

Chicken Soup with Roasted Veggies

Active time: 30 minutes Total time: 2 hours Servings: 4



Ingredients

1 small butternut squash
1 onion
3 carrots
3 stalks celery
1 teaspoon coarse sea salt, plus more to taste
1 head garlic
10 ounces cherry tomatoes, or 14 ounces diced tomatoes
2 cups cooked chicken
4 cups chicken broth
1 bunch kale
1 cup fresh herbs, (chives basil cilantro parsley or anything you have on hand)
ground black pepper, to taste

How to prepare

1. Preheat oven to 350F.
2. Peel and deseed squash. Chop onion, carrots, celery, and squash into bite-sized chunks, season with sea salt, and place on a lipped baking sheet lined with silpat or parchment. Roast with the whole head of garlic for about 45 minutes, or until the vegetables start to soften.
3. Slice tomatoes in half and add all the vegetables to the same baking dish; roast for about 15 minutes. Set aside.
4. Shred chicken and add with chicken broth into a stock pot. Mash roasted garlic and mix with some of the chicken broth to make a thin paste.
5. Add garlic paste and roasted veggies into the soup; cook on low for 30 minutes to 1 hour.
6. Mince kale and herbs finely and add to the soup; allow them to brighten for a minute or two. Season with additional sea salt and freshly ground pepper, ladle into bowls, and serve.



Tomato Bacon Soup (DF & GF)

Active time: 20 minutes Total time: 55 minutes Servings: 4



Ingredients

8 slices thick-cut bacon
1 onion
1 stalk celery
1 carrot
8 teaspoons minced garlic
1 teaspoon coarse sea salt, plus more to taste
3 tablespoons tomato paste
1 1/2 teaspoons arrowroot
4 cups chicken broth
2 sprigs fresh thyme
1 bay leaf
32 ounces diced tomatoes
ground black pepper, to taste

How to prepare

1. Cook bacon in a large saucepan over medium heat until crisp; then remove bacon from pan and set aside on a paper towel to drain.
2. While the bacon is cooking, coarsely chop the onion, celery, and carrot.
3. Leave bacon fat in the pan. Add onion, celery, carrot, garlic and salt. Sauté until soft, about 10 minutes.
4. Add tomato paste, and cook, stirring, until lightly caramelized, about 3 minutes.
5. Sprinkle in arrowroot and cook about 2 minutes more.
6. Add broth, thyme, bay leaf, and tomatoes, and simmer on medium-low for about 30 minutes.
7. Remove from heat, remove thyme and bay leaf, and puree with an immersion blender. If you need to use a standing blender, blend in small batches to avoid burning yourself with exploding hot soup.
8. Season with salt and pepper and garnish with crispy bacon. Save any extra bacon for another meal, or to crumble over a side salad.



Southwest Chicken Soup

Active time: 20 minutes Total time: 2 hours Servings: 4



Ingredients

2 onions
4 poblano peppers
3 carrots
3 stalks celery
1 head garlic
1 jalapeño pepper
2 cups cherry tomatoes
2 tablespoons bacon fat, or coconut oil
1 tablespoon ground cumin
1 tablespoon ground coriander
1 teaspoon coarse sea salt, plus more for seasoning
1/2 teaspoon ground black pepper, plus more for seasoning
4 cups chicken broth
2 cups cooked chicken
1 bunch cilantro
2 avocados
1 lime

How to prepare

1. Preheat oven to 400F.
2. Coarsely chop onions, green chiles, carrots, and celery ribs. Peel garlic and deseed and chop jalapeno.
3. Place onions, chiles, garlic, carrots, celery, tomatoes, and jalapeno in a shallow baking dish with bacon fat or coconut oil. Top with cumin, coriander, sea salt, and fresh ground black pepper. Roast in the oven for about 45 minutes or until veggies begin to soften, tossing after 10 minutes to coat veggies in fat.
4. Add roasted veggies into a stockpot with the broth. Using an immersion blender, partially blend and thicken the soup. (If you don't have an immersion blender, use a standing blender to puree about half of the soup.) Add shredded chicken and continue cooking on low for 30 minutes to 1 hour to meld the flavors. Season with additional salt and pepper to taste.
5. Wash and chop cilantro. Peel and dice avocado and cut lime into wedges for garnish.
6. Ladle soup into shallow bowls and top with cilantro and avocado.
7. Serve with lime wedges.



Sausage, Kale, and Mushroom Soup

Active time: 15 minutes Total time: 45 minutes Servings: 4



Ingredients

1/2 onion
1 clove garlic
1 bunch kale
1 pound mushroom, combination of your favorite
1 tablespoon extra virgin olive oil, or fat of choice
1 pound Italian sausage
4 cups chicken broth
1 teaspoon sea salt, plus more to taste

How to prepare

1. Mince the onion and garlic, chop the kale, and slice the mushrooms.
2. Heat olive oil over medium high heat in a soup pot.
3. Add onions and cook until they begin to soften.
4. Remove the sausage from its casing and add to the pot, using a wooden spoon to break apart the ground meat.
5. Add the mushrooms and garlic, and sauté until soft. Add kale and sauté another 5 minutes.
6. Pour broth over veggies and bring to a low boil.
7. Reduce heat and simmer on low for 10 minutes. Season with sea salt to taste and serve.

