



Welcome!

These soup recipes are here to **support you—not restrict you**. Every recipe is designed to be flexible and easy to adapt to your tastes, schedule, and real life. If you don't like an ingredient or don't have it on hand, feel free to swap it for something you enjoy or already have. Soup should feel comforting, nourishing, and satisfying—not like a “light” meal that leaves you hungry an hour later.

How to Use

Soups can be a wonderful foundation for balanced meals, especially when they're paired well. While many of the soups in this book include vegetables, healthy fats, and carbohydrates, **most will need additional protein and fiber added on the side** to help keep your blood sugar steady and your hunger satisfied for hours.

Think of these soups as a base. To round out your meal, consider adding:

- Beans, lentils, or chickpeas stirred in or served alongside
- Shredded cheese added into soup
- Whole grain bread/bun, a small wrap or high fiber crackers
- A side salad with veggies and olive oil, a high-fiber grain like quinoa or barley or roasted or steamed vegetables

IMPORTANT NOTE: Look at the **notes** section of each recipe where I have given additional tips or ideas of what to pair the recipe with.

Use these soup recipes in a way that works for *you*. Make a big batch and enjoy leftovers. Freeze portions for busy days. Adjust portions based on hunger.

If you like to write out your own weekly meal plan or want to stay organized, simply choose the recipes you want to make and write them down on a blank weekly meal plan template.

You can print a blank meal plan template [here](#).

It's important that you eat until you feel full and satisfied—not just what a serving size suggests. Serving sizes are simply a guide, not a rule. Listening to your body helps prevent cravings and overeating later.

Happy simmering and cozy cooking!



Homemade Tomato Soup with Grilled Cheese

4 servings

45 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/2 Yellow Onion (medium, chopped)
- 1 Red Bell Pepper (large, chopped)
- 2 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Chicken Broth (divided)
- 3 1/2 cups Canned Whole Tomatoes (with the juices)
- 1 tbsp Oregano (divided)
- 4 ozs Cheddar Cheese (sliced or grated)
- 14 ozs Sourdough Bread (or any bread)

Nutrition

Amount per serving	
Fat	17g
Carbs	61g
Fiber	5g
Protein	21g

Directions

- 1 In a large pot, heat half of the oil over medium heat. Add the onion, bell pepper, garlic, salt, and pepper. Cook for seven to eight minutes or until the vegetables are soft and lightly browned. Add a splash of broth if needed.
- 2 Stir in the canned tomatoes, remaining broth, and half of the oregano. Bring to a boil, then simmer covered for 15 to 20 minutes.
- 3 Remove from the heat and use an immersion blender to blend the soup until smooth. Alternatively, carefully pour the soup into a high-powered blender and blend until smooth. Work in batches as needed and vent for heat to escape. Stir in the remaining oregano.
- 4 To make the grilled cheese, place the cheese between the bread to form a sandwich. Heat a pan over medium-low heat. Once hot, add the remaining oil and place the sandwich in the pan. Cook for two to three minutes per side or until both sides are browned and the cheese has melted. Repeat with each sandwich. Add more oil to the pan if needed.
- 5 Divide the soup evenly into bowls and serve with the grilled cheese sandwiches. Enjoy!

Notes

More Flavor: Blend fresh parsley and basil into the soup.



Slow Cooker Lamb & White Bean Stew

4 servings

5 hours

Ingredients

- 5 cups Water
- 14 ozs Lamb Shank
- 2 cups White Navy Beans (cooked)
- 1 Yellow Onion (medium, diced)
- 2 Tomato (diced)
- 1 Yellow Potato (medium, diced)
- 2 tsps Turmeric
- 2 tbsps Apple Cider Vinegar
- 1 tbsp Tomato Paste
- 2 tsps Sea Salt

Nutrition

Amount per serving	
Fat	14g
Carbs	39g
Fiber	12g
Protein	28g

Directions

- 1 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 2 Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

Notes

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

Serve it With: Toasted bread, biscuits, rice, quinoa or cauliflower rice.

More Veggies: Add watercress, kale or spinach before serving.



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	
Fat	3g
Carbs	48g
Fiber	17g
Protein	17g

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.



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	
Fat	12g
Carbs	21g
Fiber	7g
Protein	20g

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

No Cauliflower Rice: Use any rice instead and skip step 1.

No Ground Turkey: Use any type of ground meat.



Curried Chicken Slow Cooker Stew

6 servings

6 hours

Ingredients

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

Nutrition

Amount per serving	
Fat	3g
Carbs	26g
Fiber	6g
Protein	15g

Directions

- 1 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 2 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 3 Serve the stew on it's own or over brown rice. Enjoy!

Notes

More Protein: Serve it over quinoa.

More Green Veggies: Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.



Cream of Broccoli Soup

4 servings

30 minutes

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	
Fat	17g
Carbs	48g
Fiber	14g
Protein	19g

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

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



Slow Cooker Chicken Soup

6 servings

6 hours

Ingredients

- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 3 Carrot (medium, chopped)
- 1 tbsp Rosemary (fresh)
- 8 1/16 ozs Chicken Breast (boneless, skinless or 1 cup)
- 1 1/16 lbs Chicken Thighs (boneless, skinless or 2 cups)
- Sea Salt & Black Pepper (to taste)
- 6 cups Water (or broth)
- 6 pieces Roll (whole wheat)

Nutrition

Amount per serving	
Fat	14g
Carbs	54g
Fiber	6g
Protein	40g

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

Different Carbs: Skip the roll and 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.



