



1st Annual Nourishing Guru

Soup-a-thon Challenge!

RECIPE PACKET



Brought to you by:



Nourishing Guru Soup-a-thon Challenge

Welcome Soup Lovers!

THANK YOU for signing up for our Soup-a-thon Challenge! 100% of the profits goes directly to a local food pantry. Your dollars WILL make a difference to many folks this holiday season!

You have **2 weeks** to make **5** of the delicious recipes in this packet. You have over a dozen to choose from. You can also access three other soup recipes on our website right [here](#). Feel free to add these to the mix (more than 15 in all) ☺

We hope you join us on our **facebook** page, where you can post pictures of your latest soup endeavor, and/or comment on how the challenge is going for you.

If you don't have the time to do the challenge right now, NO worries! Simply keep these recipes in a binder and use whenever you like.

Some tips about the recipes:

- ♥ If you are a vegetarian, feel free to substitute any chicken broth with veggie broth.
- ♥ When using store bought broth in a recipe, be very picky! Try to get organic and look for ones that clearly list the ingredients (not just saying "natural flavor"). Also, look for no sugar added and watch out for ingredients that are "hydrolyzed" or contain yeast extract.
- ♥ Each recipe will serve anywhere from 4-6 people; this depends on whether you use it as a larger meal or more of a side dish.
- ♥ USE whatever fat you like – can be interchangeable, but we prefer: coconut oil, ghee, avocado oil, macadamia nut oil, olive oil – but do try all of them to experiment
- ♥ Go for organic when possible. If not, just be aware of the [Environmental Working Group's Dirty Dozen](#) and at least try to get those with the highest pesticide residue in their organic form.



Now . . . for a few benefits about SOUP!

Homemade soups:

- ♥ Are a great way to use up leftovers, especially those extra veggies that are hanging out in the veggie crisper with nowhere to go.
- ♥ Make wonderful one-pot meals where you can combine your protein, healthy fats and veggies all in one meal.
- ♥ Help to fill you up WITHOUT filling you out!

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- ♥ Can be warming in the cool months and cooling in the warm months (our focus this time of year is on hot soups)
- ♥ Are an amazing way to boost fiber intake (think beans/veggies)
- ♥ Are also a great way to increase your mineral intake as many vegetables (and bone broth) have a good amount of minerals.
- ♥ Can be eaten as a nourishing warm breakfast first thing in the morning.
- ♥ Don't contain the garbage that is often loaded in canned soups.

To prepare for your challenge

- ♥ Cut up many vegetables that are used in many soups, such as carrots and celery ahead of time and store in the fridge so you have them ready to go for the next recipe
- ♥ You can also cut up onions, but store them separately (in an air-tight container)
- ♥ If using lentils or mung beans in a recipe, give the brand Tru-roots a try. They are sprouted beans which are easier to digest and also cook faster.
- ♥ Put some music on when cooking and remember to put love into your soup ♥
- ♥ If you're looking to save time, consider investing in an immersion blender. You can find them at Target, Bed Bath and Beyond or one like [this one](#) at Amazon.
- ♥ Consider what you want to use for your broth base. Store bought broth can be a huge time saver when making soups and we use them often. Some of our favorites are Pacific low sodium vegetable broth (*we are not fans of their regular organic chicken broth – too many variables, though they have a great bone broth you can find online*), and Imagine organic free range chicken broth. However, if you are up to the challenge, nothing beats making your own broth as a base for soups. That's why our first two recipes are for homemade broth.

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Bring on the RECIPES!!!

Our first two recipes are for homemade veggie broth and one of our favorite, healing foods – Bone Broth - based on the recipe made popular by Sally Fallon Morrell in her book Nourishing Traditions.

In addition to the health benefits of making your own broth, it also saves you money and other than some chopping and keeping the pot on, isn't time consuming. Just put the pot on and go about taking care of other things. Ah, the power of multi-tasking! ☺

VEGETABLE BROTH

- ♥ 1 -2 Tablespoons oil (coconut, olive, macadamia, avocado)
- ♥ 1 onion, chopped
- ♥ 3 – 4 carrots, chopped (if organic, leave skin on)
- ♥ 4 large celery stalks
- ♥ 2 garlic cloves, sliced
- ♥ 1 parsnip, chopped (optional)
- ♥ 1 small bunch parsley (approximately 5 sprigs)
- ♥ Herbs such as thyme, oregano, basil, dill (approx. 1 tsp fresh or ¼ tsp dried)
- ♥ 1 bay leaf
- ♥ 8 cups filtered water
- ♥ Salt (celtic, Himalayan or sea salt is best) – a tsp or to taste
- ♥ Peppercorns (approx. 6 – optional)

Melt the oil in a large saucepan. Sauté the onions for a minute then add the carrots, celery, garlic and parsnip. Sauté a few minutes and add herbs (excluding parsley). Pour in the water and remaining ingredients and bring to a boil. Turn down and simmer approximately 1 hour. Allow to cool and strain out the vegetables. Pour into mason jars (about 2/3 full) and freeze if not planning to use in the next few days. Another idea is to pour into ice cube trays and freeze. Then you can pop out just a few at a time as needed.

