



Soups

NourishedBoss.

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Roasted Butternut Squash Soup with Kale Chips

4 servings

1 hour 30 minutes

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 tbsp Ginger (grated)
 4 cups Vegetable Broth
 2 tsps Sea Salt (divided)
 4 cups Kale Leaves (cut into large pieces)

Nutrition

Amount per serving	
Calories	218
Fat	8g
Carbs	39g
Fiber	7g
Sugar	18g
Protein	3g
Vitamin A	16470IU
Vitamin C	58mg
Calcium	156mg
Iron	2mg
Vitamin B12	0µg
Magnesium	70mg
Zinc	1mg

Directions

- 1 Preheat the oven to 420°F (216°C). Cut the 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.
- 2 Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
- 3 Place a large pot over medium heat and add half of the olive oil. Add the apples, onion, and ginger and saute for about 5 minutes or until soft.
- 4 Add 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 Set the oven to 350°F (177°C) 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. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
- 6 Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

Notes

Leftovers: Refrigerate for up to four days. Freeze for up to three months.

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



Roasted Red Pepper & Tomato Lentil Soup

5 servings

45 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	273
Fat	7g
Carbs	42g
Fiber	9g
Sugar	8g
Protein	14g
Vitamin A	3221IU
Vitamin C	103mg
Calcium	58mg
Iron	5mg
Vitamin B12	0µg
Magnesium	42mg
Zinc	1mg

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.



Creamy Cauliflower & Carrot Soup

4 servings
 30 minutes

Ingredients

- 2 tbsps 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	
Calories	137
Fat	8g
Carbs	16g
Fiber	6g
Sugar	7g
Protein	4g
Vitamin A	14118IU
Vitamin C	88mg
Calcium	122mg
Iron	2mg
Vitamin B12	0µg
Magnesium	46mg
Zinc	1mg

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

- Leftovers:** Refrigerate in an airtight container for up to five days. Freeze for up to three months.
- Serving Size:** One serving is roughly 2 1/2 cups.
- 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.



Creamy Roasted Tomato Soup

4 servings

1 hour

Ingredients

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

Nutrition

Amount per serving	
Calories	135
Fat	5g
Carbs	22g
Fiber	4g
Sugar	9g
Protein	5g
Vitamin A	3983IU
Vitamin C	43mg
Calcium	184mg
Iron	2mg
Vitamin B12	0µg
Magnesium	45mg
Zinc	1mg

Directions

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

Notes

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



Creamy Roasted Garlic & Kale Soup with Cauliflower

4 servings

1 hour 15 minutes

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 Vegetable Broth (divided)

Nutrition

Amount per serving	
Calories	176
Fat	11g
Carbs	17g
Fiber	6g
Sugar	7g
Protein	5g
Vitamin A	2515IU
Vitamin C	114mg
Calcium	172mg
Iron	3mg
Vitamin B12	0µg
Magnesium	40mg
Zinc	1mg

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.



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	
Calories	391
Fat	14g
Carbs	50g
Fiber	11g
Sugar	9g
Protein	17g
Vitamin A	2557IU
Vitamin C	42mg
Calcium	118mg
Iron	6mg
Vitamin B12	0µg
Magnesium	14mg
Zinc	0mg

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.



Roasted Carrot White Bean & Tahini Soup

4 servings

1 hour

Ingredients

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

Nutrition

Amount per serving	
Calories	423
Fat	16g
Carbs	61g
Fiber	20g
Sugar	17g
Protein	14g
Vitamin A	46529IU
Vitamin C	22mg
Calcium	253mg
Iron	6mg
Vitamin B12	0µg
Magnesium	104mg
Zinc	2mg

Directions

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

Notes

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

Serving Size: One serving is approximately 2 cups.

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

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

No Carrots: Use sweet potato instead.

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



Curried Coconut Soup

8 servings
 30 minutes

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 Canned Coconut Milk
- 4 cups Vegetable Broth
- 1 Zucchini (spiralized into noodles)
- 1/4 cup Cilantro
- 1 tsp Chili Flakes (optional)

Nutrition

Amount per serving	
Calories	209
Fat	18g
Carbs	9g
Fiber	2g
Sugar	4g
Protein	3g
Vitamin A	418IU
Vitamin C	17mg
Calcium	35mg
Iron	1mg
Vitamin B12	0µg
Magnesium	17mg
Zinc	0mg

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.