Lentil Masala Soup

4 servings

30 minutes

Ingredients

- 1 1/2 tps 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 Vegetable Broth
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Canned Coconut Milk (full fat)
- 4 cups Kale Leaves (finely sliced)

Nutrition

Amount per serving	
Fat	14g
Carbs	50g
Fiber	11g
Protein	17g

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

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

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



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 White Rice (dry, uncooked)

Nutrition

Amount per serving	
Fat	13g
Carbs	19g
Fiber	2g
Protein	7g

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 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 Honey
1/3 cup Raisins

Nutrition

Amount per serving	
Fat	16g
Carbs	29g
Fiber	4g
Protein	18g

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, rice, quinoa, tortillas, roasted squash or sweet potato.



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	
Fat	7g
Carbs	27g
Fiber	7g
Protein	17g

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

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.



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, optional)
- 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	
Fat	7g
Carbs	34g
Fiber	11g
Protein	25g

Directions

- 1 Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno (if using) 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 through.
- 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.

Save Time: Use cooked beans from the can.



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 (minced)
- 1 tbsp Soy Sauce
- 3 tbsps Miso Paste
- 2 cups Kale Leaves (roughly chopped)
- 2 stalks Green Onion (optional, sliced)

Nutrition

Amount per serving	
Fat	7g
Carbs	26g
Fiber	6g
Protein	15g

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 soy sauce 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

Miso Paste: I used white miso paste. You can find this in the Asian section of most grocery stores.

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

More Flavor: Add sesame oil once finished cooking.

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



Vegetable Barley Soup

6 servings

1 hour

Ingredients

1 tbsp Extra Virgin Olive Oil
 1/2 Yellow Onion (chopped)
 1 Carrot (peeled, chopped)
 1 stalk Celery (chopped)
 2 1/2 cups Butternut Squash (peeled, chopped)
 2 Garlic (clove, minced)
 1 Zucchini (chopped)
 1/2 cup Pearl Barley
 1 tsp Sea Salt
 1 tsp Dried Thyme
 6 cups Vegetable Broth
 2 cups Baby Spinach

Nutrition

Amount per serving	
Fat	3g
Carbs	26g
Fiber	5g
Protein	4g

Directions

- 1 Heat the oil over medium-high heat in a large pot. Add the onion and cook for about 5 minutes until it begins to soften. Add the carrot, celery, squash and garlic and cook for 2 to 3 minutes more.
- 2 Add the zucchini, barley, salt and thyme. Stir to combine then add the vegetable broth. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the barley is tender.
- 3 Stir in the baby spinach and season with additional salt if needed.
- 4 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to two months.

Additional Toppings: Top with chopped parsley, sliced green onion or red pepper flakes.



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 Cornstarch
 3 cups Diced Tomatoes
 2 cups Mini Potatoes (quartered)
 3 Haddock Fillet (cubed)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	0g
Carbs	15g
Fiber	2g
Protein	14g

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 cornstarch 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.

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.



Slow Cooker French Onion Soup

5 servings

16 hours

Ingredients

- 3 tbsps Butter
- 2 tbsps Extra Virgin Olive Oil
- 6 Yellow Onion (sliced thin)
- 1/3 oz Thyme Sprigs
- 3 Bay Leaf
- 1 1/2 tsps Sugar
- 5 cups Beef Broth
- 3/4 cup White Cooking Wine
- 8 ozs Sourdough Bread
- 1 1/2 cups Gruyere Cheese (shredded)

Nutrition

Amount per serving	
Fat	23g
Carbs	39g
Fiber	5g
Protein	18g

Directions

- 1 Combine the butter, oil, onions, thyme, bay leaves, and sugar into the slow cooker. Cook over low heat for 10 hours.
- 2 Remove the thyme and bay leaves and discard. Add the beef broth and wine and cook over low heat for six hours. Taste and season with additional salt if necessary.
- 3 Turn on the broiler. Portion soup into oven-safe bowls and place sourdough on top. Top with cheese and place in the oven to broil for one to two minutes, until golden brown.
- 4 Remove bowls from the oven and enjoy!



Hamburger Barley Soup

8 servings

55 minutes

Ingredients

- 1 1/4 lbs Extra Lean Ground Beef
- 1 Yellow Onion (chopped, medium size)
- 2 Garlic (cloves, minced)
- 1 tsp Thyme (dried)
- Sea Salt & Black Pepper (to taste)
- 3 1/2 cups Diced Tomatoes (from the can, undrained)
- 4 cups Beef Broth
- 1/2 cup Pearl Barley
- 2 Carrot (large, sliced)
- 4 stalks Celery (sliced)

Nutrition

Amount per serving	
Fat	7g
Carbs	17g
Fiber	4g
Protein	18g

Directions

- 1 Heat a large pot over medium heat. Once hot, add the beef and onion and cook, stirring often until the beef is no longer pink and the onion is soft, about eight minutes.
- 2 Add the garlic, thyme, salt, and pepper and cook for one minute, until fragrant. Pour in the tomatoes (with their juices), broth and barley. Cover and bring to a boil and then reduce the heat to low and simmer for 25 to 30 minutes, until the barley is just cooked.
- 3 Add in the carrots and celery and cook for another 10 minutes, until the veggies are just fork tender. Remove from the heat. Divide into bowls and enjoy!

Notes

Leftovers: Store in the fridge for up to three days, or freeze for longer.

More Flavor: Add additional spices while cooking such as paprika, chili powder, and/or cayenne.

Additional Toppings: Top with chopped parsley.



