



## **Soups to Warm your Soul**

Created by Swan Integrative Health and Wellness



# Crispy Prosciutto & Leek Soup

9 ingredients · 30 minutes · 4 servings



## 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.

## 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 Organic Chicken Broth
- 1/2 tsp Sea Salt
- 4 ozs Prosciutto (sliced into small pieces)
- 1 1/4 cups Organic Coconut Milk (full fat, canned)
- 1/4 cup Parsley (chopped)

## Nutrition

Amount per serving

Calories	265	Vitamin C	47mg
Fat	18g	Calcium	65mg
Saturated	13g	Iron	2mg
Carbs	15g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0.2mg
Sugar	6g	Folate	76µg
Protein	12g	Vitamin B12	0.1µg
Cholesterol	25mg	Magnesium	28mg
Sodium	1796mg	Zinc	0mg
Potassium	479mg	Selenium	2µg
Vitamin A	1067IU		



# Curried Coconut Soup

14 ingredients · 30 minutes · 8 servings



## Directions

1. In a pot over medium-low heat, add the olive oil, ginger, garlic and onion. Sauté for 3 to 5 minutes. Add in the curry powder, mushrooms and lemongrass.
2. Once the mushrooms are cooked through, add in the broccoli, lime juice, coconut milk and broth. Bring to a boil, reduce heat and let it simmer for 10 minutes.
3. During the last minute, add the zucchini noodles and remove from heat.
4. Divide between bowls and top with cilantro and red chilli flakes, if using. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

### Serving Size

One serving is equal to approximately one cup of soup.

### More Flavor

Add salt and pepper.

### Make it a Meal

Add in leftover cooked chicken breast or cooked lentils.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **tbsp** Ginger (chopped)
- 2 Garlic (clove, minced)
- 1 Yellow Onion (chopped)
- 2 **tbsps** Curry Powder
- 2 **cups** Mushrooms (sliced)
- 1 **oz** Lemongrass (chopped)
- 1 **cup** Broccoli (chopped into small florets)
- 1 **tbsp** Lime Juice
- 3 **cups** Organic Coconut Milk
- 4 **cups** Organic Vegetable Broth
- 1 Zucchini (spiralized into noodles)
- 1/4 **cup** Cilantro
- 1 **tsp** Chili Flakes (optional)

## Nutrition

Amount per serving

<b>Calories</b>	208	<b>Vitamin C</b>	18mg
<b>Fat</b>	18g	<b>Calcium</b>	34mg
<b>Saturated</b>	14g	<b>Iron</b>	1mg
<b>Carbs</b>	9g	<b>Vitamin D</b>	1IU
<b>Fiber</b>	2g	<b>Vitamin B6</b>	0.1mg
<b>Sugar</b>	4g	<b>Folate</b>	20µg
<b>Protein</b>	3g	<b>Vitamin B12</b>	0µg

Cholesterol	0mg	Magnesium	16mg
Sodium	358mg	Zinc	0mg
Potassium	368mg	Selenium	3µg
Vitamin A	418IU		



# Sauerkraut & Vegetable Soup

10 ingredients · 1 hour · 6 servings



## Directions

1. Rinse the sauerkraut well and wring out the excess liquid using a kitchen towel or paper towel. Set aside.
2. Heat the oil in a large pot over medium heat. Add the onion and cook until it begins to soften, about 5 minutes. Add the garlic and salt and cook for another minute. Add the carrots, celery root, parsley and sauerkraut. Stir to combine then add the vegetable broth to the pot along with the bay leaf.
3. Bring the soup to a gentle boil then reduce the heat to simmer for 40 to 45 minutes or until the vegetables are tender. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 1 1/2 cups of soup.

### Additional Toppings

Serve with additional parsley on top.

## Ingredients

- 3 cups Sauerkraut
- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 2 Carrot (peeled, chopped)
- 2 cups Celery Root (peeled, cubed)
- 3/4 cup Parsley (roughly chopped)
- 6 cups Organic Vegetable Broth
- 1 Bay Leaf

## Nutrition

Amount per serving

Calories	106	Vitamin C	29mg
Fat	5g	Calcium	77mg
Saturated	1g	Iron	2mg
Carbs	15g	Vitamin D	0IU
Fiber	4g	Vitamin B6	0.2mg
Sugar	6g	Folate	37µg
Protein	3g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	28mg
Sodium	1293mg	Zinc	1mg
Potassium	432mg	Selenium	1µg
Vitamin A	4576IU		

# Chicken Soba Noodle Soup

8 ingredients · 1 hour · 8 servings



## Directions

1. In a large pot, combine the chicken legs, water, ginger, fish sauce and sea salt. Bring to a boil and lower to a simmer. Cook for 40 minutes, or until the chicken reaches an internal temperature of 165°F (74°C). Skim the top of the water as needed.
2. Meanwhile, cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Set aside.
3. Carefully remove the chicken legs from the broth and transfer to a large bowl. Using two forks, shred the chicken and remove the bones.
4. Divide the soba noodles, bok choy and shredded chicken into bowls. Pour the chicken broth overtop and serve with lime wedges. Enjoy!

## Notes

### Leftovers

Refrigerate the chicken and broth in separate airtight containers for up to three days. Refrigerate the veggies and soba noodles for up to five days.

### Serving Size

Each serving equals approximately 2 cups of noodles and broth, 1/2 cup of chicken and 1/2 cup of bok choy.

### More Flavor

Add cinnamon sticks, star anise or cloves to the broth.

### Additional Toppings

Top with roasted peanuts, dried shallots, bean sprouts and/or fresh herbs.

### Make it Vegan

Use shiitake mushrooms and tofu instead of chicken.

## Ingredients

- 1 lb Chicken Leg, Bone-in (skin on)
- 12 cups Water
- 1/4 cup Ginger (sliced)
- 2/3 tsp Fish Sauce
- 2 tsps Sea Salt
- 14 1/8 ozs Buckwheat Soba Noodles
- 4 cups Bok Choy (quartered)
- 2 Lime (quartered)

## Nutrition

Amount per serving

Calories	368	Vitamin C	19mg
Fat	10g	Calcium	79mg
Saturated	3g	Iron	1mg
Carbs	38g	Vitamin D	2IU
Fiber	1g	Vitamin B6	0.3mg
Sugar	1g	Folate	26µg
Protein	16g	Vitamin B12	0.4µg
Cholesterol	56mg	Magnesium	28mg
Sodium	854mg	Zinc	1mg
Potassium	230mg	Selenium	11µg
Vitamin A	1614IU		



# Pressure Cooker Carrot Ginger Soup

7 ingredients · 25 minutes · 4 servings



## Directions

1. Turn the pressure cooker to sauté mode. Add a splash of vegetable broth along with the onion and cook for 3 to 4 minutes. Add the garlic and ginger and sauté for 1 minute more.
2. Turn the sauté mode off and add the carrots, thyme and rest of the broth. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually.
3. Carefully remove the lid, and purée the soup using an immersion blender or a blender. Add the coconut milk and stir to combine. Serve and enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is equal to approximately 1 1/2 cups of soup.

### Additional Toppings

Top with fresh thyme, chives or sesame seeds.

