamin A | 5095IU |
| Vitamin C | 2mg |
| Calcium | 50mg |
| Iron | 1mg |
| Vitamin D | 0IU |
| Vitamin E | 0mg |
| Vitamin K | 4µg |

Directions

- 1 Add the cooked chicken carcass/bones to the pressure cooker along with the carrots, onion, apple cider vinegar and sea salt.
- 2 Add the water to the pressure cooker. Lock the lid on and make sure the knob is set to the "sealing" position. Select the "manual" or "pressure cook" (on newer models) setting and set for two hours.
- 3 Once the two hours are up, allow the pressure to release naturally. Then open the lid carefully and strain the broth through a sieve or strainer. Discard the veggies and bones then transfer the broth into jars. Enjoy!

Notes

Chicken Carcass: One whole chicken carcass is equal to about 2 lbs. of bones.

Layer of Fat: A layer of fat may form on the top of the broth once it cools. You can keep it or skim it off once it has hardened.

Storage: Store broth in the fridge for up to 3 to 4 days or freeze until ready to use. For easy freezing, pour into an ice cube tray and freeze, then remove and place in a bag in the freezer.

No Onion: Omit or use celery for extra flavour instead.

Save Your Bones: Anytime you have extra bones from a meal, freeze them for when you are ready to make broth.

Use it With: You can use this broth in soups, stews, curries, quinoa or simply sip it on its own.



White Bean Chicken Chili

6 servings

40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Onion (medium, chopped)
- 1 Jalapeno Pepper (seeded and chopped)
- 1 Red Bell Pepper (chopped)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Cumin
- 1 tbsp Chili Powder
- 1/2 tsp Sea Salt
- 3 cups Chicken Broth (divided)
- 3 cups White Navy Beans (cooked and divided)
- 1 lb Chicken Thighs (boneless, skinless)
- 1/2 cup Frozen Corn
- 1/2 cup Cilantro (chopped)
- 1 Lime (sliced into wedges)

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 290 |
| Fat | 7g |
| Saturated | 1g |
| Polyunsaturated | 2g |
| Monounsaturated | 3g |
| Carbs | 34g |
| Fiber | 11g |
| Sugar | 5g |
| Protein | 25g |
| Cholesterol | 74mg |
| Sodium | 776mg |

Directions

- 1 Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
- 2 While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
- 3 Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked though.
- 4 Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
- 5 Divide the chili into bowls and serve with a lime wedge. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Additional Toppings: Corn chips, sour cream and/or shredded cheese.

No Chicken Thighs: Use chicken breast instead.

Vegetarian: Omit the chicken and use extra beans.

Serving Size: One serving is equal to approximately one cup of chili.

Save Time: Use cooked beans from the can.



| | |
|-----------|--------|
| Potassium | 760mg |
| Vitamin A | 1190IU |
| Vitamin C | 35mg |
| Calcium | 99mg |
| Iron | 4mg |
| Vitamin D | 1IU |
| Vitamin E | 2mg |
| Vitamin K | 11µg |



Thai Chicken & Mushroom Soup

2 servings

40 minutes

Ingredients

- 1 1/2 tsp Coconut Oil
- 1 Garlic (clove, minced)
- 1 tsp Ginger (minced)
- 3 cups Chicken Broth
- 1 tbsp Coconut Aminos
- 1/4 oz Lemongrass (peeled, chopped into large pieces)
- 8 ozs Chicken Breast (skinless, boneless, chopped into cubes)
- 1 1/2 cups Shiitake Mushrooms (sliced)
- 1 cup Canned Coconut Milk
- 1 tbsp Lime Juice
- 1/4 cup Thai Basil (chopped)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 478 |
| Fat | 29g |
| Saturated | 23g |
| Polyunsaturated | 1g |
| Monounsaturated | 1g |
| Carbs | 24g |
| Fiber | 2g |
| Sugar | 9g |
| Protein | 31g |
| Cholesterol | 90mg |
| Sodium | 1607mg |
| Potassium | 810mg |
| Vitamin A | 325IU |
| Vitamin C | 4mg |
| Calcium | 44mg |

Directions

- 1 In a pot over medium heat, add the coconut oil, garlic and ginger. Sauté for 1 minute. Then add the broth, coconut aminos and lemongrass. Bring to a simmer, reduce heat to medium-low and cook for 15 to 20 minutes.
- 2 Add the chicken and mushrooms and cook for 10 minutes or until the chicken is cooked through. Remove from heat. Remove the lemongrass stalks and discard. Add the coconut milk and lime juice. Stir to combine.
- 3 Divide into bowls and garnish with basil. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Add leafy greens such as spinach or kale.

