

# SOUPS

## Squash and Ginger Soup

### Ingredients:

- 1-2 Tbsp organic, unrefined coconut oil, ghee, or butter
- 1 acorn squash, skinned and chopped (or any squash that you tolerate)
- 2 medium carrots, chopped
- 2 medium onions, chopped (can use green tops of spring onions if sensitive to bulb onions) (Can also use onion infused oil if sensitive to onions)
- 3 cloves garlic minced (can use garlic infused oil if sensitive to garlic fresh)
- Large piece of ginger root (3-4 inches long) grated
- Water to cover
- Sea salt to tast
- Minced parsley as garnish



### Directions:

1. Saute carrots, onions, celery and garlic in oil, ghee or butter
2. Add squash and ginger
3. Cover with water
4. Simmer for 30 minutes or pressure-cook for 12 minutes
5. Puree and adjust water to desired creaminess
6. Add sea salt or Hebamare, and simmer at least 10 minutes more
7. Serve garnished with parsley

NOTE: To bump up your sataiety, feel free to add ½ - 1 cup quinoa to your soup

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**NOTE:** These soups can be enjoyed with 1 slice of bakery fresh sour dough bread, Ezekial Bread or any gluten free bread or cracker. [Simple Mills Almond Flour - gluten free crackers - Sea Salt](#) & [Farmhouse Cheddar](#)



## Peruvian Quinoa Soup

- 1-2 Tbsp organic unrefined coconut oil, ghee or butter
- 2 large onions, chopped
- 2 large leeks, washed well and chopped
- 2 stalks celery, chopped
- 3 carrots, cut into 1.5 inch matchsticks
- 5 cloves garlic chopped
- 1 large red pepper, chopped (optional)
- 1 cup peas (optional)
- 2 large red skin potatoes diced
- ½ medium butternut squash, remove skin and seeds, dice same as potatoes
- ½ head small cabbage very coarsely chopped (OPTIONAL ) If poorly tolerated, you can remove the large cuts of cabbage once the soup is finished
- 1 cup fresh parsley chopped
- 1 - 3 tsp cumin (optional)
- 1 cup quinoa
- 8 cups water
- Sea salt to taste



### Directions:

1. In a large stock pot sauté the garlic, onions, leeks and celery in oil, ghee, or butter for several minutes in a large soup pot.
2. Add other ingredients and simmer until tender. Add sea salt the last 10 minutes of cooking

## Carrot Ginger Soup

### Ingredients

- Creamy Carrot-Ginger Soup
- 2 tablespoons extra virgin olive oil
- 1 large onion, cut into medium dice
- 1 teaspoon salt
- 2 pounds carrots, peeled and cut into 1/2 inch rounds
- 5 cups water
- 1/2 medium potato, peeled and cut into medium chunks
- 1 teaspoon lemon juice
- 1 1/2 teaspoons ginger juice
- Roasted Potato Garnish
- 1 cup potato, cut into small dice
- 1 tablespoon extra virgin olive oil
- 1 teaspoon salt
- 1/4 teaspoon freshly cracked black pepper



### Directions

1. Creamy Carrot-Ginger Soup
  2. In a medium pot, heat oil over medium heat. Add the onions and salt, and cook until onions are softened and translucent, (about 5-8 minutes).
  3. Add the carrots, cover pot and cook over low heat for 5-6 minutes. Stir occasionally to prevent browning.
  4. Add water and potatoes to pot, and bring to a boil over medium-high heat. Reduce heat to low and simmer for 25 minutes, covered, until carrots are very tender.
  5. Allow the soup to cool slightly, and add to a blender. Blend until soup is smooth and creamy, adding additional water if necessary to desired consistency. (This can also be done with an immersion blender or in a food processor if you don't have a blender).
  6. Add lemon and ginger juice. Season with salt and pepper to taste. Serve with potato garnish (see recipe below).
1. Roasted Potato Garnish
  2. Preheat oven to 350° F.
  3. Combine potatoes, olive oil, salt and pepper in a bowl. Transfer mixture to a parchment-lined baking sheet.
  4. Roast potatoes in the oven for approximately 30 minutes or until brown and crispy, stirring occasionally for even cooking.

NOTE: To bump up your satiety, feel free to add ½ - 1 cup quinoa to your soup

<https://food52.com/recipes/33056-creamy-carrot-ginger-soup-with-roasted-potatoes>

## Sweet Potato and Ginger Soup

### INGREDIENTS

- 6 cups (1.5 L) sweet potatoes peeled and cubed (about 3 large)
- 3 1/2 cups (875 mL) chicken broth
- 1 tbsp (15 mL) fresh ginger root minced or grated
- 3/4 cup (180 mL) 35 % cream
- 1/4 cup (60 mL) lime juice
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1/4 cup (60 mL) toasted sliced almonds
- 1/4 cup (60 mL) chopped fresh coriander



### PREPARATION

1. In large saucepan, bring potatoes, chicken broth and ginger to boil. Reduce heat, cover and simmer 15 to 20 min or until potatoes are tender.
2. Transfer to food processor; purée until smooth.
3. Return to saucepan over low heat; whisk in cream, lime juice, salt and pepper and heat through. Ladle into bowls; sprinkle with almonds and coriander.