Beef Cabbage Soup

4 servings

1 hour

Ingredients

- 10 1/2 ozs Lean Ground Beef
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 2 tbsps Tomato Paste
- 6 cups Beef Broth
- 2 cups Diced Tomatoes (from the can, with the juice)
- 3 cups Green Cabbage (chopped)
- 2 Carrot (medium, chopped)

Nutrition

Amount per serving	
Fat	15g
Carbs	17g
Fiber	5g
Protein	19g

Directions

- 1 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 2 Add the onion and cook for three to five minutes until softened. Stir in the garlic, salt, pepper and tomato paste and cook for another minute.
- 3 Add the broth and diced tomatoes and stir to combine then add the cabbage and carrots. Bring the soup to a gentle boil then reduce heat slight to simmer for 30 to 35 minutes or until the carrots and cabbage are tender.
- 4 Season with additional salt and pepper if needed then divide between bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to two months.

More Flavor: Add other dried herbs and spices to taste, like red pepper flakes, paprika, cumin, or parsley.

No Ground Beef: Use ground chicken, turkey, or pork.

More Veggies: Add celery, zucchini, or kale.



Chicken Stew

6 servings

1 hour

Ingredients

2 tbsps Extra Virgin Olive Oil
 1 1/2 lbs Chicken Thighs (boneless, skinless, cubed)
 Sea Salt & Black Pepper (to taste)
 1/2 Yellow Onion (large, diced)
 2 Carrot (large, peeled, chopped)
 2 stalks Celery (chopped)
 3 Garlic (cloves, minced)
 2 Yellow Potato (large, peeled, cubed)
 4 cups Chicken Broth, Low Sodium
 1 Lemon (juiced)
 2 tbsps Unbleached All Purpose Flour
 1/3 cup Water
 1 cup Green Beans (trimmed, chopped)
 2 tbsps Parsley (fresh, finely chopped)

Nutrition

Amount per serving	
Fat	10g
Carbs	22g
Fiber	3g
Protein	28g

Directions

- 1 In a large pot or dutch oven, heat the oil over medium-low heat.
- 2 Add the chicken thighs, salt, and pepper. Cook for seven to eight minutes or until they are browned and cooked through. Remove and place onto a plate. Set aside.
- 3 Add the onion, carrots, celery, garlic, salt, and pepper to the pot. Sauté for four to five minutes or until the vegetables have softened. Add a splash of broth or water if needed so the vegetables don't burn.
- 4 Add the potatoes, chicken broth, lemon juice, and cooked chicken. Stir to combine.
- 5 Make a slurry by adding the flour to a cup or a bowl and mixing it with water until it is completely dissolved. Pour it into the pot and stir continuously for one to two minutes. This will help to thicken the stew.
- 6 Bring the stew to a boil then lower it to a simmer. Cover and simmer for 25 to 30 minutes or until the chicken is tender and the potatoes are cooked through. Stir occasionally.
- 7 Add the green beans and parsley and cook for another 10 minutes. Divide evenly between bowls and enjoy!

Notes

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



Lasagna Soup

6 servings

40 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 1 lb Lean Ground Beef
- 2 tbsps Italian Seasoning (divided)
- 1 2/3 cups Crushed Tomatoes (from the can)
- 1 cup Tomato Sauce
- 4 cups Beef Broth
- 7 Lasagna Sheets (no boil)
- Sea Salt & Black Pepper (to taste)
- 3 ozs Mozzarella Cheese (shredded)

Nutrition

Amount per serving	
Fat	24g
Carbs	48g
Fiber	4g
Protein	26g

Directions

- 1 In a large pot or dutch oven, heat the oil over medium heat. Add the onion and sauté for four to five minutes or until they have softened. Add the garlic and sauté for 30 seconds. Add a splash of broth or water if needed so the onions and garlic don't burn.
- 2 Add the ground beef, breaking it up as it cooks. Add half of the Italian seasoning and continue to break up the beef. Cook for seven to eight minutes or until it is cooked through.
- 3 Add the crushed tomatoes, tomato sauce, beef broth, and the remaining Italian seasoning. Stir to combine. Bring to a boil then simmer partially covered for ten minutes.
- 4 Break up the lasagna sheets into approximately two inch pieces and add them to the pot. Cook for another ten minutes or until the pasta is al dente.
- 5 Divide into bowls, season with salt and pepper and top with mozzarella. Enjoy!

Notes

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

More Flavor: Add fresh parsley and basil.

No Ground Beef: Use ground turkey, chicken, or pork.



One Pot Creamy Chicken & Artichoke Stew

2 servings

20 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 8 ozs Chicken Thighs (chopped)
- 5 stalks Green Onion (tops only, chopped, divided)
- 1/3 cup Artichoke Hearts (from the can, drained, chopped)
- 1/3 cup Whipping Cream
- 1/2 cup Chicken Broth
- 1/2 cup Frozen Green Beans (chopped)
- 1 1/2 cups Baby Spinach

Nutrition

Amount per serving	
Fat	22g
Carbs	7g
Fiber	4g
Protein	26g

Directions

- 1 Heat the oil in a large pot over medium heat. Once hot, add the chicken and half of the green onions. Sauté for three to five minutes.
- 2 Add the artichoke hearts, whipping cream, broth, and green beans. Bring everything to a simmer and cook for five to seven minutes or until the chicken is cooked through. Add the baby spinach in the final minutes of cooking.
- 3 Garnish with the remaining green onions and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

More Flavor: Add capers and/or minced garlic.

Additional Toppings: Chopped parsley or cilantro.