No Lemongrass: Use extra lime juice instead.

No Coconut Aminos : Use tamari or soy sauce instead.

No Thai Basil: Use regular basil, cilantro or mint instead.



| | |
|-----------|------|
| Iron | 2mg |
| Vitamin D | 32IU |
| Vitamin E | 1mg |
| Vitamin K | 22µg |



Mushroom Miso Soup

2 servings

25 minutes

Ingredients

- 3 cups Water
- 1 cup Vegetable Broth
- 1 1/2 cups Shiitake Mushrooms (sliced)
- 6 ozs Tofu (drained, rinsed and cut into cubes)
- 1 tsp Ginger
- 1 tbsp Tamari
- 3 tbsps Miso Paste
- 2 cups Kale Leaves (roughly chopped)
- 2 stalks Green Onion (optional, sliced)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 199 |
| Fat | 7g |
| Saturated | 1g |
| Polyunsaturated | 2g |
| Monounsaturated | 1g |
| Carbs | 26g |
| Fiber | 6g |
| Sugar | 9g |
| Protein | 15g |
| Cholesterol | 0mg |
| Sodium | 2103mg |
| Potassium | 374mg |
| Vitamin A | 1754IU |
| Vitamin C | 22mg |
| Calcium | 343mg |
| Iron | 3mg |
| Vitamin D | 30IU |
| Vitamin E | 0mg |
| Vitamin K | 104µg |

Directions

- 1 Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
- 2 Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
- 3 In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
- 4 Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 cups.

More Flavor: Add sesame oil once finished cooking.

Additional Toppings: Add noodles, or some nori to the soup when finished cooking.

No Vegetable Broth: Use water instead and increase the amount of miso slightly for more flavor.

Miso Paste: This recipe was developed and tested using white miso.



Crispy Prosciutto & Leek Soup

4 servings

30 minutes

Ingredients

- 1/2 tsp Avocado Oil
- 2 Leeks (trimmed, roughly chopped)
- 1/2 Yellow Onion (chopped)
- 1/2 head Cauliflower (cut into florets)
- 4 cups Chicken Broth
- 1/2 tsp Sea Salt
- 4 ozs Prosciutto (sliced into small pieces)
- 1 1/4 cups Canned Coconut Milk (full fat)
- 1/4 cup Parsley (chopped)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 266 |
| Fat | 18g |
| Saturated | 14g |
| Polyunsaturated | 0g |
| Monounsaturated | 0g |
| Carbs | 15g |
| Fiber | 3g |
| Sugar | 6g |
| Protein | 12g |
| Cholesterol | 25mg |
| Sodium | 1796mg |
| Potassium | 499mg |
| Vitamin A | 1067IU |
| Vitamin C | 46mg |
| Calcium | 66mg |
| Iron | 3mg |
| Vitamin D | 0IU |
| Vitamin E | 1mg |

Directions

- 1 In a large pot or dutch oven, heat the avocado oil over medium heat. Once hot, add the leeks and onion and sauté for 4 to 5 minutes. Add the cauliflower, chicken broth and sea salt. Bring to a boil, then reduce heat and let simmer for 15 to 18 minutes.
- 2 Meanwhile, heat a large non-stick skillet over medium heat. Add the prosciutto and cook for 3 minutes per side or until crisp. Remove from the pan and set aside.
- 3 Add the coconut milk to the soup and stir to incorporate. Blend the soup with a stick blender or in a blender. Ladle into bowls and top with crispy prosciutto and parsley. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size: One serving is equal to approximately 1.5 cups of soup.

More Flavor: Add black pepper or your favorite herbs and spices to the soup.

No Prosciutto: Omit, or use crispy bacon instead.

Make it Vegan: Use vegetable broth and omit the prosciutto.