## Ingredients

- 3 cups** Organic Vegetable Broth
- 1** Yellow Onion (chopped)
- 1** Garlic (clove, minced)
- 1 tbsp** Ginger (fresh, minced)
- 6** Carrot (chopped)
- 2 tsp** Thyme (fresh, chopped)
- 1 1/4 cups** Organic Coconut Milk (full fat, from a can)

## Nutrition

Amount per serving

<b>Calories</b>	192	Vitamin C	10mg
<b>Fat</b>	14g	Calcium	51mg
Saturated	11g	Iron	1mg
<b>Carbs</b>	16g	Vitamin D	0IU
Fiber	3g	Vitamin B6	0.2mg
Sugar	8g	Folate	18µg
<b>Protein</b>	3g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	14mg
Sodium	574mg	Zinc	0mg
Potassium	449mg	Selenium	0µg
Vitamin A	15700IU		



# Creamy Broccoli Soup

9 ingredients · 20 minutes · 4 servings



## Directions

1. In a large pot or dutch oven over medium heat, add the avocado oil and then the onion. Cook for 3 to 4 minutes or until the onion becomes translucent. Add the garlic and cook for one minute. Add the arrowroot powder and chicken broth and whisk until no clumps remain.
2. Bring to a boil over medium heat, and then reduce to a simmer. Add the coconut milk, broccoli, nutritional yeast and salt and stir to combine. Cook for 10 minutes or until the broccoli is cooked through.
3. Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Serve and enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is equal to approximately 1.5 cups of soup.

### No Arrowroot Powder

Use tapioca starch or cornstarch instead.

### More Flavor

Add fresh herbs or additional vegetables.

### Make it Vegan

Use vegetable broth instead of chicken broth.

## Ingredients

- 1 **tsp** Avocado Oil
- 1/2 Yellow Onion (chopped)
- 2 **Garlic** (cloves, minced)
- 2 **tbsps** Arrowroot Powder
- 3 **cups** Organic Chicken Broth
- 1 **cup** Organic Coconut Milk (full fat, from a can)
- 4 **cups** Broccoli (florets, roughly chopped)
- 1/4 **cup** Nutritional Yeast
- 1/4 **tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	200	Vitamin C	83mg
<b>Fat</b>	13g	Calcium	60mg
Saturated	9g	Iron	2mg
<b>Carbs</b>	16g	Vitamin D	0IU
Fiber	4g	Vitamin B6	3.0mg
Sugar	4g	Folate	57µg
<b>Protein</b>	7g	Vitamin B12	2.4µg
Cholesterol	4mg	Magnesium	21mg
Sodium	897mg	Zinc	1mg
Potassium	419mg	Selenium	10µg
Vitamin A	571IU		

# Thai Chicken & Mushroom Soup

11 ingredients · 40 minutes · 2 servings



## 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.

## Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1 **Garlic** (clove, minced)
- 1 **tsp** Ginger (minced)
- 3 **cups** Organic 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** Organic Coconut Milk (canned)
- 1 **tbsp** Lime Juice
- 1/4 **cup** Thai Basil (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	478	<b>Vitamin C</b>	4mg
<b>Fat</b>	29g	<b>Calcium</b>	43mg
<b>Saturated</b>	22g	<b>Iron</b>	2mg
<b>Carbs</b>	24g	<b>Vitamin D</b>	32IU
<b>Fiber</b>	2g	<b>Vitamin B6</b>	1.1mg
<b>Sugar</b>	9g	<b>Folate</b>	40µg
<b>Protein</b>	31g	<b>Vitamin B12</b>	0.3µg
<b>Cholesterol</b>	90mg	<b>Magnesium</b>	56mg

Sodium	1608mg	Zinc	3mg
Potassium	810mg	Selenium	55µg
Vitamin A	325IU		



# Tofu & Veggie Hot Pot

9 ingredients · 30 minutes · 4 servings



## Directions

1. In an induction hot pot appliance, or a large pot over the stovetop, combine the broth, tamari, vinegar and salt. Bring to a boil and adjust seasoning as needed.
2. Add the mushrooms, calabash squash, cabbage and tofu. Cook until the veggies are soft, about 15 to 20 minutes. Just before serving, add the shiratake noodles.
3. If you are using an induction hot pot at the table, each person can serve themselves as the food cooks. If you are using the stovetop, divide the ingredients and broth into bowls and enjoy!

## Notes

### Leftovers

This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to three days. Store the noodles separately from the broth and veggies for best results.

### Serving Size

One serving is equal to approximately three to four ounces of noodles with one cup of veggies and tofu.

### More Flavor

Use bone broth instead of vegetable broth. Marinate your tofu before adding to the broth.

### Additional Toppings

Top with sliced green onions, fried shallots, enoki mushrooms, sliced carrots and/or cooked beef slices.

### No Calabash Squash

Use zucchini or celery instead.

### No Shiratake Noodles

Use ramen or rice noodles instead.

## Ingredients

- 6 cups** Organic Vegetable Broth
- 1 tbsp** Tamari
- 1 tbsp** Rice Vinegar
- 1/2 tsp** Sea Salt
- 2 cups** Mushrooms (halved)
- 2 cups** Calabash Squash (chopped)
- 2 cups** Napa Cabbage (thinly sliced)
- 16 ozs** Tofu (extra firm, broiled, cubed)
- 14 ozs** Shiratake Noodles (rinsed, drained)

## Nutrition

Amount per serving

<b>Calories</b>	140	<b>Vitamin C</b>	24mg
<b>Fat</b>	6g	<b>Calcium</b>	365mg
<b>Saturated</b>	1g	<b>Iron</b>	5mg
<b>Carbs</b>	12g	<b>Vitamin D</b>	3IU
<b>Fiber</b>	3g	<b>Vitamin B6</b>	0.2mg
<b>Sugar</b>	5g	<b>Folate</b>	39µg
<b>Protein</b>	15g	<b>Vitamin B12</b>	0µg
<b>Cholesterol</b>	0mg	<b>Magnesium</b>	59mg
<b>Sodium</b>	1543mg	<b>Zinc</b>	2mg
<b>Potassium</b>	494mg	<b>Selenium</b>	18µg
<b>Vitamin A</b>	842IU		

# Egyptian Lentil Soup with Caramelized Onions

7 ingredients · 30 minutes · 10 servings



## Directions

1. In a large pot, heat the water over high heat while you prepare the remaining ingredients.
2. Add the lentils, 2/3 of the onion, garlic, cumin and salt. Simmer for 20 minutes.
3. Meanwhile, prepare a separate pan over medium-high heat with a bit of water. Add the remaining onions and cook until soft and golden brown, about 15 to 20 minutes. Stir frequently and add more water as needed. Set aside.
4. Add lemon juice to the soup and adjust the salt to your preference. Use a handheld blender to puree the soup until it reaches a smooth consistency.
5. Divide into bowls and top with the caramelized onions. Enjoy!

## Notes

### More Toppings

Garnish the soup with yogurt, parsley, cilantro, slivered almonds, crushed pistachios, pomegranate seeds or red pepper flakes.

### No Lemon Juice

Use apple cider vinegar instead.

### Serving Size

One serving is equal to approximately one cup of soup.

### Storage

Refrigerate in an airtight container for up to 5 to 7 days. Freeze for longer.

## Ingredients

- 8 cups Water
- 2 1/2 cups Dry Red Lentils (rinsed)
- 3 Yellow Onion (medium, peeled and sliced, divided)
- 4 Garlic (cloves, minced)
- 2 tsps Cumin
- 2 tsps Sea Salt
- 2 Lemon (juiced)

## Nutrition

Amount per serving

Calories	209	Vitamin C	8mg
Fat	1g	Calcium	58mg
Saturated	0g	Iron	4mg
Carbs	37g	Vitamin D	0IU
Fiber	15g	Vitamin B6	0mg
Sugar	4g	Folate	62µg
Protein	13g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	67mg
Sodium	478mg	Zinc	3mg
Potassium	652mg	Selenium	0µg
Vitamin A	106IU		



# Vegan Peanut Ramen Soup

13 ingredients · 25 minutes · 3 servings



## Directions

1. Add the avocado oil, ginger and garlic to a pot over medium-low heat. Saute for 1 to 2 minutes. Add the curry paste and stir to combine.
2. Add the vegetable broth, coconut milk, peanut butter, tamari, coconut sugar, and lime juice to the pot. Whisk to combine. Add the sliced mushrooms and simmer for 5 to 10 minutes.
3. While the soup simmers, cook the noodles according to the directions on the package and set aside.
4. During the last minute, add the spinach and then remove from heat. Divide the noodles into bowls and top with the soup. Add optional garnishes (see notes) and enjoy!