Pressure Cooker Carrot Ginger Soup

4 servings

25 minutes

Ingredients

3 cups Vegetable Broth
 1 Yellow Onion (chopped)
 1 Garlic (clove, minced)
 1 tbsp Ginger (fresh, minced)
 6 Carrot (chopped)
 2 tsps Thyme (fresh, chopped)
 1 1/4 cups Canned Coconut Milk (full fat)

Nutrition

Amount per serving	
Calories	192
Fat	14g
Carbs	16g
Fiber	3g
Sugar	8g
Protein	3g
Vitamin A	15700IU
Vitamin C	7mg
Calcium	52mg
Iron	1mg
Vitamin B12	0µg
Magnesium	14mg
Zinc	0mg

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.



White Bean & Lemon Kale Soup

4 servings

30 minutes

Ingredients

3 cups Vegetable Broth
 2 Carrot (chopped)
 2 Leeks (white parts only, chopped fine)
 2 Garlic (cloves, minced)
 1/2 tsp Oregano
 1 1/2 tsps Thyme (dried)
 1 3/4 cups Cannellini Beans (drained, rinsed)
 3 cups Water
 4 cups Kale Leaves (stem removed, chopped)
 3 tbsps Lemon Juice
 Sea Salt & Black Pepper (to taste)
 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	159
Fat	1g
Carbs	32g
Fiber	8g
Sugar	6g
Protein	7g
Vitamin A	7579IU
Vitamin C	38mg
Calcium	142mg
Iron	3mg
Vitamin B12	0µg
Magnesium	32mg
Zinc	0mg

Directions

- 1 In a large pot over medium heat, add a splash of the vegetable broth, then add the carrots and leeks. Cook for 6 to 8 minutes, or until cooked through. Then add the garlic, oregano and thyme and cook for 1 to 2 minutes more.
- 2 Add the beans, water and remaining broth and bring to a low simmer over medium heat. Then reduce to medium-low and add the kale and lemon juice. Stir and continue cooking for 3 to 4 minutes, until the kale is wilted.
- 3 Season with salt and pepper. Ladle into bowls and top with parsley. Serve and enjoy!

Notes

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

Serving Size: One serving size is equal to about 2 cups.

Additional Toppings: Top with chili flakes and/or shredded parmesan.



Pressure Cooker Wild Rice & Mushroom Soup

6 servings

1 hour 15 minutes

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 Vegetable Broth
 1 tbsp Poultry Seasoning
 1/2 cup All Purpose Gluten-Free Flour
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	287
Fat	2g
Carbs	57g
Fiber	11g
Sugar	10g
Protein	13g
Vitamin A	5810IU
Vitamin C	6mg
Calcium	79mg
Iron	4mg
Vitamin B12	0µg
Magnesium	92mg
Zinc	3mg

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.



Slow Cooker Butternut Squash & Ginger Soup

5 servings
4 hours

Ingredients

- 8 cups Butternut Squash (peeled, seeds removed and chopped)
- 1 1/2 tbsps Ginger (peeled and grated)
- 1 tbsp Curry Powder
- 3 cups Vegetable Broth
- 2 tbsps Apple Cider Vinegar
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	114
Fat	1g
Carbs	29g
Fiber	5g
Sugar	6g
Protein	3g
Vitamin A	24127IU
Vitamin C	48mg
Calcium	119mg
Iron	2mg
Vitamin B12	0µg
Magnesium	82mg
Zinc	0mg

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.



Cozy Slow Cooker Split Pea & Kale Stew

6 servings
8 hours

Ingredients

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

Nutrition

Amount per serving	
Calories	278
Fat	3g
Carbs	48g
Fiber	17g
Sugar	6g
Protein	17g
Vitamin A	4948IU
Vitamin C	18mg
Calcium	105mg
Iron	5mg
Vitamin B12	0µg
Magnesium	54mg
Zinc	3mg

Directions

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

Notes

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



Slow Cooker Lentil Chili

6 servings

5 hours

Ingredients

- 1 cup Dry Red Lentils (rinsed, uncooked)
- 1 Yellow Onion (medium, diced)
- 1 Red Bell Pepper (chopped)
- 1 Carrot (chopped)
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 3 1/2 cups Diced Tomatoes (from the can with juices)
- 2 tbsps Tomato Paste
- 2 cups Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
- 1 Avocado (optional, sliced)
- 1/4 cup Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	307
Fat	6g
Carbs	49g
Fiber	15g
Sugar	8g
Protein	16g
Vitamin A	3843IU
Vitamin C	46mg
Calcium	97mg

Directions

- 1 Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
- 2 Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
- 3 Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

Notes

Serving Size: One serving is equal to approximately 1.5 to 2 cups of chili.

Likes it Spicy: Add one chopped jalapeno pepper.

More Flavor: Add the juice of one lime to the slow cooker just before serving.

No Beans: Use lentils only.