Vitamin K

95µg



Roasted Garlic & Asparagus Soup

4 servings

50 minutes

Ingredients

- 4 cups Asparagus (trimmed, cut in half)
- 10 Garlic (cloves, peeled and cut in half)
- 1/2 Yellow Onion (cut into thick slices)
- 1/4 head Cauliflower (cut into florets)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt (divided)
- 2 1/2 cups Vegetable Broth
- 2 cups Baby Spinach

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 93 |
| Fat | 4g |
| Saturated | 1g |
| Polyunsaturated | 0g |
| Monounsaturated | 2g |
| Carbs | 13g |
| Fiber | 4g |
| Sugar | 5g |
| Protein | 5g |
| Cholesterol | 0mg |
| Sodium | 731mg |
| Potassium | 541mg |
| Vitamin A | 2749IU |
| Vitamin C | 32mg |
| Calcium | 78mg |
| Iron | 4mg |
| Vitamin D | 0IU |
| Vitamin E | 2mg |
| Vitamin K | 137µg |

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Toss the asparagus, garlic, onion and cauliflower with the olive oil and arrange in an even layer on the baking sheet. Season the vegetables with half of the salt then bake for 35 to 40 minutes or until the vegetables have caramelized and the garlic is fork-tender. Flip everything halfway through to prevent burning.
- 3 When the vegetables are just about done, heat the vegetable broth in a pot on the stove to a simmer. Add the spinach to the broth and stir to allow it to wilt.
- 4 To make the soup, transfer the warmed broth and spinach, the roasted vegetables and the remaining salt to a blender. Blend until smooth and creamy, allowing space for the heat to escape. If the soup is too thick, add more broth until your desired consistency is reached.
- 5 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1 1/4 cups of soup.

More Flavor: Add fresh herbs or black pepper to the soup before blending.

Additional Toppings: Reserve a couple of spears of the roasted asparagus to chop and garnish the soup with.

No Spinach: Use kale instead.

No Blender: Use an immersion hand blender or food processor instead.



Tomato Chickpea Soup

4 servings

25 minutes

Ingredients

- 4 cups Vegetable Broth (divided)
- 1/2 Yellow Onion (finely chopped)
- 1 Carrot (small, peeled, finely chopped)
- 2 Garlic (large cloves, minced)
- 1 cup Chickpeas (cooked, rinsed)
- 3/4 cup Diced Tomatoes
- 1 tsp Italian Seasoning
- 1 tsp Sea Salt
- 1 cup Brown Rice Fusilli
- 1 cup Baby Spinach (chopped)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 209 |
| Fat | 2g |
| Saturated | 0g |
| Polyunsaturated | 1g |
| Monounsaturated | 1g |
| Carbs | 40g |
| Fiber | 6g |
| Sugar | 6g |
| Protein | 7g |
| Cholesterol | 0mg |
| Sodium | 1272mg |
| Potassium | 318mg |
| Vitamin A | 3976IU |
| Vitamin C | 9mg |
| Calcium | 55mg |
| Iron | 3mg |
| Vitamin D | 0IU |
| Vitamin E | 0mg |

Directions

- 1 Add a few splashes of the vegetable broth to a large pot. Bring to a gentle boil over medium heat then add the onion, carrot, and garlic. Cook for 3 to 5 minutes or until the onions have softened and the broth has mostly evaporated. Stir in the chickpeas, tomatoes, Italian seasoning, and salt. Continue to cook for 2 to 3 minutes more.
- 2 Transfer about half of the chickpea and vegetable mixture to a blender along with 1/3 of the remaining vegetable broth. Blend the chickpea and vegetable mixture with the broth until mostly smooth. Transfer it back to the pot, along with the remaining broth, and stir to combine.
- 3 Bring the soup to a gentle boil and stir in the pasta. Cook the pasta for about 7 minutes or until al dente.
- 4 Remove the soup from the heat and stir in the spinach until wilted. Season the soup with additional salt if needed. Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freezing leftovers is not recommended.

Serving Size: One serving is approximately 1 1/4 cups.

More Fat: Sauté the vegetables in extra virgin olive oil instead of the broth.

Additional Toppings: Fresh herbs, red pepper flakes, fresh ground pepper, nutritional yeast, extra virgin olive oil.

No Fusilli: Use another short-cut pasta.