Slow Cooker Deconstructed Stuffed Pepper Soup

5 servings

4 hours 10 minutes

Ingredients

- 1 lb Lean Ground Beef
- 1 Yellow Onion (medium, diced)
- 2 Red Bell Pepper (large, diced)
- 2 Garlic (cloves, roughly chopped)
- 1 tbsp Italian Seasoning
- 3 1/2 cups Tomato Sauce
- 1/2 cup Wild Rice (dry)
- 4 cups Beef Broth

Nutrition

Amount per serving	
Fat	19g
Carbs	27g
Fiber	5g
Protein	23g

Directions

- 1 Place all of the ingredients in the slow cooker and stir the mixture, making sure to loosen the meat. Cover and cook for four hours on high or six hours on low setting.
- 2 Divide between bowls and enjoy!

Notes

Additional Toppings: Parmesan and/or mozzarella cheese. Fresh parsley, chives, basil and/or cilantro.



Tomato Chicken Noodle Soup

4 servings

35 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 Carrot (medium, peeled, sliced)
- 1 Zucchini (medium, chopped)
- Sea Salt & Black Pepper (to taste)
- 3 cups Chicken Broth
- 1 cup Tomato Sauce
- 4 cups Water
- 1 lb Chicken Breast
- 1 cup Egg Noodles (thin, uncooked)

Nutrition

Amount per serving	
Fat	8g
Carbs	15g
Fiber	3g
Protein	30g

Directions

- 1 In a large pot, heat the oil over medium-high heat. Add the carrots and zucchini and cook until the carrots are tender, about five minutes. Season with salt and pepper.
- 2 Add the broth, tomato sauce, and water. Bring to a boil. Add the chicken breast, reduce to a simmer, and cover. Cook until the chicken is cooked through, for about 10 minutes.
- 3 Remove the chicken and chop or shred into bite-sized pieces.
- 4 Add the noodles to the pot and cook until tender, for about four minutes. Season with salt and pepper.
- 5 Add the chicken back to the pot. Divide the soup evenly between bowls and enjoy!

Notes

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

Short on Time: Use pre-cooked chicken.

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

Additional Toppings: Parmesan cheese, basil, and/or parsley.



Sausage & White Bean Soup

2 servings

30 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/3 Yellow Onion (large, chopped)
- 6 ozs Pork Sausage (casing removed, crumbled)
- 1 Carrot (medium, chopped)
- 1/2 tsp Chili Flakes
- 1 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups White Navy Beans (cooked, rinsed, divided)
- 2 cups Vegetable Broth (divided)
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Fat	28g
Carbs	46g
Fiber	17g
Protein	23g

Directions

- 1 Warm the oil in a pot over medium heat. Add the onion and cook for two to three minutes or until softened. Add the sausage. Cook and stir often for about five minutes or until cooked through.
- 2 Add the carrots and cook for another five minutes. Season with chili flakes, paprika, salt, and pepper.
- 3 In a food processor, add 1/3 of the navy beans and 1/4 of the vegetable broth. Process until smooth. Pour the mixture to the pot along with the remaining beans and broth. Cover the pot and let simmer for about 15 minutes.
- 4 Before serving, stir in the spinach until wilted. Divide evenly between bowls and enjoy!

Notes

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

More Flavor: Add mushrooms and/or bell peppers.

Additional Toppings: Fresh herbs and parmesan cheese.



Turkey, Kale & White Bean Soup

4 servings

25 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 Carrot (large, diced)
- 3 stalks Celery (diced)
- 1 Yellow Onion (large, diced)
- 1 lb Extra Lean Ground Turkey
- 2 tbsps Italian Seasoning
- 1 1/3 quarts Bone Broth
- 3 cups Diced Tomatoes (from the can, with juices)
- 1 cup White Navy Beans (rinsed and drained)
- 4 cups Baby Kale

Nutrition

Amount per serving	
Fat	27g
Carbs	33g
Fiber	11g
Protein	42g

Directions

- 1 Heat the oil in a large pot over medium-high heat. Sauté the carrots, celery, and onion for five minutes, stirring often.
- 2 Add the turkey, breaking it up as it cooks. Cook for five more minutes.
- 3 Add the Italian seasoning and cook for one more minute. Add the broth, tomatoes, and beans and bring to a boil. Reduce the heat to low and simmer for 10 minutes. Add the kale and stir until wilted, about two minutes.
- 4 Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days or freeze for up to three months.

More Flavor: Season with salt and black pepper, garlic, red chili flakes, and/or fresh basil.

Additional Toppings: Fresh basil and green onions.



Slow Cooker Chicken & Black Bean Taco Soup

4 servings

5 hours

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/3 cup Quinoa (dry, rinsed)
- 1 cup Black Beans
- 2 tbsps Taco Seasoning
- 3 cups Fire Roasted Diced Tomatoes (from the can, with juices)
- 1 2/3 pints Bone Broth
- 1 cup Cilantro (chopped, divided)
- 1 Avocado (large, sliced)
- 1/2 cup Plain Greek Yogurt (optional)

Nutrition

Amount per serving	
Fat	20g
Carbs	41g
Fiber	11g
Protein	42g

Directions

- 1 Place the chicken, quinoa, beans, taco seasoning, tomatoes, broth, and half of the cilantro in a slow cooker. Stir, cover, and cook on low for five hours.
- 2 Remove the chicken from the soup and shred with two forks. Return to the soup and mix well.
- 3 Divide evenly between bowls and garnish with avocado, yogurt, corn tortilla chips if using, and the remaining cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days or freeze for up to three months.

More Flavor: Season with sea salt and ground black pepper, lime juice, corn, onions, garlic, and/or red bell pepper.