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

Iron	7mg
Vitamin B12	0µg
Magnesium	46mg
Zinc	1mg



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 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	
Calories	161
Fat	4g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	24g
Vitamin A	5253IU
Vitamin C	3mg
Calcium	59mg
Iron	2mg
Vitamin B12	0.5µg
Magnesium	40mg
Zinc	2mg

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.



Slow Cooker Sausage & Kale Soup

8 servings
4 hours

Ingredients

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

Nutrition

Amount per serving	
Calories	220
Fat	13g
Carbs	18g
Fiber	2g
Sugar	2g
Protein	7g
Vitamin A	3635IU
Vitamin C	21mg
Calcium	98mg
Iron	1mg
Vitamin B12	0.2µg
Magnesium	40mg
Zinc	1mg

Directions

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

Notes

- Leftovers:** Refrigerate in an airtight container up to 3 days, or freeze if longer.
- Serving Size:** One serving is roughly 1 1/2 cups of soup.
- No Brown Rice:** Use quinoa instead.



Beef & Bean Minestrone

6 servings

1 hour 15 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	237
Fat	7g
Carbs	27g
Fiber	7g
Sugar	9g
Protein	17g
Vitamin A	5211IU
Vitamin C	28mg
Calcium	95mg
Iron	5mg

Directions

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

Notes

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

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

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

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

Likes it Cheesy: Sprinkle with parmesan or nutritional yeast.

Vitamin B12	0.8µg
Magnesium	56mg
Zinc	3mg



Pressure Cooker Bean-Free Chili

4 servings

50 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsp Ghee
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 3 Garlic (clove, minced)
- 2 tbsps Tomato Paste
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 Tomato (chopped)
- 1 cup Chicken Broth

Nutrition

Amount per serving	
Calories	281
Fat	16g
Carbs	11g
Fiber	4g
Sugar	5g
Protein	25g
Vitamin A	2692IU
Vitamin C	45mg
Calcium	65mg
Iron	6mg
Vitamin B12	2.5µg
Magnesium	45mg
Zinc	6mg

Directions

- 1 Turn your pressure cooker onto sauté mode. Cook the beef, breaking it up as it cooks until it's no longer pink. Remove the meat from the pot and drain any excess drippings.
- 2 Add ghee to the pressure cooker and when melted add the onion, pepper and garlic. Saute for 5 minutes or until the onions are translucent. Add the tomato paste, chili powder, cumin and salt. Cook for another minute. Add the tomatoes, broth and cooked meat to the pressure cooker and stir to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 20 minutes and let the steam release naturally for 5 to 10 minutes. Release the rest of the steam manually.
- 4 Divide between bowls and enjoy!

Notes

Optional Toppings: Diced avocado, sliced jalapenos, fresh lime juice, sliced green onion and/or chopped cilantro.

No Ground Beef: Use ground turkey or chicken instead.

More Flavor: Add smoked paprika, chipotle chili powder, ground cayenne, ground coriander, black pepper or dried oregano.

Tomato Options: Use cherry tomatoes, Roma tomato, field tomatoes or drained diced tomatoes from the can.

No Ghee: Use extra virgin olive oil or avocado oil instead.

Leftovers: Store in an airtight container in the fridge for up to three days. Freeze for up to three months.

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



Turkey & Vegetable Soup

6 servings

50 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
 1 Yellow Onion (chopped)
 3 Garlic (clove, minced)
 1 tsp Dried Thyme
 1 tsp Sea Salt
 1 Sweet Potato (peeled, cut into 1/2-inch cubes)
 1 Carrot (peeled, chopped)
 2 stalks Celery (chopped)
 10 1/2 ozs Turkey Breast, Cooked (roughly chopped)
 6 cups Chicken Broth
 1 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	142
Fat	4g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	18g
Vitamin A	5702IU
Vitamin C	16mg
Calcium	59mg
Iron	2mg
Vitamin B12	0.9µg
Magnesium	31mg
Zinc	1mg

Directions

- 1 Heat the oil in a large pot over medium heat.
- 2 Add the onion and cook until it begins to soften, about 5 minutes. Add in the garlic, thyme and salt and continue cooking for one minute more.
- 3 Add the sweet potato, carrots, celery and turkey. Stir to combine then add the chicken broth to the pot along with the parsley.
- 4 Bring soup to a gentle boil then reduce the heat to low and cover with a lid. Simmer for 40 to 45 minutes or until the vegetables are very tender. Season with additional salt if needed. Serve and enjoy!

Notes

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

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

More Flavor: Add a bay leaf or some red pepper flakes.

No Turkey: Use chicken breast instead.

Additional Toppings: Serve the soup over top of cooked rice or cooked pasta.