## Notes

### Optional Garnishes

Lime wedges, chopped peanuts, mint leaves and/or sesame seeds.

### No Peanut Butter

Use almond butter instead.

### Nut-Free

Use tahini instead of peanut butter.

### Leftovers

Store in an airtight container in the fridge for up to three to five days.

### More Protein

Add tofu or a boiled egg.

### No Coconut Sugar

Sweeten with honey instead.

### No Red Curry Paste

Use green curry paste instead.

### No Ramen Noodles

Use spaghetti noodles, vermicelli noodles or buckwheat noodles instead.

## Ingredients

- 1 tsp Avocado Oil
- 1 tsp Ginger (minced)
- 1 Garlic (clove, minced)
- 1 tbsp Thai Red Curry Paste
- 4 cups Organic Vegetable Broth (low sodium)
- 3/4 cup Lite Coconut Milk (from the can)
- 1/2 cup All Natural Peanut Butter
- 1 tbsp Tamari
- 1 tbsp Coconut Sugar
- 1 Lime (juiced)
- 3 cups Mushrooms (sliced)
- 10 ozs Gluten-Free Ramen Noodles (dry)
- 2 cups Baby Spinach

## Nutrition

Amount per serving

Calories	719	Vitamin C	13mg
Fat	32g	Calcium	57mg
Saturated	8g	Iron	3mg
Carbs	95g	Vitamin D	5IU
Fiber	6g	Vitamin B6	0.4mg
Sugar	11g	Folate	90µg
Protein	22g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	101mg

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Sodium	1375mg	Zinc	2mg
Potassium	1045mg	Selenium	9µg
Vitamin A	3584IU		

# Slow Cooker Dill Vegetable Soup

10 ingredients · 4 hours · 8 servings



## Directions

1. Pour the vegetable broth into the slow cooker and set to high while you prepare the remaining ingredients.
2. Add the chickpeas, carrot, celery and salt. Continue to cook on high for 4 hours, or set to low for 8 hours.
3. Stir in the kale, dill, coconut milk, apple cider vinegar and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes.
4. Divide into bowls and enjoy!

## Notes

### Serving Size

One serving is equal to approximately 1.25 cups of soup.

### More Carbs

Stir in cooked rice or quinoa before serving.

### No Coconut Milk

Use almond milk, cashew milk, oat milk or cream instead.

### No Chickpeas

Use white navy beans, red kidney beans, black beans, diced chicken or meatballs instead.

### Storage

Refrigerate in an airtight container up to 5 days, or freeze if longer.

## Ingredients

- 6 cups** Organic Vegetable Broth
- 1 1/2 cups** Dry Chickpeas (uncooked, rinsed)
- 2** Carrot (medium, peeled and diced)
- 4 stalks** Celery (diced)
- 1 tsp** Sea Salt
- 4 cups** Kale Leaves (chopped)
- 1/4 cup** Fresh Dill (stems removed, chopped)
- 2 cups** Organic Coconut Milk (canned)
- 2 tbsps** Apple Cider Vinegar
- 2 tbsps** Nutritional Yeast

## Nutrition

Amount per serving

<b>Calories</b>	275	Vitamin C	14mg
<b>Fat</b>	13g	Calcium	69mg
Saturated	9g	Iron	2mg
<b>Carbs</b>	30g	Vitamin D	0IU
Fiber	6g	Vitamin B6	1.0mg
Sugar	7g	Folate	226µg
<b>Protein</b>	10g	Vitamin B12	0.6µg
Cholesterol	0mg	Magnesium	39mg
Sodium	844mg	Zinc	1mg
Potassium	531mg	Selenium	2µg
Vitamin A	3584IU		

# Spicy Coconut Lentil Soup

10 ingredients · 40 minutes · 4 servings



## Directions

1. Rinse the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
2. Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

## Notes

### Serving Size

One serving is equal to approximately 1.5 to 2 cups of soup.

### Meal Prep

This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

### Leftovers

Store in the fridge for up to 5 days. Freeze for up to 3 months.

### Likes it Creamy

Swap out some of the water for coconut milk.

### Likes it Really Spicy

Add cayenne pepper.

### No Smoked Paprika

Use regular paprika.

### More Veggies

Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favorite vegetables.

## Ingredients

- 1/2 cup** Brown Basmati Rice (uncooked)
- 1/2 cup** Dry Lentils (uncooked)
- 1/4 cup** Unsweetened Shredded Coconut
- 2 tsps** Smoked Paprika
- 1 tsp** Chili Powder
- 1/4 tsp** Turmeric (ground)
- 1 tsp** Cumin (ground)
- 1/2 tsp** Sea Salt
- 7 cups** Water
- 1/4 cup** Cilantro (optional, chopped)

## Nutrition

Amount per serving

<b>Calories</b>	206	Vitamin C	1mg
<b>Fat</b>	4g	Calcium	61mg
Saturated	3g	Iron	3mg
<b>Carbs</b>	35g	Vitamin D	0IU
Fiber	4g	Vitamin B6	0.2mg
Sugar	1g	Folate	116µg
<b>Protein</b>	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	26mg
Sodium	329mg	Zinc	1mg
Potassium	220mg	Selenium	0µg
Vitamin A	848IU		



# Slow Cooker Butternut Squash & Ginger Soup

6 ingredients · 4 hours · 5 servings



## Directions

1. Combine all ingredients into the slow cooker. Cook on high for 3 to 4 hours, or on low for 6 hours.
2. Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Divide into bowls and adjust salt to taste if needed. Enjoy!

## Notes

### Serving Size

One serving is equal to approximately 1.5 cups of soup.

### Leftovers

Refrigerate in an airtight container up to 5 to 7 days or freeze if longer.

### Save Time

Use pre-sliced butternut squash cubes (fresh or frozen).

### Optional Toppings

Roasted pumpkin or squash seeds, plain yogurt, coconut cream, or cilantro.

### No Curry Powder

Use turmeric instead.

### No Vegetable Broth

Use bone broth or almond milk instead.

## Ingredients

**8 cups** Butternut Squash (peeled, seeds removed and chopped)

**1 1/2 tbsps** Ginger (peeled and grated)

**1 tbsp** Curry Powder

**3 cups** Organic Vegetable Broth

**2 tbsps** Apple Cider Vinegar

**1 tsp** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	115	Vitamin C	48mg
<b>Fat</b>	0g	Calcium	118mg
Saturated	0g	Iron	2mg
<b>Carbs</b>	29g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.4mg
Sugar	6g	Folate	62µg
<b>Protein</b>	3g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	82mg
Sodium	875mg	Zinc	0mg
Potassium	836mg	Selenium	2µg
Vitamin A	24127IU		

# Slow Cooker Swiss Chard and Pork Hock Soup

6 ingredients · 8 hours · 6 servings



## Directions

1. Combine all ingredients in the slow cooker. Cook on low for at least 8 hours, or on high for 4 to 6 hours.
2. Gently pull apart the meat into chunks before serving. Enjoy!

## Notes

### Serve it With

Crusty bread, rice, quinoa, barley or pasta.

### No Sweet Potato

Use regular potato, butternut squash, rutabaga or eddo instead.