No Canned Diced Tomatoes: Use fresh instead.



Vitamin K

41µg



Creamy Turmeric Pumpkin Soup

4 servings

1 hour 15 minutes

Ingredients

- 2 1/2 cups Pie Pumpkin
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 2 tsp Turmeric
- 1/2 tsp Sea Salt
- 1/2 tsp Cinnamon
- 2 1/2 cups Vegetable Broth (plus more if needed)
- 1/2 cup Canned Coconut Milk (full fat)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 187 |
| Fat | 16g |
| Saturated | 6g |
| Polyunsaturated | 1g |
| Monounsaturated | 7g |
| Carbs | 11g |
| Fiber | 2g |
| Sugar | 5g |
| Protein | 2g |
| Cholesterol | 0mg |
| Sodium | 714mg |
| Potassium | 397mg |
| Vitamin A | 6502IU |
| Vitamin C | 8mg |
| Calcium | 39mg |
| Iron | 3mg |
| Vitamin D | 0IU |
| Vitamin E | 2mg |
| Vitamin K | 8µg |

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cut the pumpkin in half and scoop out the seeds. Rub the inside and coat the edges with 1/3 of the oil. Place cut side down on the prepared baking sheet and roast for about 40 minutes or until the pumpkin is easily pierced with a fork. Remove from the oven and let cool slightly. Scoop the flesh of the pumpkin away from the skin, measure out the amount needed in cups, and set aside. Store any leftover pumpkin in the fridge or freezer.
- 3 Heat the remaining oil in a pot over medium heat. Add the onion and cook for 3 to 5 minutes until just softened. Add the garlic, turmeric, sea salt and cinnamon. Stir to combine and cook for another minute more. Add the vegetable broth and then stir in the roasted pumpkin.
- 4 Bring the soup to a gentle boil and then let simmer for 5 to 10 minutes to allow the flavors to come together. Stir in the coconut milk.
- 5 Transfer the soup to a blender and blend until smooth. Add more vegetable broth to the blender until desired consistency is reached. Season with additional salt if needed.
- 6 Divide soup between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 1 1/4 cups of soup.

Pumpkin: A 2 lb pie pumpkin yields approximately 2 1/2 cups.

More Flavor: Black pepper, fresh ginger or a drizzle of maple syrup or other liquid



sweetener.

Additional Toppings: Extra coconut milk or fresh herbs like cilantro.

No Olive Oil: Use butter, ghee or avocado oil instead.

No Pumpkin: Use a butternut squash instead.



Pressure Cooker Chicken & Bacon Soup

2 servings
30 minutes

Ingredients

- 2 slices Bacon (chopped)
- 1/2 Yellow Onion (chopped)
- 1 stalk Celery (chopped)
- 3/4 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 tsp Dried Chives
- 1/2 tsp Dried Parsley
- 2 cups Chicken Broth
- 10 1/2 ozs Chicken Thighs (boneless and skinless, trimmed)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 328 |
| Fat | 17g |
| Saturated | 5g |
| Polyunsaturated | 3g |
| Monounsaturated | 7g |
| Carbs | 6g |
| Fiber | 1g |
| Sugar | 4g |
| Protein | 36g |
| Cholesterol | 166mg |
| Sodium | 1297mg |
| Potassium | 583mg |
| Vitamin A | 155IU |
| Vitamin C | 1mg |
| Calcium | 45mg |
| Iron | 3mg |
| Vitamin D | 6IU |
| Vitamin E | 1mg |
| Vitamin K | 12µg |

Directions

- 1 Turn the pressure cooker to sauté mode. Add the bacon and cook for 3 to 4 minutes. Drain the fat, leaving a small amount.
- 2 Add the onions and celery to the bacon and cook for 3 to 5 minutes or until the onions start to soften. If the bacon starts sticking to the bottom of the pot, add a splash of the chicken broth. Stir in the garlic powder, onion powder, chives, and parsley. Cook for another minute. Add all of the chicken broth and stir to combine. Add the chicken and close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, release the pressure manually.
- 4 Remove the lid carefully and transfer the cooked chicken to a plate or bowl and use two forks to shred it. Transfer the shredded chicken back to the pot and stir to combine. Taste and season soup with salt if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of soup.