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BONE BROTH

Bone broth is not just fabulous for bone health. The broth pulls the minerals from the bones you cook and makes the minerals easy to absorb. A good broth will congeal when it cools in the fridge indicating the presence of gelatin - which is great for the bones, digestion, immune system, and many other health issues. Make a huge pot and freeze in mason jars so you always have on hand. Can use as a base for other soups!

- ♥ Bones—from poultry, beef, lamb, cooked remnants of a previous meal, with or without skin and meat, raw bones, with or without skin and meat **or** use a whole carcass or just parts (good choices include feet, ribs, necks and knuckles)
- ♥ Water—start with cold water, enough to just cover the bones
- ♥ Apple Cider Vinegar, 1-2 tablespoons
- ♥ Vegetables (optional)—peelings and scraps like ends, tops and skins or entire vegetable - celery, carrots, onions, garlic and parsley are the most traditionally used, but any will do

Combine bones, water and vinegar in a pot, let stand for 30 minutes to 1 hour. Then bring to a simmer, remove any scum that has risen to the top, reduce heat and simmer (6–48 hours for chicken, 12–72 hours for beef). To reduce cooking time, you may smash or cut bones into small pieces first. If desired, add vegetables in last ½ hour of cooking (or at any point as convenience dictates).

Strain through a colander or sieve, lined with cheesecloth for a clearer broth. Discard the bones. If uncooked meat was used to start with, reserve the meat for soup or salads.

An easy way to cook broth is to use a crockpot on low setting. After putting the ingredients into the pot and turning it on, you can just walk away. If you forget to skim the impurities off, it's ok, it just tastes better if you do. If you wish to remove the fat for use in gravy, use a gravy separator while the broth is warm, or skim the fat off the top once refrigerated. Cold broth will gel when sufficient gelatin is present. Broth may be frozen for months or kept in the refrigerator for about 5 days.



From Sally Fallon Morrell, "Nourishing Traditions"

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RED LENTIL SOUP WITH WARM SPICES



- ♥ 2 tablespoons coconut oil
- ♥ 1 medium onion chopped
- ♥ 1 teaspoon dried ginger
- ♥ ½ teaspoon cinnamon
- ♥ 2 cloves of garlic minced
- ♥ 1 cup of red lentils
- ♥ 4-5 cups of organic chicken broth
- ♥ Salt and pepper to taste
- ♥ 15-ounce jar chopped tomatoes
- ♥ 4 cups of butternut squash, peeled and cut into 1" cubes

Heat coconut oil and brown sauté onions and garlic for 3-4 minutes. Add ginger and cinnamon and sauté another 2 minutes to blend flavors. Add squash, lentils, tomato and broth and bring to boil. Reduce heat and simmer for 30 minutes until squash is tender. Add more broth if desired. Season to taste with salt and pepper. Soup is nice pureed or left as is.

GOLDEN SQUASH SOUP

- ♥ 1 tablespoon olive oil, coconut oil or ghee
- ♥ 1 medium-sized butternut squash, peeled and cut into 1/2-inch pieces (about 4 cups)
- ♥ 1 large onion, chopped
- ♥ 3 medium cloves garlic, chopped
- ♥ 1 tablespoon minced fresh ginger
- ♥ 1 teaspoon turmeric
- ♥ 1 teaspoon curry powder
- ♥ 3 cups organic chicken or vegetable broth
- ♥ 6 ounces canned coconut milk, full fat
- ♥ 2 tablespoons chopped fresh cilantro
- ♥ Sea salt fresh ground pepper to taste

Heat oil or ghee and sauté onion in oil or ghee over medium heat for about 5 minutes, stirring frequently, until translucent. Add garlic, ginger, turmeric and curry powder, and sauté another 2-3 minutes to seal flavors. Add squash and broth, and mix. Bring to a boil on high heat. Reduce heat to medium-low and simmer uncovered until squash is tender, about 10 minutes.

Place in blender and blend with coconut milk. Blend in batches and start on low speed so hot soup does not erupt. Blend until smooth, about 1 minute. Thin with a little broth if needed to desired consistency. Season to taste with salt and pepper. Garnish with cilantro.