### No Swiss Chard

Use kale, collard greens or cabbage instead.

### Leftovers

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

## Ingredients

**2 lbs** Pork Hock

**1** Sweet Potato (large, peeled and cubed)

**10 cups** Swiss Chard (stems removed, washed and chopped)

**6 cups** Water

**2 tbsps** Apple Cider Vinegar

**1 1/2 tsps** Sea Salt

## Nutrition

Amount per serving

<b>Calories</b>	238	Vitamin C	20mg
<b>Fat</b>	8g	Calcium	70mg
Saturated	3g	Iron	3mg
<b>Carbs</b>	7g	Vitamin D	35IU
Fiber	2g	Vitamin B6	0.9mg
Sugar	2g	Folate	24µg
<b>Protein</b>	32g	Vitamin B12	1.1µg
Cholesterol	103mg	Magnesium	96mg
Sodium	818mg	Zinc	4mg
Potassium	858mg	Selenium	54µg
Vitamin A	6753IU		



# Beef and Bean Minestrone

15 ingredients · 1 hour 15 minutes · 6 servings



## 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.

### 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.

## 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 tsps** 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

<b>Calories</b>	236	Vitamin C	30mg
<b>Fat</b>	7g	Calcium	96mg
Saturated	2g	Iron	4mg
<b>Carbs</b>	27g	Vitamin D	1IU
Fiber	7g	Vitamin B6	0.5mg
Sugar	9g	Folate	119µg



<b>Protein</b>	17g	Vitamin B12	0.8µg
Cholesterol	25mg	Magnesium	56mg
Sodium	815mg	Zinc	3mg
Potassium	746mg	Selenium	8µg
Vitamin A	5211IU		

# Creamy Roasted Garlic and Kale Soup with Cauliflower

8 ingredients · 1 hour 15 minutes · 4 servings



## Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
3. When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
4. Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
5. Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

## Notes

### Leftovers

Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

### Serve it With

An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

### Too Thick

If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.

## Ingredients

- 12 Garlic (cloves, peeled and trimmed)
- 1 Yellow Onion (large, roughly chopped)
- 1 head Cauliflower (sliced into florets)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Sea Salt
- 8 cups Kale Leaves (packed)
- 3 3/4 cups Organic Vegetable Broth (divided)

## Nutrition

Amount per serving

Calories	174	Vitamin C	117mg
Fat	11g	Calcium	170mg
Saturated	2g	Iron	2mg
Carbs	17g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.5mg
Sugar	7g	Folate	110µg
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	41mg
Sodium	1273mg	Zinc	1mg
Potassium	661mg	Selenium	2µg
Vitamin A	2515IU		



# Mexican Street Corn Soup

9 ingredients · 45 minutes · 4 servings



## Directions

1. Heat oil in a large pot over medium-high heat. Add corn, onion, chili powder and salt. Stir occasionally for 6 to 8 minutes, or until onion is soft.
2. Scoop out 1/3 of the mixture and set aside. Add water to the pot. Bring to a boil and reduce to a simmer for 20 minutes.
3. Use a handheld immersion blender to puree until smooth (or carefully transfer to a blender). Stir in nutritional yeast, lime juice and half the reserved corn mixture. Adjust seasoning as needed.
4. Divide the soup into bowls and garnish with the remaining corn mixture, cilantro and additional chili powder (optional).

## Notes

### More Toppings

Top with lime zest, feta, Cotija cheese, avocado slices, or more nutritional yeast.

### More Veggies

Add potatoes, eddoes, jicama, chopped kale, red bell pepper, mushrooms or zucchini.

### Serve it With

Our Savoury Roasted Chickpeas, or alongside our Black Bean & White Fish Wraps or Mexican Quinoa Wraps recipe.

### Leftovers

Refrigerate in an airtight container up to 5 days, or freeze if longer.

### No Frozen Corn

Use fresh corn, or canned corn.

## Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 8 **cups** Frozen Corn (thawed)
- 1 Yellow Onion (large, diced)
- 1 **tbps** Chili Powder
- 1 **tsp** Sea Salt
- 6 **cups** Water
- 1/4 **cup** Nutritional Yeast
- 1/4 Lime (juiced)
- 1/4 **cup** Cilantro

## Nutrition

Amount per serving

<b>Calories</b>	366	Vitamin C	16mg
<b>Fat</b>	9g	Calcium	64mg
Saturated	1g	Iron	3mg
<b>Carbs</b>	70g	Vitamin D	0IU
Fiber	10g	Vitamin B6	3.2mg
Sugar	13g	Folate	117µg
<b>Protein</b>	11g	Vitamin B12	2.4µg
Cholesterol	0mg	Magnesium	103mg
Sodium	670mg	Zinc	3mg
Potassium	815mg	Selenium	10µg
Vitamin A	1318IU		

# Slow Cooker Sausage & Kale Soup

8 ingredients · 4 hours · 8 servings



## 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.

### No Brown Rice

Use quinoa instead.

## 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

<b>Calories</b>	220	Vitamin C	22mg
<b>Fat</b>	13g	Calcium	98mg
Saturated	4g	Iron	1mg
<b>Carbs</b>	18g	Vitamin D	19IU
Fiber	2g	Vitamin B6	0.2mg
Sugar	2g	Folate	25µg
<b>Protein</b>	7g	Vitamin B12	0.2µg
Cholesterol	25mg	Magnesium	40mg
Sodium	1013mg	Zinc	1mg
Potassium	267mg	Selenium	3µg
Vitamin A	3635IU		



# Pressure Cooker Wild Rice & Mushroom Soup

10 ingredients · 1 hour 15 minutes · 6 servings



## Directions

1. In your pressure cooker, combine the carrots, celery, onion, wild rice, mushrooms, chickpeas, broth and poultry seasoning. Stir to mix.
2. Bring to pressure and cook for 45 minutes. Allow for a natural release for 15 minutes, then release manually and remove the lid.
3. Bring to a simmer (if you are using an electric pressure cooker, change the setting to saute) and add the gluten-free flour. Simmer for 5 to 10 minutes, or until thickened. Add salt and pepper to taste. Enjoy!

## Notes

### Leftovers

Can be stored in the fridge for 4 days, or frozen for up to 2 months.

### Serving Size

One serving is equal to approximately 2 cups.

### Mushroom Lover

Up the mushroom flavour by adding dried mushrooms.

## Ingredients

**3** Carrot (medium, peeled and chopped)  
**5 stalks** Celery (chopped)  
**1** Yellow Onion (medium, chopped)  
**1 cup** Wild Rice (dry)  
**5 cups** Mushrooms (sliced)  
**2 cups** Chickpeas (cooked, from the can)  
**6 cups** Organic Vegetable Broth  
**1 tbsp** Poultry Seasoning  
**1/2 cup** All Purpose Gluten-Free Flour  
Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	282	Vitamin C	8mg
<b>Fat</b>	2g	Calcium	78mg
Saturated	0g	Iron	3mg
<b>Carbs</b>	56g	Vitamin D	4IU
Fiber	10g	Vitamin B6	0.3mg
Sugar	9g	Folate	148µg
<b>Protein</b>	13g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	89mg
Sodium	711mg	Zinc	3mg
Potassium	690mg	Selenium	8µg
Vitamin A	5811IU		

# Tofu, Leek & Watercress Soup

7 ingredients · 30 minutes · 6 servings



## Directions

1. Add broth to a large pot and start bringing to a boil over high heat. Add remaining ingredients.
2. Once boiling, lower the heat to a simmer and cook for 15-20 minutes.
3. Divide into bowls and enjoy!

## Notes

### Leftovers

Store in an airtight container up to 3 days or freeze.

### More Veggies

Add grated ginger, bamboo shoots, shredded dulse and/or mushrooms.