Additional Toppings: Corn tortilla chips, crumbled.



Moroccan Beef & Lentil Soup

6 servings

30 minutes

Ingredients

- 2 Yellow Onion (medium, chopped)
- 2 stalks Celery (diced)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 lb Lean Ground Beef
- 1/2 cup Parsley (chopped, plus more for garnish)
- 2 tbsps Moroccan Spice Blend
- 3 cups Canned Whole Tomatoes (with juices)
- 1 3/4 quarts Bone Broth
- 1/4 cup Quinoa (dry, rinsed)
- 1 cup Dry Red Lentils (rinsed and drained)

Nutrition

Amount per serving	
Fat	29g
Carbs	40g
Fiber	9g
Protein	35g

Directions

- 1 Heat the oil in a large pot over medium-high heat. Sauté the onions and celery for five minutes in the oil. Add the ground beef and cook until no longer pink, about another five minutes.
- 2 Add the parsley and the Moroccan spice blend. Mix well and cook for one more minute.
- 3 Add the tomatoes, breaking them up with a wooden spoon. Add the broth and quinoa. Bring to a boil then reduce to a simmer and cook for five minutes on low heat.
- 4 Add the lentils and cook for another 15 minutes or until the lentils are tender.
- 5 Divide evenly between bowls and garnish with parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days or freeze for up to three months.

More Flavor: Season with salt and black pepper, fresh garlic, and lime juice. Use rice and chickpeas in place of quinoa and lentils.

Additional Toppings: Green onions and cilantro.



Lentil, Bean & Turkey Chili

3 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 2 Garlic (clove, minced)
- 1 Yellow Onion (chopped)
- 12 ozs Extra Lean Ground Turkey
- 1 cup Lentils (cooked)
- 1 1/2 cups Red Kidney Beans (cooked)
- 4 cups Diced Tomatoes (from the can, with the juices)
- 1 1/2 cups Vegetable Broth
- 1 tsp Chili Powder
- 2 tsps Cumin

Nutrition

Amount per serving	
Fat	15g
Carbs	50g
Fiber	18g
Protein	39g

Directions

- 1 Preheat the oil in a large skillet or pot over medium-high heat. Add the garlic and onions. Stir and cook for approximately two minutes or until tender. Add the turkey, breaking it up as it cooks. Cook for five to seven minutes or until browned.
- 2 Add the lentils, beans, diced tomatoes, broth, chili powder, and cumin. Stir well to combine.
- 3 Bring the chili to a simmer and let it cook for about 20 minutes or until the liquid has reduced to your preferred consistency. Stir occasionally.
- 4 Divide evenly between bowls and enjoy!

Notes

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

Additional Toppings: Shredded cheese, sour cream, chopped green onions, avocado slices, and/or cilantro.



Chicken, Sweet Potato & Rice Soup

6 servings

50 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 1 Garlic (clove, large, minced)
- 1 Sweet Potato (medium, chopped)
- 1/2 cup White Rice (dry, rinsed)
- 6 cups Vegetable Broth
- 1 1/2 tsps Coriander
- 15 ozs Chicken Breast (boneless, skinless)
- 1 Lemon (juiced)
- 2 cups Kale Leaves (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	4g
Carbs	20g
Fiber	2g
Protein	18g

Directions

- 1 Heat a large pot over medium heat. Add the oil, garlic, and sweet potato. Sauté for two to three minutes or until the garlic is fragrant and the sweet potato starts to brown.
- 2 Add the rice, broth, and coriander. Bring everything to a boil and then reduce to a simmer. Cover and cook for 15 minutes.
- 3 Add the chicken and continue cooking for 20 minutes or until the chicken and rice are cooked through.
- 4 Remove the chicken and roughly chop it. Add it back to the pot with the lemon juice and kale. Cook until the kale has just wilted. Season with salt and pepper, and enjoy!

Notes

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

More Flavor: Add minced onion, carrots, celery and fresh parsley.



Slow Cooker White Chicken Chili

3 servings

4 hours 10 minutes

Ingredients

- 1 Yellow Onion (small, chopped)
- 1 Garlic (clove, chopped)
- 1/4 cup Salsa Verde
- 3 cups Chicken Broth
- 1/4 tsp Sea Salt
- 2 cups White Navy Beans
- 1 lb Chicken Breast (boneless, skinless)
- 3 tbsps Sour Cream
- 1 tbsp Cilantro (chopped)

Nutrition

Amount per serving	
Fat	8g
Carbs	39g
Fiber	14g
Protein	47g

Directions

- 1 Add the onion, garlic, salsa, broth, salt, beans, and chicken to the slow cooker. Cover and cook on high for four hours or low for eight hours.
- 2 Remove roughly half of the liquid and beans from the slow cooker and blend in a blender or food processor until smooth. Add the mixture back to the slow cooker and mix with the rest of the chili. Shred the chicken.
- 3 Divide the chili evenly between bowls and garnish with sour cream and cilantro. Enjoy!

Notes

Additional Toppings: Shredded cheese and/or hot sauce.



