

MOVE DAILY

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

Preparation

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.
3. 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.

MOVE DAILY

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

Preparation

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.
9. Reduce heat to low and stir in coconut milk, cooked sausage and bacon, and the chopped kale.
10. Salt and pepper to taste.

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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
- ¾ cup frozen peas

Preparation

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.

MOVE DAILY

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 red 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

MOVE DAILY

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

Preparation

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.