### No Watercress

Use spinach, kale or cabbage.

### Serve it as a Side

Pair with our Ginger Steamed Cod Fillets, Thai Basil Turkey or Herbed Pork Roast recipes.

## Ingredients

**8 cups** Organic Vegetable Broth (or any type of broth)

**2 cups** Water

**15 3/4 ozs** Tofu (cubed)

**1** Leeks (trimmed and sliced)

**4 cups** Watercress (roughly chopped)

**1 tbsp** Tamari

Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	90	Vitamin C	13mg
<b>Fat</b>	4g	Calcium	266mg
Saturated	1g	Iron	2mg
<b>Carbs</b>	6g	Vitamin D	0IU
Fiber	1g	Vitamin B6	0.2mg
Sugar	3g	Folate	19µg
<b>Protein</b>	9g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	41mg
Sodium	1057mg	Zinc	1mg
Potassium	261mg	Selenium	10µg
Vitamin A	1672IU		



# Chicken Curry Noodle Soup

11 ingredients · 25 minutes · 2 servings



## 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 overtop 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.

## 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 Organic Coconut Milk (full fat, canned)
- 3 cups Organic Chicken Broth
- Sea Salt & Black Pepper (to taste)
- 1/2 Lime (juiced)

## Nutrition

Amount per serving

Calories	603	Vitamin C	81mg
Fat	31g	Calcium	39mg
Saturated	25g	Iron	2mg
Carbs	59g	Vitamin D	1IU
Fiber	2g	Vitamin B6	0.5mg
Sugar	8g	Folate	31µg
Protein	19g	Vitamin B12	0.4µg
Cholesterol	61mg	Magnesium	28mg
Sodium	3865mg	Zinc	1mg
Potassium	561mg	Selenium	15µg

Vitamin A 1890IU

# Cauliflower, Kale & Lentil Detox Soup

10 ingredients · 40 minutes · 6 servings



## Directions

1. Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
2. Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
3. Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

## Notes

### Leftovers

Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

### Serving Size

One serving is equal to approximately 2 cups of soup.

## Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 **stalks** Celery (diced)
- 2 Carrot (medium, peeled and diced)
- 4 Garlic (cloves, minced)
- 1 **head** Cauliflower (chopped into florets)
- 4 **cups** Kale Leaves (chopped)
- 6 **cups** Organic Vegetable Broth
- 2 **1/4 cups** Lentils (cooked)
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	187	Vitamin C	67mg
<b>Fat</b>	5g	Calcium	100mg
Saturated	1g	Iron	4mg
<b>Carbs</b>	27g	Vitamin D	0IU
Fiber	10g	Vitamin B6	0.4mg
Sugar	7g	Folate	207µg
<b>Protein</b>	10g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	52mg
Sodium	718mg	Zinc	1mg
Potassium	765mg	Selenium	3µg
Vitamin A	4663IU		



# Roasted Carrot White Bean & Tahini Soup

11 ingredients · 1 hour · 4 servings



## 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

### 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.

### Leftovers

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

### Add Toppings

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

## 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** Organic 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

<b>Calories</b>	423	Vitamin C	25mg
<b>Fat</b>	16g	Calcium	253mg
Saturated	2g	Iron	5mg
<b>Carbs</b>	61g	Vitamin D	0IU
Fiber	20g	Vitamin B6	0.6mg
Sugar	17g	Folate	209µg
<b>Protein</b>	14g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	101mg
Sodium	886mg	Zinc	2mg

Potassium	1447mg	Selenium	9µg
Vitamin A	46531IU		

# Slow Cooker Vegan Miso Pho

13 ingredients · 4 hours · 4 servings



## Directions

1. Add the vegetable broth, star anise, whole cloves, cinnamon sticks and tamari to your slow cooker. Cook on high for 4-6 hours. Strain the contents and pour the broth into a large pot.
2. Season the broth generously with salt and pepper. Add the miso paste, mushrooms and bok choy to the broth and bring to a simmer over medium-high heat. Let simmer for about 5 minutes or until the veggies are soft.
3. Meanwhile, cook your pho noodles according to the instructions on the package.
4. Divide the pho noodles, mushrooms, bok choy and then the broth into bowls. Top with bean sprouts, Thai basil and culantro. Serve immediately and enjoy!

## Notes

### No Pho Noodles

Use brown rice spaghetti or soba noodles instead.

### Leftovers

Best enjoyed immediately. But you can refrigerate the broth separately in an airtight container up to 4 days, or store in the freezer.

### Culantro

Different than cilantro. Culantro has a stronger flavour and is also called "long-leaved coriander" or "saw-toothed mint".

## Ingredients

- 5 cups** Organic Vegetable Broth
- 3/4 tsp** Star Anise
- 1 tbsp** Whole Cloves
- 2 servings** Cinnamon Stick (approx. 3 inches in length each)
- 1 1/2 tbsps** Tamari
- Sea Salt & Black Pepper (to taste)
- 3 tbsps** Miso Paste
- 4 cups** Mushrooms (whole)
- 4 cups** Bok Choy (halved)
- 6 1/2 ozs** Pho Noodles
- 2 cups** Bean Sprouts
- 1 cup** Thai Basil (stems removed)
- 1 cup** Culantro (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	273	<b>Vitamin C</b>	38mg
<b>Fat</b>	2g	<b>Calcium</b>	103mg
Saturated	0g	<b>Iron</b>	3mg
<b>Carbs</b>	55g	<b>Vitamin D</b>	5IU
Fiber	7g	<b>Vitamin B6</b>	0.3mg
Sugar	7g	<b>Folate</b>	65µg
<b>Protein</b>	12g	<b>Vitamin B12</b>	0µg



Cholesterol	0mg	Magnesium	30mg
Sodium	3149mg	Zinc	1mg
Potassium	510mg	Selenium	7µg
Vitamin A	4373IU		

# Slow Cooker Beef & Butternut Squash Soup

4 ingredients · 8 hours · 4 servings



## Directions

1. Heat a skillet over medium heat. Add the beef and cook for 2-3 minutes, to brown.
2. Add the beef, butternut squash and broth to your slow cooker and cook on low for 8 hours or on high for 4 hours.
3. Season with sea salt to taste. Divide into bowls and enjoy!

## Notes

### Vegan & Vegetarians

Use vegetable broth and chickpeas instead of beef.

### Leftovers

Refrigerate in an airtight container up to 3 days.

## Ingredients

- 1 lb Stewing Beef (chunks)
- 6 cups Butternut Squash (peeled and cubed)
- 4 cups Beef Broth
- 1/4 tsp Sea Salt (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	255	Vitamin C	44mg
<b>Fat</b>	6g	Calcium	123mg
Saturated	2g	Iron	4mg
<b>Carbs</b>	25g	Vitamin D	5IU
Fiber	4g	Vitamin B6	1.1mg
Sugar	5g	Folate	64µg
<b>Protein</b>	29g	Vitamin B12	2.6µg
Cholesterol	71mg	Magnesium	98mg
Sodium	739mg	Zinc	7mg
Potassium	1205mg	Selenium	28µg
Vitamin A	22330IU		

# Ginger Miso Soba Noodle Soup

10 ingredients · 25 minutes · 2 servings



## Directions

1. Bring a medium-sized pot of water to a boil. Add the soba noodles and cook for 6 to 7 minutes, until done. Drain and rinse with cold water until completely cooled. Set aside.
2. In a small bowl combine miso paste with just enough water to form a paste. Add the paste to a small saucepan along with the water, ginger, tamari and sesame oil. Bring to a gentle simmer, but be careful not to boil. Miso is a probiotic food, and should not be boiled.
3. While the broth is warming, divide the cooked noodles, bok choy, carrots, and snap peas between bowls. Pour the miso soup broth over the veggies to warm everything. Squeeze lime over each bowl and enjoy!