Creamy Chicken Noodle Soup

4 servings

35 minutes

Ingredients

- 2 tbsps Butter
- 2 stalks Celery (diced)
- 2 Carrot (medium, diced)
- 1/2 Yellow Onion (large, chopped)
- 2 ozs Unbleached All Purpose Flour
- 4 cups Chicken Broth (plus more as needed)
- 1 lb Chicken Breast
- 1/4 tsp Thyme (fresh)
- 1 cup Cream, Half & Half
- 2 cups Egg Noodles

Nutrition

Amount per serving	
Fat	17g
Carbs	33g
Fiber	3g
Protein	34g

Directions

- 1 Add the butter to a large pot over medium-high heat. Once melted, add the celery, carrots, and onions. Cook for five to seven minutes.
- 2 Add the flour and cook for one more minute, stirring.
- 3 Add the chicken broth and stir. Add the chicken breast, thyme, and cream. Bring to a boil, then reduce to a simmer. Cover and cook for 10 minutes.
- 4 Stir in the noodles, cover, and cook for an additional six to eight minutes, or until the pasta is just al dente and the chicken is cooked through.
- 5 Remove the chicken, chop in bite sizes, then add it back. Adjust consistency with more broth as needed. Enjoy!

Notes

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

More Flavor: Add garlic, salt and pepper.



Chicken, Bacon, Leek & Potato Soup

4 servings

25 minutes

Ingredients

- 2 slices Bacon (chopped)
- 1 lb Chicken Thighs (boneless, skinless, chopped)
- 2 cups Mini Potatoes (quartered)
- 2 cups Mushrooms (chopped)
- 1 Leeks (large, sliced)
- 1 Garlic (clove, chopped)
- 1 tbsp Tomato Paste
- 4 cups Chicken Broth, Low Sodium
- 2 tsp White Wine Vinegar
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Fat	12g
Carbs	22g
Fiber	3g
Protein	33g

Directions

- 1 In a large heavy pot, cook the bacon and the chicken over medium heat for four to five minutes or until the bacon is crisp and the chicken is cooked through.
- 2 Add the potatoes, mushrooms, leeks, and garlic to the pot. Cook for three to four minutes or until the mushrooms and the leeks soften. Stir in the tomato paste.
- 3 Add the broth and vinegar. Bring to a boil, then reduce the heat. Cover and simmer gently for 10 to 12 minutes or until the potatoes are tender. Stir in the parsley.
- 4 Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze individual portions for up to three months.

More Flavor: Season with salt and pepper to taste.

Additional Toppings: Basil or tomato pesto.



Sausage Tortellini Soup

2 servings

25 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
 5 ozs Pork Sausage (casing removed)
 1/2 Yellow Onion (medium, chopped)
 2 Garlic (clove, minced)
 1/4 oz Unbleached All Purpose Flour
 1 1/2 tsps Italian Seasoning
 2 1/2 cups Chicken Broth
 5 ozs Cheese Tortellini
 1 cup Kale Leaves (finely chopped)
 1/2 cup Cream, Half & Half
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Fat	36g
Carbs	46g
Fiber	3g
Protein	23g

Directions

- 1 Heat a Dutch oven or large pot over medium heat and add the oil. Once hot, add the pork and cook for eight to nine minutes or until it is browned and cooked through, breaking it up as it cooks. Remove with a slotted spoon and set aside.
- 2 Add the onion and cook for two minutes, then add the garlic and cook for one minute, stirring often. Add the flour and Italian seasoning and cook for one minute, stirring constantly.
- 3 Slowly add the broth, while whisking and scraping up any bits from the bottom. Bring to a low boil, and then add the tortellini and cooked sausage. Reduce the heat to medium-low and simmer. Cook for three minutes.
- 4 Add the kale and cream. Cook for two more minutes or until the tortellini is cooked through. Season with salt and pepper.
- 5 Divide into bowls and enjoy!

Notes

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

Additional Toppings: Top with parmesan cheese.



One Pot Chickpea Pasta Fagioli

5 servings

30 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 3 Garlic (clove, finely chopped)
- 2 Carrot (medium, diced)
- 2 cups Tomato Sauce
- 1 1/2 tps Italian Seasoning
- 6 cups Vegetable Broth
- 8 ozs Pasta (dry)
- 2 cups Cannellini Beans (cooked)
- 1/3 cup Parmigiano Reggiano (grated)

Nutrition

Amount per serving	
Fat	10g
Carbs	65g
Fiber	9g
Protein	13g

Directions

- 1 Heat the oil in a large pot over medium heat. Sauté the onions, garlic, and carrots for three to five minutes or until the onions are translucent.
- 2 Add the tomato sauce, Italian seasoning, and broth. Bring to a boil, then reduce to a simmer and cook for 10 minutes.
- 3 Add the pasta and the beans. Bring to a boil and cook uncovered for four to six minutes or until the pasta is just al dente. The pasta will continue cooking in the broth.
- 4 Divide evenly between bowls and garnish with parmesan cheese. Enjoy!

Notes

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

More Flavor: Add baby spinach, kale, fresh herbs, red pepper flakes, fresh ground pepper, and/or nutritional yeast.

Pasta: Use any short pasta of choice.



Creamy Mushroom Soup

3 servings

30 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (chopped)
- 2 Garlic (clove, small, minced)
- 10 Cremini Mushrooms (diced)
- Sea Salt & Black Pepper (to taste)
- 2 tsps Thyme
- 1 tsp Oregano
- 2 cups Chicken Broth
- 1 cup Cream, Half & Half
- 1 tbsp Parsley (chopped)

Nutrition

Amount per serving	
Fat	11g
Carbs	9g
Fiber	1g
Protein	6g

Directions

- 1 In a large pot over medium heat, add the oil, onion, garlic, and mushrooms. Mix well and cook, stirring occasionally for seven to ten minutes or until the water from the mushrooms has cooked off and the onion and garlic are fragrant.
- 2 Add the salt, pepper, thyme, oregano, broth, and cream. Mix well, cover and simmer for five minutes.
- 3 Use an immersion blender to gently blend the soup until it is half blended and half chunky (or your desired consistency). Alternatively, you can add the soup to a blender and carefully pulse it to the desired consistency.
- 4 Garnish with parsley and enjoy!