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CARROT LEEK GINGER SOUP



- ♥ 2 tablespoons coconut oil
- ♥ 2 medium leeks, thinly sliced
- ♥ 2 tablespoons minced gingerroot
- ♥ 1 ½ pounds carrots, peeled and cut into 1-inch pieces
- ♥ 4 cups vegetable broth or chicken broth (organic)
- ♥ 1 teaspoon ground ginger (or 1 Tbs fresh, minced)
- ♥ sea salt to taste
- ♥ 8 ounces coconut milk (full-fat)

Heat oil in a large soup pot over medium heat. Add the leeks and gingerroot and cook, stirring occasionally for about 5 minutes, until the vegetables start to brown. Add carrots and stir to cook for about 1 minute.

Add broth and ground ginger and bring to a boil. Reduce heat to a simmer, cover, and cook until the carrots are tender about 30 minutes. Puree soup in batches in a blender or use an immersion blender. Add back to pot (if in blender), add coconut milk, and stir. Reheat soup briefly, do not boil. Serve.

LENTIL SAUSAGE SOUP WITH KALE



Note: sprouted lentils will cook much quicker than regular lentils.

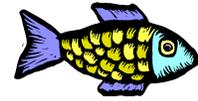
- ♥ 1-2 tablespoons coconut/olive oil
- ♥ 1 cup chopped carrots
- ♥ 1 cup chopped celery
- ♥ 3 cloves garlic, chopped
- ♥ 1 cup sprouted green lentils, rinsed, or Mung Beans
- ♥ 28-oz. can chopped tomatoes
- ♥ 4 cups organic broth or water
- ♥ 2 sprigs thyme, 1 sprig rosemary, or 1/2 dried teaspoon of each
- ♥ 1 teaspoon onion powder (opt)
- ♥ 4 organic sausage links (about 4 ounces total)
- ♥ 2 cups chopped kale

Heat the oil over medium heat in a large pot and add the carrots, celery and garlic. Add a pinch of salt. Cook until veggies start to soften, about 5 minutes. Stir in the lentils, tomatoes and 4 cups broth/water. Add the thyme and rosemary. Bring to a boil and then lower the heat to a simmer. Cook until the lentils are tender, 15 to 20 minutes (add more water if necessary). Meanwhile brown the sausages in a separate pan and then dice.

When the lentils are just tender, taste the soup and add more salt or liquid if necessary. Add the kale and cook for about 3 minutes, until the kale is tender but still green. Stir in the sausage, make sure everything is heated through, and serve.

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GINGER-MISO FISH SOUP



- ♥ 1 tablespoon coconut oil
- ♥ 1 onion, sliced into half-moons
- ♥ ½ teaspoon sea salt
- ♥ 2 cloves garlic, minced
- ♥ 3 large carrots, coarsely chopped
- ♥ 3 tablespoons minced ginger
- ♥ 8 cups filtered water or stock (vegetable or chicken)
- ♥ 3 cups zucchini, cut into matchsticks
- ♥ 4 cups loosely chopped spinach
- ♥ 1 ½ pounds fresh halibut, rock fish, or other white fish cut into 1-inch cubes
- ♥ Juice of 2 limes
- ♥ ¼ cup tamari or coconut aminos (a soy-free seasoning sauce)
- ♥ 3 tablespoons chickpea miso
- ♥ 1 cup chopped cilantro leaves

In a large pot, heat coconut oil on medium heat. Add onion and sea salt and sauté until completely soft, about 8-10 minutes. Add garlic, carrots, and ginger and sauté another few minutes until fragrant. Add water or stock and bring to a boil. Simmer for 15 minutes and then add zucchini. Simmer for 5–7 minutes more. Add fish and spinach and simmer another 5 minutes. Turn off heat. Add lime juice and coconut aminos. In a small dish, place miso and add some of the warm stock from the soup, stirring until thinned. Add miso back to the soup, stir in cilantro, and serve warm.

Adapted from Andrea Livingston; Replenish.com

ROASTED CAULIFLOWER & THYME SOUP

- ♥ 1 medium cauliflower cut into florets
- ♥ 1 medium leek, cut into chunks
- ♥ 2 cloves of garlic or more to taste
- ♥ 1 medium yellow onion, diced
- ♥ 3 tablespoons olive oil
- ♥ ½ teaspoon sea salt
- ♥ ¼ fresh ground pepper
- ♥ 1 medium red potato, peeled and diced
- ♥ 3 cups organic chicken stock
- ♥ ½ cup full fat coconut milk
- ♥ 1 teaspoon thyme



Preheat the oven to 375. Toss together the cauliflower, leek, onion, garlic cloves, olive oil, salt and pepper. Transfer to a baking sheet and roast for 25 minutes or until golden. Watch so the veggies don't burn.