## Notes

### More Protein

Add a cooked salmon fillet, tofu steaks, edamame beans, or chicken.

### No Soba Noodles

Use rice noodles instead.

## Ingredients

- 3 1/2 ozs Buckwheat Soba Noodles
- 2 tbsps Miso Paste
- 2 cups Water
- 1 tbsp Ginger (grated)
- 1 tbsp Tamari
- 1 tbsp Sesame Oil
- 1 cup Bok Choy (quartered)
- 1 Carrot (medium, julienned)
- 1 cup Snap Peas (or snow peas, sliced)
- 1/2 Lime

## Nutrition

Amount per serving

<b>Calories</b>	366	<b>Vitamin C</b>	27mg
<b>Fat</b>	9g	<b>Calcium</b>	93mg
Saturated	1g	<b>Iron</b>	1mg
<b>Carbs</b>	49g	<b>Vitamin D</b>	0IU
Fiber	5g	<b>Vitamin B6</b>	0.2mg
Sugar	6g	<b>Folate</b>	48µg
<b>Protein</b>	11g	<b>Vitamin B12</b>	0µg
Cholesterol	0mg	<b>Magnesium</b>	34mg
Sodium	1537mg	<b>Zinc</b>	0mg
Potassium	335mg	<b>Selenium</b>	1µg
Vitamin A	7010IU		



# Slow Cooker Cod & Sea Veggie Soup

9 ingredients · 6 hours · 4 servings



## Directions

1. Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
2. Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
3. Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
4. Divide between bowls and enjoy!

## Notes

### Leftovers

Store in an airtight container up to 3 days or freeze.

### Cod Fillet Size

Each fillet is 231 grams or 8.1 ounces.

## Ingredients

- 3 **tbsps** Coconut Oil
- 1 Yellow Onion (medium, diced)
- 4 **cups** Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 2 **tbsps** Ginger (peeled and grated)
- 1 **1/3 ozs** Dulse (torn apart into small pieces)
- 2 Sweet Potato (medium, diced)
- 4 Cod Fillet (cubed)
- 8 **cups** Organic Vegetable Broth (or bone broth)

## Nutrition

Amount per serving

<b>Calories</b>	416	Vitamin C	12mg
<b>Fat</b>	12g	Calcium	106mg
Saturated	9g	Iron	5mg
<b>Carbs</b>	28g	Vitamin D	88IU
Fiber	5g	Vitamin B6	1.7mg
Sugar	9g	Folate	35µg
<b>Protein</b>	48g	Vitamin B12	2.1µg
Cholesterol	99mg	Magnesium	102mg
Sodium	1649mg	Zinc	2mg
Potassium	2283mg	Selenium	84µg
Vitamin A	10466IU		

# Lentil Masala Soup

12 ingredients · 30 minutes · 4 servings



## Directions

1. Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
2. Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
3. Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

## Notes

### Garnish

Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

## Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1/2 **cup** Red Onion (finely diced)
- 4 **Garlic** (cloves, minced)
- 1 **tsp** Turmeric
- 1 **tbsp** Garam Masala
- 1 **tsp** Sea Salt
- 1 **cup** Cilantro (finely diced)
- 4 **cups** Organic Vegetable Broth
- 3 **cups** Diced Tomatoes
- 1 **cup** Dry Red Lentils
- 1 **cup** Organic Coconut Milk (canned, full-fat)
- 4 **cups** Kale Leaves (finely sliced)

## Nutrition

Amount per serving

<b>Calories</b>	389	Vitamin C	42mg
<b>Fat</b>	14g	Calcium	127mg
Saturated	11g	Iron	6mg
<b>Carbs</b>	48g	Vitamin D	0IU
Fiber	18g	Vitamin B6	0.1mg
Sugar	9g	Folate	79µg
<b>Protein</b>	17g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	75mg
Sodium	1309mg	Zinc	3mg

Potassium	914mg	Selenium	1µg
Vitamin A	2657IU		



# Slow Cooker Black Bean Soup

11 ingredients · 4 hours · 6 servings



## 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

### 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.

## 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

<b>Calories</b>	318	Vitamin C	21mg
<b>Fat</b>	6g	Calcium	108mg
Saturated	1g	Iron	5mg
<b>Carbs</b>	51g	Vitamin D	0IU
Fiber	17g	Vitamin B6	0.2mg
Sugar	6g	Folate	264µg
<b>Protein</b>	17g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	131mg
Sodium	46mg	Zinc	2mg

Potassium	729mg	Selenium	3µg
Vitamin A	2352IU		

# Creamy Cauliflower & Carrot Soup

8 ingredients · 30 minutes · 4 servings



## Directions

1. Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
2. Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

## Notes

### Make it Fancy

Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

### Anti-Inflammatory

Add turmeric powder.

### Make it a Meal

Stir in lentils, chickpeas or chicken.

### Gut-Healing

Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.

## Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 6 **stalks** Green Onion (chopped)
- 5 **Carrot** (medium size, chopped)
- 1 **head** Cauliflower (chopped into florets)
- 6 **cups** Water
- 2 **tsps** Dried Thyme
- 1/2 **tsp** Sea Salt
- 1/2 **cup** Parsley

## Nutrition

Amount per serving

<b>Calories</b>	137	Vitamin C	88mg
<b>Fat</b>	8g	Calcium	122mg
Saturated	1g	Iron	2mg
<b>Carbs</b>	16g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.4mg
Sugar	7g	Folate	118µg
<b>Protein</b>	4g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	46mg
Sodium	407mg	Zinc	1mg
Potassium	757mg	Selenium	1µg
Vitamin A	14110IU		



# Slow Cooker Chicken Soup

8 ingredients · 6 hours · 6 servings



## Directions

1. Add all ingredients to the crock pot and cook on low for 6-8 hrs.
2. Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

## Notes

### More Carbs

Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

### Leftovers

Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

## Ingredients

- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 3 Carrot (medium, chopped)
- 1 tbsp Rosemary (fresh)
- 8 ozs Chicken Breast (boneless, skinless)
- 1 lb Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 6 cups Water (or broth)

## Nutrition

Amount per serving

<b>Calories</b>	161	Vitamin C	5mg
<b>Fat</b>	4g	Calcium	59mg
Saturated	1g	Iron	1mg
<b>Carbs</b>	6g	Vitamin D	1IU
Fiber	2g	Vitamin B6	0.7mg
Sugar	3g	Folate	22µg
<b>Protein</b>	24g	Vitamin B12	0.5µg
Cholesterol	98mg	Magnesium	40mg
Sodium	137mg	Zinc	2mg
Potassium	477mg	Selenium	26µg
Vitamin A	5253IU		

# Cream of Celery & Asparagus Soup

10 ingredients · 25 minutes · 4 servings



## Directions

1. Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
2. Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
3. Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

## Notes

### No Hemp Seeds

Use cashews.

### Add Some Crunch

Set aside a few spears of asparagus, roast before serving and use as a garnish.

### No Spinach

Use kale, swiss chard or any leafy green.