More Flavor: Add fresh garlic or dried dill.

No Boneless, Skinless Chicken Thighs: Use bone-in chicken thighs or chicken breast instead.

More Vegetables: Add spinach or kale.



Vegan Minestrone Soup

4 servings

1 hour

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (finely chopped)
- 1 Carrot (peeled, chopped)
- 4 Garlic (cloves, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Sea Salt
- 1/4 cup Tomato Paste
- 3 1/2 cups Diced Tomatoes (from the can)
- 4 cups Vegetable Broth
- 2 cups Red Kidney Beans (cooked, rinsed)
- 1 cup Frozen Green Beans (chopped)
- 1 1/2 cups Brown Rice Pasta Shells (dry)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 392 |
| Fat | 3g |
| Saturated | 1g |
| Polyunsaturated | 1g |
| Monounsaturated | 2g |
| Carbs | 75g |
| Fiber | 14g |
| Sugar | 12g |
| Protein | 16g |
| Cholesterol | 0mg |
| Sodium | 1306mg |
| Potassium | 801mg |
| Vitamin A | 4337IU |
| Vitamin C | 30mg |

Directions

- 1 Heat the oil in a large pot over medium heat. Cook the onion for 3 to 5 minutes or until softened. Add the carrot, garlic, Italian seasoning, and salt and stir to combine. Cook for 2 to 3 minutes more. Stir in the tomato paste and continue to cook for another minute.
- 2 Add the diced tomatoes, vegetable broth, and kidney beans and stir until combined.
- 3 Add the green beans. Bring to a gentle boil and continue to cook for 30 to 35 minutes or until the vegetables are tender. Season with additional salt if needed.
- 4 Meanwhile, cook the pasta according to package directions. Drain, rinse well, and set aside.
- 5 To serve, divide the soup between bowls and stir in the cooked pasta. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is approximately 2 cups of soup.

Grain-Free: Omit the pasta or use chickpea pasta instead.

Additional Toppings: Fresh herbs, red pepper flakes, nutritional yeast, parmesan cheese or fresh ground pepper.

More Flavor: Add or substitute potato, zucchini, swiss chard, celery, bell pepper, peas, corn kernels, kale, or spinach.

Consistency: Make sure the vegetables are chopped to be approximately the same time for even cooking. Add more broth to thin the soup as needed.



| | |
|-----------|-------|
| Calcium | 142mg |
| Iron | 6mg |
| Vitamin D | 0IU |
| Vitamin E | 1mg |
| Vitamin K | 19µg |



Slow Cooker Chicken & Wild Rice Soup

8 servings

4 hours

Ingredients

- 13 ozs Chicken Breast
- 10 cups Water
- 2 Carrot (medium, chopped)
- 1 1/4 cups Wild Rice (rinsed)
- 1 tsp Sea Salt
- 2 Bay Leaf (optional)
- 1 cup Kale Leaves (stems removed, chopped)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 152 |
| Fat | 2g |
| Saturated | 0g |
| Polyunsaturated | 0g |
| Monounsaturated | 0g |
| Carbs | 20g |
| Fiber | 2g |
| Sugar | 1g |
| Protein | 14g |
| Cholesterol | 34mg |
| Sodium | 335mg |
| Potassium | 318mg |
| Vitamin A | 2693IU |
| Vitamin C | 3mg |
| Calcium | 49mg |
| Iron | 1mg |
| Vitamin D | 0IU |
| Vitamin E | 1mg |
| Vitamin K | 13µg |

Directions

- 1 Add the chicken, water, carrot, rice, salt, and bay leaves, if using, into the slow cooker. Cook on high for at least 4 hours or on low for approximately 6 hours.
- 2 Stir in the kale just before serving and adjust seasoning as needed. Remove bay leaves. Enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to three days or freeze if longer.
- Serving Size:** One serving equals approximately 1 1/2 to 2 cups.
- More Flavor:** Use homemade bone broth or vegetable broth instead of water. Add ginger, garlic, onion, and/or mushrooms.
- Make it Vegan:** Use black beans instead of chicken.



