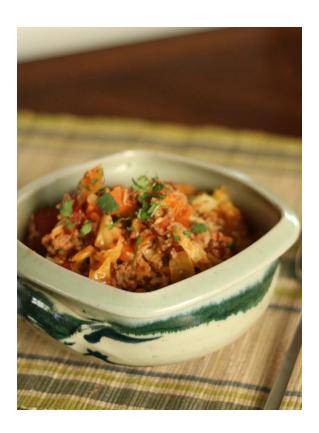
Cabbage Roll Soup



Ready in 40 minutes
Serves 4 people

Ingredients

- 2 tsp olive oil
- 1 pound extra lean ground beef
- 1 small onion, diced
- 2 garlic cloves, crushed
- 2 carrots, peeled and diced
- 4 cups chopped green cabbage
- 4 cups beef broth
- 1 large tin (796ml) stewed tomatoes
- ½ cup uncooked brown rice
- 1 bay leaf
- Fresh parsley

- 1. Heat oil in large pot and brown ground beef. Season with salt and pepper.
- 2. Once beef is cooked, add garlic and onions, cook 3-4 minutes.
- Add remaining ingredients and bring to a low boil. Cover and reduce heat to a minimum. Cook 25 minutes or until rice is cooked through.
- 4. Remove bay leaves and sprinkle with fresh parsley.

Paleo Zuppa Toscana Soup



Ready in 45 minutes
Serves 6 people

Are white potatoes paleo? Here is a great article to break down this tuber!

https://paleoleap.com/are-white-potatoes-paleo/

Ingredients

- 4 slices of bacon, diced
- 1 pound mild or spicy Italian sausage, out of their casings
- 4 yellow potatoes, diced
- 1 medium onion, diced
- 4 cloves garlic, crushed
- 4 cups chicken stock
- 1 bunch kale, washed and removed from stems. Cut into bite-sized pieces
- 1 can full fat coconut milk
- Salt and pepper to taste

- 5. In a large pot, add sausage and break up into small pieces with a wooden spoon.
- 6. Drain sausage and set aside. In the same pot, fry bacon until crispy. Set bacon aside and remove all but 1 tsp bacon fat from pot.
- 7. Add onions and garlic and cook until translucent (4min).
- 8. Add chicken stock and potatoes, and bring to a low boil. Cook approximately 15 minutes or until potatoes are tender.
- Reduce heat to low and stir in coconut milk, cooked sausage and bacon, and the chopped kale.
- 10. Salt and pepper to taste.

Tumeric Chicken Soup



Ready in 40 minutes
Serves 6 people

Ingredients

- 1 tbsp olive oil
- 4 garlic cloves, minced
- 1 medium onion, diced
- 2 carrots, chopped
- 2 celery, chopped
- 1 tbsp fresh ginger grated
- ½ tsp dried tumeric or 1 tsp fresh grated
- 6 cups chicken stock
- 1 pound boneless, skinless chicken breast
- 1 tsp fresh chopped rosemary and thyme
- ½ tsp salt, pepper to taste
- 1 cup pearl or Israeli couscous
- % cup frozen peas

- 11. In a large pot over medium heat add in oil. Cook together onions, garlic, carrots and celery until onions are translucent (3-4 min).
- 12. Add ginger and tumeric and cook until fragrant (1 min).
- 13. Add in chicken stock, chicken breasts, rosemary, thyme, salt and pepper.
- 14. Bring soup to boil then stir in couscous. Reduce heat to medium low and cook uncovered for 20-30 minutes or until chicken is fully cooked.
- 15. Remove chicken to cutting board and shred with two forks. Return to pot and add the peas. Season to taste.

African Turkey and Yam Soup



Ready in 40 minutes
Serves 6 people

Ingredients

- COMBINE THE 4 INGREDIENTS IN LARGE POT, COOK OVER MEDIUM FOR 5 MINUTES. STIRRING.
- 3 tbsp low sodium soy sauce or coconut aminos
- 1 medium onion, diced
- 2 cups yams, cubed
- ½ cup water
- THEN ADD THE NEXT 3 INGREDIENTS AND COOK 5 MORE MINUTES.
- 2 celery, chopped
- 2 cups cauliflower, chopped
- 1 rep pepper, diced
- ADD REMAINING INGREDIENTS AND SIMMER UNCOVERED FOR 10 MINUTES
- 5 cups chicken stock
- 1 14oz can tomato sauce
- 1 15 oz can chickpeas (optional)
- ½ cup water blended with ½ cup all natural peanut butter
- 1 tsp curry powder
- 2 tbsp mild curry paste
- 1 pound of cooked ground turkey
- TOP WITH FRESH CHOPPED CILANTRO

Thai Butternut Squash Soup



Ready in 30 minutes
Serves 4 people

Ingredients

- 1 tbsp olive oil
- 1 butternut squash, peeled and chopped
- 1 small onion, chopped
- ½ small cauliflower, chopped
- 2 garlic cloves, chopped
- 1 apple, chopped
- 4 cups low sodium chicken stock
- 1 can coconut milk
- ½ tsp dried sage
- ½ tsp Sambal Olek or chili paste
- 1 tsp red curry paste
- Salt and pepper to taste

- 16. Saute all vegetables in olive oil until soft (7-8 minutes).
- 17. Add chicken stock, coconut milk, sage, Sambal Olek, curry paste and salt and pepper. Bring to a low boil, then reduce to simmer and cover.
- 18. Cook until all vegetables are fork tender.
- 19. Remove from heat and let cool. Puree with a blender. Reheat and serve with a dollop of Greek yogurt.