Notes

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

More Flavor: Add red wine to the mushrooms and cook off the alcohol before adding the broth and cream.



Chicken Chowder

3 servings

35 minutes

Ingredients

- 2 slices Bacon (sliced)
- 2 Yellow Potato (medium, chopped)
- 1 Leeks (large, sliced)
- 1 Carrot (medium, diced)
- 2 stalks Celery (sliced)
- 2 Garlic (clove, chopped)
- 1 tbsp Thyme (fresh)
- 4 cups Chicken Broth
- 12 ozs Chicken Breast, Cooked (shredded)
- 1/2 cup Whipping Cream (at room temperature)

Nutrition

Amount per serving	
Fat	26g
Carbs	35g
Fiber	5g
Protein	44g

Directions

- 1 Heat a large pot over medium heat. Once hot, add the bacon and cook for three to five minutes or until crisp. Set aside on paper towels, leaving the fat in the pot.
- 2 Add the potatoes, leek, carrot, and the celery to the pan. Sauté over medium heat for five minutes.
- 3 Stir in the garlic and thyme and add the broth. Bring to a boil, then reduce the heat and simmer, half-covered, for 15 minutes.
- 4 Add the chicken and cook for three more minutes. Stir in the cream and allow it to heat through.
- 5 Serve topped with bacon. Enjoy!

Notes

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

More Flavor: Add salt and pepper to taste. Use turkey breast instead of chicken.



Slow Cooker Sausage & Creamy Sweet Potato Soup

5 servings

6 hours 15 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 12 ozs Pork Sausage (casings removed)
- 1 Sweet Potato (medium, peeled, cubed)
- 8 cups Chicken Broth, Low Sodium
- 2 tsps Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Cream, Half & Half
- 4 cups Baby Spinach
- 1/3 cup Parmigiano Reggiano (grated)

Nutrition

Amount per serving	
Fat	28g
Carbs	16g
Fiber	2g
Protein	20g

Directions

- 1 Heat the oil in a large pan over medium-high heat. Once hot, add the onion and sausage. Break up the sausage as it browns. Once it is mostly cooked through, add the sausage to the slow cooker.
- 2 Add the sweet potato, broth, Italian seasoning, salt, and pepper. Cover and cook for six hours on high or eight hours on low.
- 3 Once the soup has finished cooking, add the cream and spinach. Stir to mix well. Serve the soup and garnish with the parmesan. Enjoy!

Notes

More Protein: Add a large can of lentils or cannellini beans in the final 10 minutes of cooking.



Leek & Potato Soup

6 servings

30 minutes

Ingredients

- 4 cups Vegetable Broth (divided)
- 1/2 Yellow Onion (medium, chopped)
- 2 Leeks (medium, chopped)
- 1 stalk Celery (chopped)
- 2 Garlic (clove, chopped)
- Sea Salt & Black Pepper (to taste)
- 3 Yellow Potato (peeled and cubed)
- 1/4 oz Thyme Sprigs (whole)
- 1/8 tsp Cayenne Pepper
- 2 tbsps Chives (chopped, optional)

Nutrition

Amount per serving	
Fat	0g
Carbs	26g
Fiber	3g
Protein	3g

Directions

- 1 Heat a splash of broth in a large pot over medium-high heat. Add the onion, leeks, celery, and garlic and sauté for three to five minutes, or until tender, stirring frequently. Season with salt and pepper.
- 2 Add half of the remaining broth and use a wooden spoon to lift off any browned bits stuck to the bottom of the pot. Add the potatoes, thyme, and cayenne pepper. Stir to combine, then add the remaining broth.
- 3 Bring the soup to a boil, then reduce the heat to medium-low. Cover and simmer for 10 to 15 minutes or until the potatoes are tender.
- 4 Remove and discard the thyme stems. Using an immersion blender, blend the soup until smooth. Alternatively, add to a blender and blend to the desired consistency being careful to vent as needed.
- 5 Divide evenly between bowls and garnish with chives. Enjoy!

Notes

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



Broccoli & Cauliflower Soup

2 servings

30 minutes

Ingredients

- 2 tps Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 1 tsp Ginger (fresh, minced)
- 2 cups Broccoli (chopped)
- 1/2 head Cauliflower (medium, chopped into bite-size pieces)
- 2 cups Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Heavy Cream
- 1/2 Lemon (juiced, for serving)

Nutrition

Amount per serving	
Fat	25g
Carbs	20g
Fiber	6g
Protein	6g

Directions

- 1 Heat the oil in a pot over medium-high heat. Add the onion and sauté for five to six minutes, or until translucent.
- 2 Add the garlic and ginger, and sauté for another minute. Then, add the broccoli, cauliflower, broth, salt, and pepper. Cover the pot with a lid and let it simmer on low heat for about 15 minutes, or until everything is cooked.
- 3 Use an immersion blender to blend the soup until smooth. Add the heavy cream, stir, and simmer uncovered for another five minutes so the flavours blend together.
- 4 Divide evenly between bowls. Drizzle with lemon juice and enjoy!

Notes

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

No Immersion Blender: Add the soup to a regular blender and blend in batches as needed.

Additional Toppings: Green onions or parsley.