Cheezy Broccoli & Jalapeno Soup

4 servings

30 minutes

Ingredients

- 1/2 cup Water
- 1 Yellow Onion (medium, chopped)
- 1 Green Bell Pepper (large, chopped)
- 1 Jalapeno Pepper (medium, seeds removed and chopped)
- 4 Garlic (cloves, minced)
- 1 tsp Sea Salt
- 6 cups Broccoli (chopped into florets)
- 4 cups Vegetable Broth
- 1/2 cup Hemp Seeds
- 3 tbsps Nutritional Yeast

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 216 |
| Fat | 10g |
| Saturated | 1g |
| Polyunsaturated | 8g |
| Monounsaturated | 1g |
| Carbs | 20g |
| Fiber | 7g |
| Sugar | 7g |
| Protein | 15g |
| Cholesterol | 0mg |
| Sodium | 1312mg |
| Potassium | 968mg |
| Vitamin A | 1527IU |
| Vitamin C | 152mg |
| Calcium | 110mg |
| Iron | 5mg |
| Vitamin D | 0IU |
| Vitamin E | 1mg |

Directions

- 1 Heat the water in a pot over medium heat. Add the onions, green pepper, jalapeno pepper, and garlic. Cook for about three to five minutes until the onions begin to soften. Season the vegetables with salt then add the broccoli and vegetable broth.
- 2 Bring the soup to a gentle boil and cook for 12 to 15 minutes or until the broccoli is very tender.
- 3 Transfer the soup to a blender and add the hemp seeds and nutritional yeast. Carefully blend until smooth. Season the soup with additional salt or nutritional yeast to taste.
- 4 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat with additional salt and nutritional yeast if needed.

Serving Size: One serving is equal to approximately 1.5 cups of soup.

Likes it Spicy: Add extra jalapeno pepper or red pepper flakes.

Broccoli: This recipe can be made with fresh or frozen broccoli.

No Hemp Seeds: Use soaked, raw cashews instead.

Extra Greens: Add baby spinach before blending.



Vitamin K

143µg



Okra & Beef Stew

3 servings

40 minutes

Ingredients

- 4 1/4 cups Water
- 1 lb Stewing Beef (cubed)
- 3 Garlic (cloves, minced)
- 1 Yellow Onion (small, diced)
- 1/4 cup Cilantro (chopped)
- 1 1/2 tsps Lebanese 7 Spice Blend
- 4 cups Okra (trimmed, sliced)
- 1/2 cup Tomato Paste
- 2 Tomato (chopped)
- 1/2 tsp Sea Salt

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 306 |
| Fat | 8g |
| Saturated | 3g |
| Polyunsaturated | 1g |
| Monounsaturated | 4g |
| Carbs | 25g |
| Fiber | 8g |
| Sugar | 10g |
| Protein | 38g |
| Cholesterol | 95mg |
| Sodium | 587mg |
| Potassium | 1623mg |
| Vitamin A | 2812IU |
| Vitamin C | 53mg |
| Calcium | 201mg |
| Iron | 7mg |
| Vitamin D | 6IU |
| Vitamin E | 3mg |
| Vitamin K | 53µg |

Directions

- 1 In a large pan over medium-high heat, heat a splash of the water and cook the beef for about eight minutes, flipping halfway. Set aside the beef.
- 2 In the same pan, heat a few more tablespoons of the water and cook the garlic, onion, and cilantro for about two minutes. Stir in the Lebanese seven spice and okra. Cook until the okra is tender, about 10 minutes. Add more water as needed to prevent sticking.
- 3 Stir in the cooked beef, tomato paste, tomatoes, sea salt, and the remaining water. Lower the heat to a simmer, cover with a lid, and cook for about 15 minutes or until your desired consistency is reached.
- 4 Season with more salt to taste. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days, or freeze if longer.

Serving Size: One serving equals approximately 2 1/2 cups.

More Flavor: Cook the beef, onions, and garlic in oil instead of water.

Additional Toppings: Serve it with Lebanese rice and more fresh herbs.

Make it Vegan: Use beans or add more veggies instead of beef.