### Leftovers

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

## Ingredients

- 2 **tbps** Coconut Oil
- 1 Yellow Onion (chopped)
- 6 **stalks** Celery (chopped)
- 3 Garlic (cloves, minced)
- 4 **cups** Water
- 1 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 3 **cups** Asparagus (woody ends snapped off)
- 1/2 **cup** Hemp Seeds
- 4 **cups** Baby Spinach

## Nutrition

Amount per serving

<b>Calories</b>	222	Vitamin C	20mg
<b>Fat</b>	17g	Calcium	131mg
Saturated	7g	Iron	5mg
<b>Carbs</b>	12g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.3mg
Sugar	5g	Folate	154µg
<b>Protein</b>	10g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	191mg
Sodium	672mg	Zinc	3mg
Potassium	779mg	Selenium	3µg
Vitamin A	3846IU		

# Cream of Mushroom Soup

9 ingredients · 30 minutes · 4 servings



## Directions

1. Heat your coconut oil in a large stockpot over medium heat. Add the onion and saute for 4 - 5 minutes or until translucent. Add in the celery, carrots, mushrooms, black pepper, tamari and water. Bring to a boil and then reduce to a simmer. Cover with a lid and cook for 20 minutes.
2. Add your cashews to the blender. Ladle in one cup of your soup broth and blend well until smooth to create your cashew cream. Now ladle in the rest of your soup and puree. CAUTION: Ensure you leave a place for the steam to escape from the blender, otherwise the lid will blow off and that is bad news.
3. Ladle soup into bowls. Enjoy!

## Notes

### Make it Green

Add in a few handfuls of spinach or kale before blending.

### Nut-Free

Use sunflower seeds instead of cashews.

### Whole Mushroom Lover

Use a slotted spoon to strain out some of the mushrooms before blending, then add them back into the pureed soup.

### Storage

Store in an airtight container in the fridge up to 5 days or freeze.

### Toppings

Top with red pepper flakes, a splash of olive oil and/or chopped baby spinach.

## Ingredients

- 2 tbsps Coconut Oil
- 1 cup Red Onion (diced)
- 3 stalks Celery (diced)
- 2 Carrot (diced)
- 3 cups Mushrooms (any type will work)
- 1 tsp Black Pepper
- 3 tbsps Tamari
- 4 cups Water
- 1/2 cup Cashews (soaked and drained)

## Nutrition

Amount per serving

Calories	213	Vitamin C	7mg
Fat	15g	Calcium	70mg
Saturated	7g	Iron	2mg
Carbs	16g	Vitamin D	4IU
Fiber	3g	Vitamin B6	0.2mg
Sugar	6g	Folate	47µg
Protein	7g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	71mg
Sodium	811mg	Zinc	1mg
Potassium	534mg	Selenium	7µg
Vitamin A	5235IU		



# Slow Cooker Cabbage Roll Soup

14 ingredients · 4 hours · 6 servings



## 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

### Storage

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

### No Ground Turkey

Use any type of ground meat.

### Vegan & Vegetarians

Replace the meat with 1 can of lentils, chickpeas or kidney beans.

## 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	Vitamin C	93mg
Fat	12g	Calcium	143mg
Saturated	2g	Iron	4mg
Carbs	21g	Vitamin D	11IU
Fiber	7g	Vitamin B6	0.8mg
Sugar	11g	Folate	146µg
Protein	20g	Vitamin B12	0.9µg

Cholesterol	56mg	Magnesium	82mg
Sodium	731mg	Zinc	3mg
Potassium	1055mg	Selenium	16µg
Vitamin A	2594IU		

# Veggie Ramen

12 ingredients · 30 minutes · 4 servings



## Directions

1. Tap the bottom of each egg on a curved surface to make a small circular crack through the shell but do not rupture the inner membrane. Add cold tap water to a pot so it covers the eggs. Place the pot over high heat until it comes to a boil. Once boiling, set the timer for 4 minutes (or 6 to 8 if you like the yolk cooked through). Remove the eggs from the water when they are done and place them in a bowl of cold water to prevent them from overcooking.
2. Place a large soup pot over medium heat. Add the sesame oil, ginger and garlic. Saute for about 1 minute and then pour in the chicken broth. Add the mushrooms and tamari. Bring to a boil then reduce heat to a simmer.
3. Add the brown rice noodles and cook for about 7 minutes or until al dente.
4. Set the broccoli on top and steam until bright green (about 4 minutes).
5. Set the baby spinach on top and steam until wilted (about 1 to 2 minutes). Turn off the heat.
6. Take a spoon and tap the eggs all over to create tiny cracks. Run them under cold water for a few minutes and then peel. Slice each egg in half.
7. Ladle your soup into bowls. Top with the thawed corn, green onion and egg. Sprinkle with sesame seeds and tabasco sauce if you desire.

## Notes

### Better Broth

Good ramen is all about the broth. Try making your own bone broth or veggie broth for some really awesome flavour.

### Missing Veggies

Use up whatever veggies you have on hand. Cauliflower, cabbage, zucchini - anything goes really!

### Top With

Your favourite ramen condiments like sesame seeds, hot sauce or nori.

## Ingredients

- 4 Egg
- 2 **tsps** Sesame Oil
- 1 **tbsp** Ginger (grated)
- 2 Garlic (cloves, minced)
- 6 **cups** Organic Chicken Broth (or any type of broth will work)
- 2 **cups** Shiitake Mushrooms
- 1 **tbsp** Tamari
- 1 **cup** Brown Rice Spaghetti
- 2 **cups** Broccoli (chopped into small florets)
- 4 **cups** Baby Spinach
- 1 **cup** Frozen Corn (thawed)
- 3 **stalks** Green Onion (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	420	Vitamin C	52mg
<b>Fat</b>	10g	Calcium	106mg
Saturated	2g	Iron	4mg
<b>Carbs</b>	69g	Vitamin D	62IU
Fiber	7g	Vitamin B6	0.4mg
Sugar	7g	Folate	144µg
<b>Protein</b>	18g	Vitamin B12	0.5µg
Cholesterol	194mg	Magnesium	69mg



Sodium	1753mg	Zinc	3mg
Potassium	824mg	Selenium	37µg
Vitamin A	3816IU		

# Roasted Red Pepper & Tomato Lentil Soup

12 ingredients · 45 minutes · 5 servings



## 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.

## 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** Organic Vegetable Broth
- 1 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 1 **tsp** Oregano
- 1/4 **cup** Cashews (raw, unsalted)

## Nutrition

Amount per serving

<b>Calories</b>	273	Vitamin C	103mg
<b>Fat</b>	7g	Calcium	65mg
Saturated	1g	Iron	4mg
<b>Carbs</b>	41g	Vitamin D	0IU
Fiber	14g	Vitamin B6	0.4mg
Sugar	8g	Folate	114µg
<b>Protein</b>	14g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	90mg
Sodium	896mg	Zinc	3mg

Potassium	904mg	Selenium	2µg
Vitamin A	3301IU		



# Spider Web Pumpkin Soup

11 ingredients · 20 minutes · 4 servings



## Directions

1. In a large pot, heat coconut oil over medium heat. Stir in pumpkin, broth, almond milk, ginger, sage, maple syrup, salt and pepper.
2. Bring to a boil and let simmer for about 10 minutes. Divide the pumpkin soup into separate bowls.
3. Meanwhile, slice your black olives and set aside for garnish.
4. Put the coconut milk into a squeeze bottle and draw a spiral in each bowl of soup. Use a toothpick to draw straight lines from the center of each spiral to the outer edges.
5. Garnish soup with olive slices in the form of spiders. Enjoy!

## Notes

### No Coconut Milk

Use Greek yogurt.

### No Squeeze Bottle

Place coconut milk in one end of a small plastic sandwich bag and make a very small cut in the corner. Gently squeeze the milk out of the bag to draw your spiderwebs.

### Storage

Store in the fridge up to 3-4 days or freezer up to 6 months in an air-tight container. If storing in mason jars, use wide-mouth jars and leave at least 1 inch of space at the top to allow the fluid to expand.

### Serve it With

Toasted organic bread and our Grilled Cherry Salad.

