

# Beet-utiful Bison Soup



Beets are an amazing vegetable. They are sweet yet nutritious and not to mention down right healthy for you! This hearty soup will warm you up during the winter months and help you feel grounded and connected to the earth. I cook all my soups in a slow cooker because...well who has time to cook all night :)

**Serves** 6+

**Total Time** 4 hrs, slow cooker on high

## Ingredients

16 oz ground bison (or beef)  
1/4 cup yellow onion sliced small  
1/4 cup coconut oil  
6 medium sized red beets  
1 bag frozen riced cauliflower  
24 oz bone broth (I buy Bonafide Bone Broth from Whole Foods in the freezer section)  
4 tbsp olive oil  
1 tbsp Italian seasoning (I buy Simply Organic from Whole Foods)  
1 tsp sea salt to taste (add as much as you like to taste)  
add water to cover remaining vegetables

## Directions

1. Cut up red beets into about 1"x1" cubes
2. Add all ingredients into the slow cooker. You can cook on high for a few hours or prepare before bed and leave it on low.
3. Using a hand blender, quickly "mash" all ingredients together until you have a thick pureed soup. Enjoy! Tip: I love sprinkling raw sunflower seeds onto my soap.

When possible, use organic, grass-fed meat and non-GMO ingredients. Eating healthy can be overwhelming, especially when cost is a factor. Do what you can, when you can. I encourage you to view eating as a spiritual practice. The act of sending positive energy and gratitude toward your food, not only increases its vibration, but connects you to the plant and animals that nourish your body.

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