NOTE: To bump up your sataiety, feel free to add 1/2 - 1 cup quinoa to your soup

<https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/sweet-potato-and-ginger-soup>

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## Butternut Squash and Potato Ginger Soup

- 2 tablespoons unsalted butter
- 1 cup chopped sweet onion
- 1 cup peeled chopped potato
- 1 tablespoon peeled chopped fresh ginger
- Pinch of freshly grated nutmeg
- 1 clove garlic, minced
- 1 sprig fresh thyme, plus more leaves, for serving
- K kosher salt and freshly ground black pepper
- 3 1/2 cups low-sodium chicken broth
- 3 cups chopped peeled butternut squash
- OPTIONAL - 1/4 to 1/2 cup full fat coconut milk, plus more for drizzling
- (optional) Toasted pepitas (Pumpkin seeds), for serving



### Directions:

1. Heat the butter in a medium saucepan over medium heat. Add the onion and cook, stirring, until tender, 4 to 5 minutes. Add the potato, ginger, nutmeg, garlic, thyme, 1/2 teaspoon salt and a few grinds of pepper and cook, stirring, until the potatoes are well coated, 2 to 3 minutes more. Pour in the broth and bring to a simmer.
2. Add the butternut squash and simmer until the potatoes and squash are tender, about 20 minutes, adjusting the heat as needed to maintain a simmer. Remove from the heat, discard the thyme and let cool at least 5 minutes. Carefully puree until smooth with a handheld immersion blender or in 2 to 3 batches in a blender (do not fill blender more than halfway full).
3. Stir in the cream and reheat the soup if necessary, adjusting the consistency with water and seasoning with additional salt and pepper.
4. Serve hot drizzled with more cream if using and a sprinkled with pepitas and thyme

NOTE: To bump up your satiety, feel free to add 1/2 - 1 cup quinoa to your soup

<https://www.foodnetwork.com/recipes/food-network-kitchen/butternut-squash-potato-and-ginger-soup-5484957>

### **Burger Soup:**

- 1 lb ground organic sirloin of bison or other cuts of meat you enjoy
- 1 onion chopped
- 2 garlic cloves chopped
- 4 cups vegetable or chicken stock
- 1 tsp thyme
- 1 tsp basil
- 1 Tbsp parsley
- 2 cups water
- 1 cup carrots, shredded



### **Directions:**

1. In a large pot, fry the ground meat, onion and garlic.
2. Once cooked, add the rest of the ingredients and bring to a boil.
3. Reduce to a simmer and cook for 10 - 20 minutes and serve.

NOTE: To bump up your satiety, feel free to add ½ - 1 cup quinoa to your soup

# MAINS

## Vegetable Meat Loaf

- 1.5 lbs ground beef
- 1 egg
- 1 medium fresh tomato or ½ cup tomato juice
- 1 medium onion, cut in pieces
- Sprig of parsley
- 1 stalk of celery, cut in pieces
- Small amount of green pepper
- 1 carrot cut in pieces



### Directions:

1. Place tomato or tomato juice into blender first. Push down on tomato to release juices so that blender blades will turn easily. Add egg and blend for a few seconds.
2. Add the remaining vegetables and blend until fairly smooth
3. Empty blender content into bowl and mix well with ground beef.
4. Season with salt and pepper.
5. Form mixture into a loaf and place in shallow pan. Spread top with ketchup that is well tolerated.
6. Bake in the oven for 1 hour

## “Spaghetti” and sauce

- 1 lb ground beef lean
- 1 large can tomato juice (48 fluid ounces) or equivalent whole canned comtatoes you puree yourself
- 3-4 fresh tomatoes if available
- 1 large onion
- 1-2 cloves garlic (optional)
- 1 pay leaf
- 1 tsp oregano
- Salt and peppr to taste
- 1 spaghetti squash (if there is no spaghetti squash, then use Zucchini noodles or julienned yellow or zucchini squash)



### Sauce Directions:

1. Chop onion an garlic and brown in oil in a heavy skillet
2. Remove onion, set aside and brown meat in a the same pan.
3. Transfer meat and onion to large pot and add tomato juice, bay leaf, oregano and seasonings
4. Simmer to desired thickness, this may take 1 hour or longer

### Spaggett Squash Directions:

1. Cut the spaghetti squash in half lengthwise
2. Steam on a rack over boiling water in a large coveted pan or steamer unti ljust tender. DO NOT overcook, because the squash can become too soft and watery
3. Lift out strings of spaghetti from the squash with a fork
4. Serve smothere in hot spaghetti sauce

Note: you may also want to make this with [Quinoa Pasta](#) (quinoa pasta is usually a blend of quinoa and rice)



## Stuffed Zucchini

- 6 zucchini squash
- 1 garlic clove, crushed
- 1.5 cups ground beef
- 1 cup vegan cheddar cheese ([Daiya](#) is a brand that tastes really good)
- 2 - 4 tablespoons melted butter (to taste)

### Directions:

1. Pan fry the ground beef in a little butter until cooked through.
2. Cut the zucchini squash in half lengthwise and carefully hollow out the flesh to within ¼ inch of the skin. Set the shells aside.
3. Chop the zucchini flesh, then press with the back of a wooden spoon to extract as much juice as possible and drain it away. Set the flesh aside and preheat the oven to 400 degrees fahrenheit
4. Combine the zucchini flesh, garlic, ground beef, basil, cheese, seasoning until they are thoroughly blended.
5. Arrange the zucchini shells skin side down in a well greased shallow baking pan. Stuff with the beef mixture and pour the remaining melted butter over the stuffed squash. Place dish in oven and bake for 20 - 30 minutes or until the top is brown and bubbling
6. Serve at once.