## Ingredients

- 2 **tbps** Coconut Oil
- 2 **1/4 cups** Pureed Pumpkin
- 2 **cups** Organic Vegetable Broth
- 1/2 **cup** Unsweetened Almond Milk
- 1 **tsp** Ground Ginger
- 1 **tsp** Ground Sage
- 1 **1/2 tbps** Maple Syrup
- 1/2 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper
- 1/4 **cup** Organic Coconut Milk (optional)
- 1/4 **cup** Black Olives (pitted and sliced)

## Nutrition

Amount per serving

<b>Calories</b>	162	Vitamin C	6mg
<b>Fat</b>	11g	Calcium	110mg
Saturated	8g	Iron	3mg
<b>Carbs</b>	15g	Vitamin D	13IU
Fiber	4g	Vitamin B6	0.1mg
Sugar	7g	Folate	17µg
<b>Protein</b>	2g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	37mg
Sodium	715mg	Zinc	0mg
Potassium	348mg	Selenium	1µg

Vitamin A 21812IU

# Roasted Butternut Squash Soup with Kale Chips

9 ingredients · 1 hour 30 minutes · 4 servings



## Directions

1. Preheat oven to 420°F (216°C). Cut squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender. (Roasting time will depend on the size of your squash.)
2. Remove squash from oven and let cool. Use a spoon to carve out the flesh and set aside. Discard the skin.
3. Place a large pot over medium heat and add half of your olive oil. Add the apples, onion and ginger and saute for about 5 minutes or until soft.
4. Add in the vegetable broth, cooked squash and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
5. Preheat your oven to 350°F (177°C) again and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. You will have to bake in a few batches. Place in the oven and bake for 10 to 15 minutes. Remove from oven when crisp and let cool.
6. Transfer soup to a blender or use an immersion blender to puree until the soup reaches a smooth, thick consistency. Be patient. It might take a bit of blending to reach a creamy consistency!
7. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

## Notes

### More Protein

Blend in a 1 can of cooked red lentils or top with some shredded chicken breast

### Storage

Divide into 500 mL mason jars leaving at least 1 inch of space at the top. Store in the freezer up to 3 months.

## Ingredients

- 4 cups** Butternut Squash
- 1 tsp** Cinnamon (plus extra for garnish)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 2** Apple (peeled, cored and sliced)
- 1** Sweet Onion (diced)
- 1 tbsps** Ginger (grated)
- 4 cups** Organic Vegetable Broth
- 2 tsps** Sea Salt (divided)
- 4 cups** Kale Leaves (cut into large pieces)

## Nutrition

Amount per serving

<b>Calories</b>	218	Vitamin C	58mg
<b>Fat</b>	8g	Calcium	156mg
Saturated	1g	Iron	2mg
<b>Carbs</b>	39g	Vitamin D	0IU
Fiber	7g	Vitamin B6	0.4mg
Sugar	18g	Folate	73µg
<b>Protein</b>	3g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	70mg
Sodium	1859mg	Zinc	1mg
Potassium	813mg	Selenium	1µg
Vitamin A	16471IU		



# Cream of Broccoli Soup

10 ingredients · 30 minutes · 4 servings



## Directions

1. Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
2. In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
3. Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

## Notes

### Make it Paleo

Omit the lentils.

## Ingredients

- 1 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 3 stalks Celery (chopped)
- 5 cups Broccoli (chopped, incl. stalks)
- 6 cups Water
- 1 tsp Dried Basil
- 1 tsp Sea Salt
- 1 cup Cashews
- 2 cups Green Lentils (cooked, drained and rinsed)
- 2 cups Baby Spinach (packed)

## Nutrition

Amount per serving

<b>Calories</b>	392	Vitamin C	113mg
<b>Fat</b>	17g	Calcium	177mg
Saturated	3g	Iron	7mg
<b>Carbs</b>	48g	Vitamin D	0IU
Fiber	14g	Vitamin B6	0.6mg
Sugar	11g	Folate	336µg
<b>Protein</b>	19g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	181mg
Sodium	696mg	Zinc	4mg
Potassium	1232mg	Selenium	10µg

Vitamin A 4808IU

# Slow Cooker Burrito Soup

16 ingredients · 4 hours · 6 servings



## 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 organic salsa and avocado. Enjoy!

## 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** Organic Salsa

## Nutrition

Amount per serving

<b>Calories</b>	330	Vitamin C	46mg
<b>Fat</b>	7g	Calcium	130mg
Saturated	1g	Iron	4mg
<b>Carbs</b>	57g	Vitamin D	0IU



Fiber	13g	Vitamin B6	0.5mg
Sugar	8g	Folate	154µg
<b>Protein</b>	11g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	117mg
Sodium	983mg	Zinc	2mg
Potassium	750mg	Selenium	7µg
Vitamin A	2222IU		

# Creamy Carrot Soup

11 ingredients · 50 minutes · 4 servings



## Directions

1. In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sauté for about 10 minutes or until veggies start to brown.
2. Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
3. After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending (DANGER!). Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper if desired.
4. Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge. Serve with an organic piece of bread for dipping and/or a mixed greens salad.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 8 Carrot (chopped into 1 inch rounds)
- 1 Sweet Onion (chopped)
- 2 Garlic (cloves, minced)
- 1 **tsp** Cumin
- 1 **tsp** Turmeric
- Sea Salt & Black Pepper (to taste)
- 3 **cups** Organic Vegetable Broth
- 1 **cup** Unsweetened Almond Milk
- 1 Lemon (cut into wedges)
- 1 **cup** Baby Spinach (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	133	Vitamin C	19mg
<b>Fat</b>	5g	Calcium	192mg
Saturated	1g	Iron	2mg
<b>Carbs</b>	22g	Vitamin D	25IU
Fiber	5g	Vitamin B6	0.3mg
Sugar	11g	Folate	60µg
<b>Protein</b>	3g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	38mg
Sodium	629mg	Zinc	1mg
Potassium	614mg	Selenium	1µg

Vitamin A 21613IU



# Creamy Cauliflower Soup

11 ingredients · 1 hour · 4 servings



## Directions

1. Add coconut oil to a large pot and place over medium heat. Saute the onions and carrots for about 5 minutes or until soft and golden.
2. Add the cauliflower and cook until it browns (about 5 minutes).
3. Add the broth and water. Bring to a boil. Reduce heat to simmer and cover. Let simmer for 30 minutes.
4. Add in coconut milk, sea salt and nutmeg. Stir well until milk is heated through and remove from heat.
5. With caution, puree your soup using a blender. Ensure lid is on tightly. (NOTE: If using a regular blender, ensure to remove the centerpiece of the lid and cover with a tea towel to allow a place for the steam to escape. Otherwise the steam will cause the lid to pop off, creating a mess and potentially burning yourself.)
6. Pour into bowl and top with sliced avocado and green onion. Sprinkle with fresh ground pepper and serve!

## Ingredients

- 1 **tb**sp Coconut Oil
- 1/2 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 1 **head** Cauliflower (cut into florets)
- 2 **cups** Organic Vegetable Broth
- 1 **cup** Water
- 1 **cup** Organic Coconut Milk
- 1/4 **tsp** Sea Salt (or more to taste)
- 1 **tsp** Nutmeg
- 1 Avocado (peeled and sliced)
- 2 **stalks** Green Onion (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	283	Vitamin C	80mg
<b>Fat</b>	22g	Calcium	67mg
Saturated	13g	Iron	1mg
<b>Carbs</b>	19g	Vitamin D	0IU
Fiber	7g	Vitamin B6	0.5mg
Sugar	8g	Folate	140µg
<b>Protein</b>	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	46mg
Sodium	553mg	Zinc	1mg
Potassium	905mg	Selenium	1µg

Vitamin A 3125IU