Beef Ramen

4 servings

25 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil (divided)
- 12 ozs Top Sirloin Steak
- 1/2 tsp Sea Salt (to taste)
- 4 stalks Green Onion (sliced, white and green parts divided)
- 2 Garlic (cloves, minced)
- 4 cups Beef Broth
- 2 cups Water
- 1 tbsp Fish Sauce
- 1 tbsp Tamari
- 13 ozs Gluten-Free Ramen Noodles (dry)
- 1 cup Cilantro (chopped)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 568 |
| Fat | 19g |
| Saturated | 5g |
| Polyunsaturated | 1g |
| Monounsaturated | 7g |
| Carbs | 73g |
| Fiber | 3g |
| Sugar | 1g |
| Protein | 28g |
| Cholesterol | 66mg |
| Sodium | 1442mg |
| Potassium | 744mg |
| Vitamin A | 751IU |
| Vitamin C | 3mg |
| Calcium | 54mg |

Directions

- 1 Heat half the oil in a large saucepan or Dutch oven over high heat. Season the steak with salt and cook to your desired doneness. Let it rest for five minutes before cutting into thin slices.
- 2 In the same saucepan, heat the remaining oil over medium heat. Cook the white parts of the green onions along with the garlic until fragrant, about one minute.
- 3 Add the beef broth, water, fish sauce, and tamari. Bring to a boil, then lower to a simmer. Add the noodles and cook for three minutes or until soft, stirring well to loosen the noodles.
- 4 Divide the broth, ramen noodles, and steak slices into bowls. Garnish with the remaining green onions and cilantro. Enjoy!

Notes

Leftovers: Refrigerate the broth, steak, and garnishes separately for up to three days. Freeze the broth, if longer.

Serving Size: One serving equals approximately three cups.

More Flavor: Add grated ginger, red pepper flakes, or lime juice. Use homemade beef broth.

Additional Toppings: Add spinach, nori sheets, mushrooms, corn, or soft-boiled eggs.

No Ramen Noodles: Use shirataki noodles, vermicelli noodles, or brown rice noodles instead.



| | |
|-----------|------|
| Iron | 3mg |
| Vitamin D | 0IU |
| Vitamin E | 1mg |
| Vitamin K | 34µg |



Turkey & Barley Soup

6 servings
30 minutes

Ingredients

- 6 1/2 cups Water
- 5 Carrot (medium, diced)
- 1/2 Sweet Onion (diced)
- 1 1/2 tsps Italian Seasoning
- 1 tsp Sea Salt (to taste)
- 2/3 cup Pearl Barley (uncooked)
- 12 ozs Turkey Breast, Cooked (roughly chopped)
- 2 cups Baby Spinach

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 187 |
| Fat | 2g |
| Saturated | 0g |
| Polyunsaturated | 1g |
| Monounsaturated | 0g |
| Carbs | 25g |
| Fiber | 5g |
| Sugar | 4g |
| Protein | 20g |
| Cholesterol | 40mg |
| Sodium | 510mg |
| Potassium | 482mg |
| Vitamin A | 9440IU |
| Vitamin C | 7mg |
| Calcium | 72mg |
| Iron | 2mg |
| Vitamin D | 6IU |
| Vitamin E | 1mg |
| Vitamin K | 56µg |

Directions

- 1 In a pot over medium-high heat, add the water, carrots, onions, Italian seasoning, and salt. Once boiling, lower to a simmer and cook until the carrots are tender-crisp, about five to seven minutes.
- 2 Stir in the barley and cook for 15 more minutes.
- 3 Add the turkey and spinach and cook until the turkey is warmed through and spinach is wilted, about three minutes. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

Gluten-Free: Use quinoa, gluten-free pasta, or rice instead of barley and adjust cooking time accordingly.

More Flavor: Sauté the onions and carrots in your choice of cooking oil. Add minced garlic or ginger. Use broth instead of water.

Additional Toppings: Add parsley, sliced green onion, or red pepper flakes.

Make it Vegan: Use tofu, edamame, chickpeas, or lentils instead of turkey breast.