Transfer the roasted vegetables to a large pot. Add the diced potato, chicken stock, and thyme. Bring to boil over medium-high heat. Reduce the heat to medium, cover, and simmer for 10 minutes or until all the vegetables are tender. Add coconut milk. Puree the soup in a blender or use an immersion blender. Adjust the seasonings and serve.

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TURKISH RED LENTIL SOUP WITH MINT

- ♥ 2 tablespoons olive oil
- ♥ ½ onion, diced
- ♥ 2 cloves garlic, minced
- ♥ ¼ cup diced tomatoes, drained
- ♥ 5 cups organic chicken stock
- ♥ ½ cup red lentils
- ♥ ½ cup rice, quinoa or millet
- ♥ 2 tablespoons tomato paste
- ♥ 1 teaspoon paprika
- ♥ ¼ - ½ teaspoon cayenne pepper (optional; only if you love heat)!
- ♥ 1 tablespoon dried mint
- ♥ Salt and ground black pepper

Heat oil in a large pot over medium heat. Add onion and sauté about 2 minutes until it begins to soften. Add garlic and sauté another 2 minutes. Add diced tomatoes and sauté another 10 minutes to blend flavors.

Pour in chicken stock, lentils, rice (or other grain), tomato paste, paprika, cayenne (if using), and mint into the pot. Season with salt and pepper to taste. Bring soup to a boil, reduce heat, and simmer until lentils and rice are cooked through, about 30 minutes. If desired, blend soup in batches, but it's also delicious unblended.

Adapted from AllRecipes

GOING GREEN DETOX SOUP

- ♥ 2 tablespoons coconut/olive oil
- ♥ 1 sweet onion, diced
- ♥ 3 cloves garlic, minced
- ♥ 3 cups sliced cremini or white button mushrooms (8 ounces)
- ♥ 1 cup chopped carrots
- ♥ 2 cups chopped broccoli florets
- ♥ Sea salt and pepper to taste
- ♥ 1 1/2 to 3 teaspoons grated peeled fresh ginger
- ♥ 1/2 teaspoon ground turmeric
- ♥ 1-2 teaspoons ground cumin
- ♥ 1/8 teaspoon ground cinnamon
- ♥ 5 cups vegetable broth
- ♥ 2 large nori seaweed sheets, cut into 1-inch (2.5-cm) strips (opt)
- ♥ 2 cups torn kale leaves
- ♥ Fresh lemon juice, for serving (opt)

In a large saucepan, heat the oil over medium heat. Add the onion and garlic and sauté for about 5 minutes, until the onion is soft and translucent. Add the mushrooms, carrots, and broccoli and stir to combine. Season generously with salt and pepper and sauté for 5 minutes more. Stir in the ginger, turmeric, cumin, and cinnamon and sauté for 1 to 2 minutes, until fragrant.

Add the broth and stir to combine. Bring the mixture to a boil and then reduce the heat to medium-low and simmer until the vegetables are tender, 10 to 20 minutes. Just before serving, stir in the nori (if using) and kale and cook until wilted. Taste to adjust flavors. Add a squeeze of fresh lemon juice, if desired.



From: Oh She Glows

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TURKEY CABBAGE SOUP

Makes 6 servings



- ♥ 2 tablespoons olive oil, ghee or coconut oil
- ♥ 3/4 pound ground turkey
- ♥ 2 cloves garlic, minced
- ♥ 2 cups chopped organic celery
- ♥ 1 medium onion, cut in half and sliced thin
- ♥ 2 teaspoons caraway seeds
- ♥ 15 ounces stewed tomatoes
- ♥ 4 cups organic chicken or turkey broth
- ♥ 1 medium cabbage, chopped
- ♥ Sea salt and pepper to taste

Heat the oil or ghee in a large soup pot over medium-high heat. Add the turkey and garlic, stirring occasionally, until turkey is cooked. Stir in the celery, onion, caraway seeds and tomatoes. Add the chicken broth to the pot and bring soup to a boil, stirring occasionally. Reduce to low heat and then add the cabbage. Sauté until the cabbage is tender, about 20 minutes. Taste; add salt and pepper if desired.