Mushrooms & Peas in a Creamy Tomato Broth

2 servings

35 minutes

Ingredients

- 1/2 Yellow Onion (medium, diced)
- 3 cups Mushrooms (thickly sliced)
- 1 Orange Bell Pepper (medium, chopped)
- 2 Garlic (clove, minced)
- 1 cup Tomato Purée
- 1 cup Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Frozen Peas (thawed)
- 1/2 cup Heavy Cream
- 1 tbsp Chives (finely chopped)

Nutrition

Amount per serving	
Fat	21g
Carbs	32g
Fiber	7g
Protein	10g

Directions

- 1 Heat a pot over medium heat. Add the onion with a splash of water and sauté for five minutes or until soft.
- 2 Add the mushrooms, bell pepper, and garlic. Stir and cook for another five minutes or until slightly browned.
- 3 Add the tomato purée and broth and season with salt and pepper. Cover the pot and simmer on low heat for 15 minutes until everything is cooked.
- 4 Remove the lid and add the peas and heavy cream. Stir and simmer uncovered for another five minutes. Taste and adjust the seasoning as needed.
- 5 Divide evenly between serving bowls, top with chives, and enjoy!

Notes

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

More Flavor: Add smoked paprika and cumin seeds.

No Chives: Use parsley or green onion instead.



Cream of Tomato & Garlic Soup

4 servings

1 hour 15 minutes

Ingredients

- 6 Tomato (medium, quartered)
- 2 Sweet Onion (medium, thinly sliced)
- 3 tbsps Tomato Paste
- 3 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 8 Garlic (clove, unpeeled)
- 3 cups Vegetable Broth (warm)
- 3/4 cup Cream, Half & Half
- 3 tbsps Pumpkin Seeds (toasted, crushed)
- 1 tbsp Basil Leaves (for serving, optional)

Nutrition

Amount per serving	
Fat	19g
Carbs	26g
Fiber	4g
Protein	8g

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 In a Dutch oven or ovenproof pot, combine the tomatoes, onions, tomato paste, and oil. Season with salt and pepper and mix well. Place the unpeeled garlic cloves on top. Cook in the oven for 50 to 60 minutes, or until the garlic and tomatoes are tender.
- 3 Remove the pot from the oven. Place the garlic cloves on a plate and let cool for five minutes. Squeeze to extract the roasted cloves and return them to the pot, discarding the skins.
- 4 Purée the soup with a hand blender until smooth. Add the broth and cream. If needed, reheat gently over low heat until warmed through.
- 5 Divide evenly among bowls. Garnish with crushed pumpkin seeds and basil and enjoy!

Notes

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

Make It Vegan: Use coconut milk or cashew cream instead of dairy cream.

More Flavor: Add a pinch of chili flakes before roasting.

Additional Toppings: Croutons and/or parmesan cheese.



Sausage, White Bean & Potato Soup

4 servings

35 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 12 ozs Pork Sausage (casing removed)
- 1 Yellow Onion (large, chopped)
- 3 stalks Celery (chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 3 Yellow Potato (medium, peeled, cubed)
- 5 cups Chicken Broth
- 1 3/4 cups Cannellini Beans (cooked)
- 4 cups Baby Spinach

Nutrition

Amount per serving	
Fat	27g
Carbs	55g
Fiber	11g
Protein	21g

Directions

- 1 Heat a Dutch oven or a large pot over medium heat and add the oil. Once hot, add the pork. Cook for eight to nine minutes or until it is browned and cooked through, breaking it up as it cooks. Remove with a slotted spoon and set aside.
- 2 Add the onion and celery and cook for two minutes. Add the garlic and cook for one minute until fragrant, stirring often. Add the Italian seasoning and season with salt and pepper.
- 3 Return the sausage to the pot and add the potatoes. Add the broth and beans. Bring to a boil and then reduce the heat to a simmer. Simmer, partially covered, for 15 to 20 minutes or until the potatoes are tender.
- 4 Add the spinach and stir until wilted. Divide evenly into bowls and enjoy!

Notes

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

More Flavor: Chili flakes.



Creamy Chicken & Veggie Soup

8 servings

45 minutes

Ingredients

- 14 ozs Chicken Breast (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 3 Yellow Potato (medium, peeled, cubed)
- Sea Salt & Black Pepper (to taste)
- 5 cups Chicken Broth (divided)
- 2 tbsps Italian Seasoning
- 1 3/4 cups Frozen Vegetable Mix
- 1/2 cup Cow's Milk, Whole

Nutrition

Amount per serving	
Fat	6g
Carbs	22g
Fiber	4g
Protein	16g

Directions

- 1 In a pot over medium-high heat, add the chicken and enough water to cover it by one to two inches (2.5 to 5 cm). Bring to a boil, reduce the heat to a simmer, and cover with a lid. Let simmer for 15-20 minutes or until the chicken is just cooked through. Let rest for 5 minutes before slicing.
- 2 Meanwhile, in a large pot, heat the oil over medium heat. Add the onion and sauté for three to four minutes until softened.
- 3 Add the potatoes, salt, pepper, and about one inch of broth. Cook the potatoes for eight to 10 minutes or until slightly fork-tender but not mushy.
- 4 Add the cooked chicken, Italian seasoning, and the remaining broth. Bring to a boil, then simmer for 10 minutes.
- 5 Add the frozen vegetables and milk. Cook for another three to five minutes. Divide evenly between bowls and enjoy!

Notes

Frozen Vegetable Mix: This recipe was made using a mix of green beans, carrots, peas, and corn.

Thicker Consistency: Before removing from the heat, make a slurry with cornstarch and water. Slowly stir it into the soup until it thickens.

No Italian Seasoning: Use a combination of dried oregano, parsley, basil, rosemary, and thyme, or use another seasoning like poultry seasoning.