Bok Choy & Mushroom Ramen

4 servings

35 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 4 stalks Green Onion (sliced, white and green parts divided)
- 6 Garlic (cloves, minced)
- 2 cups Shiitake Mushrooms (tough stems removed, sliced)
- 6 cups Vegetable Broth
- 1 cup Water
- 4 cups Bok Choy (halved lengthwise)
- 1 tsp Miso Paste
- 13 ozs Gluten-Free Ramen Noodles (dry)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 450 |
| Fat | 8g |
| Saturated | 1g |
| Polyunsaturated | 0g |
| Monounsaturated | 3g |
| Carbs | 89g |
| Fiber | 5g |
| Sugar | 6g |
| Protein | 11g |
| Cholesterol | 0mg |
| Sodium | 1103mg |
| Potassium | 730mg |
| Vitamin A | 4397IU |
| Vitamin C | 36mg |
| Calcium | 106mg |
| Iron | 2mg |
| Vitamin D | 20IU |

Directions

- 1 Heat half of the oil in a large saucepan or Dutch oven over medium heat. Cook the white parts of the green onions along with the garlic until fragrant, about one minute.
- 2 Add the shiitake mushrooms and cook for another one to two minutes. Add the broth and water, bring to a boil, then lower to a simmer. Cook for at least 20 minutes.
- 3 Meanwhile, heat the remaining oil in a skillet over medium-high heat. Cook the bok choy until browned on both sides, about five minutes.
- 4 Just before serving, stir the miso paste into the broth. Add the noodles and cook for three minutes or until soft, stirring well to loosen the noodles.
- 5 Divide the broth, noodles, shiitake mushrooms, and bok choy into bowls. Garnish with the remaining green onions. Enjoy!

Notes

Leftovers: Refrigerate the broth and vegetables separate from the noodles for up to four days. Freeze the broth, if longer. Cook the noodles before serving.

Serving Size: One serving equals approximately 2 1/2 cups.

More Flavor: Add ginger, red pepper flakes and/or sesame oil in the first step. Use low-sodium broth and omit the water. Cook the broth for up to 24 hours. The longer it cooks, the more flavor it will develop.

Additional Toppings: Tamari, lime juice, spinach, nori sheets, crispy tofu, corn or soft-boiled eggs.

No Ramen Noodles: Use shirataki noodles, vermicelli noodles, or brown rice noodles instead.



| | |
|-----------|------|
| Vitamin E | 1mg |
| Vitamin K | 55µg |



Chicken Noodle Soup

6 servings

1 hour

Ingredients

- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 stalks Celery (chopped)
- 1 Carrot (large, peeled, chopped)
- 1 Yellow Onion (medium, chopped)
- 2 Garlic (large clove, minced)
- 1/2 tsp Sea Salt
- 1 tsp Dried Thyme
- 6 cups Chicken Broth
- 12 1/3 ozs Chicken Thighs (bone-in, skin removed, trimmed)
- 1 cup Brown Rice Macaroni (dry)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 201 |
| Fat | 7g |
| Saturated | 1g |
| Polyunsaturated | 1g |
| Monounsaturated | 4g |
| Carbs | 19g |
| Fiber | 2g |
| Sugar | 3g |
| Protein | 15g |
| Cholesterol | 60mg |
| Sodium | 1195mg |
| Potassium | 312mg |
| Vitamin A | 1784IU |
| Vitamin C | 1mg |
| Calcium | 34mg |
| Iron | 2mg |
| Vitamin D | 1IU |
| Vitamin E | 1mg |

Directions

- 1 Heat the oil in a large pot over medium heat. Add the celery, carrot, and onion to the pot and cook for eight to 10 minutes until softened. Add the garlic, salt, and thyme to the pot. Stir to combine and cook for another minute.
- 2 Add the broth and then place the chicken in the pot. Bring the soup to a gentle boil and simmer for about 20 minutes or until the chicken is cooked through and pulls easily.
- 3 Meanwhile, cook the pasta according to package directions.
- 4 Remove the chicken from the pot and shred the cooked chicken thighs with two forks until no large pieces remain. Return the chicken to the pot. Season the soup with additional salt if needed.
- 5 To serve, divide the soup between bowls and stir in the cooked macaroni. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup of soup and 1/4 cup of macaroni.

More Flavor: Add other dried herbs and spices, like parsley, sage, or oregano.

Chicken Broth: A low sodium chicken broth was used to create this recipe. Adjust salt to taste if needed. Add more broth if thick soup is desired.

No Brown Rice Macaroni: Use another pasta noodle instead.

More Veggies: Add spinach or kale, bell pepper, mushrooms, potatoes, or peas.



Vitamin K

12µg