CREAM OF CELERIAC SOUP WITH BACON and MUSHROOMS

- ♥ 2 tablespoons coconut oil
- ♥ 1 medium onion, diced
- ♥ 1 large clove garlic, minced
- ♥ 1 medium celeriac, peeled and diced
- ♥ 1 cup full fat coconut milk (can)
- ♥ 3 cups organic chicken broth
- ♥ 2 ounces organic bacon
- ♥ 2 cups cremini mushrooms, sliced
- ♥ 1 clove of garlic, minced
- ♥ 2 tablespoons fresh chives, finely chopped
- ♥ Celtic sea salt and freshly ground pepper, to taste

In a large pot, melt 2 tablespoons of the coconut oil and sauté the onion and garlic until translucent, about 3-4 minutes. Add the celeriac and sauté for another 5 minutes. Pour in the chicken stock and bring to a boil; turn down heat to simmer and cook celeriac until it is soft, about 10 minutes. Add coconut milk.

Meanwhile, fry the bacon in a skillet. Once cooked, remove from pan and cut into small pieces. In the same pan, add mushrooms and sauté until golden, about 5 minutes. Reserve the mushrooms and bacon.

Puree the soup in a blender (or with an immersion blender) until nice and smooth. Add in mushrooms and bacon and stir to combine. Add sea salt and pepper to taste. Top with chives.

Adapted from Paleoland.com

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VEG SOUP WITH GINGER CHICKEN MEATBALLS

Makes 6 servings

Meatballs

- ♥ 1 pound ground organic turkey or chicken
- ♥ 2 teaspoons grated fresh ginger
- ♥ 1 teaspoon minced garlic
- ♥ ¼ cup fresh parsley, chopped fine
- ♥ ½ teaspoon sea salt
- ♥ 1 egg, beaten
- ♥ ½ cup rice or 3 tablespoons almond flour



Soup

- ♥ 2 tablespoons EVOO
- ♥ 1 medium onion, diced small
- ♥ sea salt
- ♥ 1 large carrot, peeled and diced
- ♥ 1 large celery stalk, diced small
- ♥ 2 cloves garlic, minced
- ♥ 1 teaspoon fresh grated ginger
- ♥ 8 cups organic chicken broth
- ♥ ½ cup fresh or frozen peas
- ♥ ¼ cup fresh parsley, finely chopped

For meatballs, line a sheet pan with parchment paper. Combine turkey, ginger, garlic, parsley, salt, egg, and almond flour. Mix until well combined. Roll into 1-inch balls and place on prepared pan.

For the soup, heat olive oil in a soup pot over medium heat. Add onion and a pinch of salt and sauté until translucent, about 4 minutes. Add carrot, celery, garlic, ginger and ¼ teaspoon of salt and sauté another 3 minutes. Pour ½ cup of broth into the pan to deglaze and cook until liquid is reduced by half. Add remaining broth and another ¼ teaspoon salt and bring to a boil. Lower heat to maintain vigorous simmer, and transfer half of the meatballs into the simmering broth. Cover and allow the meatballs to simmer for 15 minutes. Add peas and cook for 3 minutes more, then stir in parsley.

Adapted from Rebecca Katz, the Cancer Fighting Kitchen

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CROCKPOT BLACK EYE PEA AND GREENS SOUP

- ♥ 1 pound dried black-eyed peas
- ♥ 2 quarts vegetable stock
- ♥ 4 cups organic kale, chopped
- ♥ 6 large carrots, chopped
- ♥ 2 stalks of celery
- ♥ 1 small onion, diced
- ♥ 2 cloves garlic, minced
- ♥ 2 tablespoons organic coconut oil
- ♥ 1 teaspoon of dried rosemary
- ♥ 1 teaspoon dried sage
- ♥ 1 teaspoon cumin
- ♥ dash of red pepper flakes
- ♥ 1 teaspoon sea salt (vegetable stock will have some salt in it- use this to taste)
- ♥ black pepper to taste
- ♥ Garnish with hot sauce

In a saucepan on medium heat, add coconut oil and onions and cook until softened. Add in celery, carrots, and garlic and cook until the mixture is nice and caramelized and cooked through (look for the onions to get slightly golden brown and reduced). Add spices, salt, and pepper to this mixture.

In a crockpot **or** large pot, pour in vegetable stock, beans, and kale.

Add the sautéed mixture of onions, carrots, celery into the Crockpot and let cook on "high" for 2 hours, stirring occasionally, and cooking for another 1-2 hours on "warm" or until the beans are cooked.

If you're using a large pot on the stove, simply cook on medium heat for 2 hours or until the beans are nice and soft.

Note: you have a lot of flexibility in the cooking process- if you enjoy your beans very cooked/very soft simply cook for much longer. If you like your vegetables and beans not as soft, cook for less time. Stir occasionally and taste test to find your happy medium.

From: NutritionStripped.com