



Soup Recipes

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LIFESCAPE PREMIER, LLC

Hi,

Welcome to your personal recipe book! On the next pages, you will find a collection of delicious recipes I put together just for you. These recipes will keep you inspired and help you eat more nutrient-dense foods.

HOW TO USE

All of these recipes have been selected based on your needs, but you don't need to make them all at once. Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

RECIPE TIPS

On each recipe, you'll see the total time, the number of servings, ingredients, and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance, like dicing vegetables. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

LEFTOVERS

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

FRUITS

- 2 Avocado
- 1 Lime
- 1/4 cup Lime Juice

SEEDS, NUTS & SPICES

- 1 Bay Leaf
- 2 1/2 tps Black Pepper
- 3 tbsps Chili Powder
- 1 tsp Coriander
- 1 3/4 tbsps Cumin
- 1 tbsp Curry Powder
- 1/2 tsp Dried Chives
- 1/2 tsp Dried Parsley
- 2 1/3 tps Dried Thyme
- 3/4 tsp Garlic Powder
- 1 tsp Ground Ginger
- 1 tbsp Italian Seasoning
- 1 1/2 tps Lebanese 7 Spice Blend
- 1 tsp Onion Powder
- 1 tsp Oregano
- 1/2 tsp Red Pepper Flakes
- 1/4 cup Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/8 tbsps Turmeric

FROZEN

- 2 cups Frozen Corn
- 1/2 cup Frozen Peas

VEGETABLES

- 2 cups Arugula
- 4 cups Asparagus
- 6 cups Baby Spinach
- 9 cups Butternut Squash
- 11 Carrot
- 2 3/4 heads Cauliflower
- 13 stalks Celery
- 2 cups Celery Root
- 1 1/8 lbs Chinese Broccoli
- 1 1/2 cups Cilantro
- 42 Garlic
- 2 1/3 tbsps Ginger
- 1/2 Green Bell Pepper
- 4 cups Green Cabbage
- 4 stalks Green Onion
- 3 Jalapeno Pepper
- 8 cups Kale Leaves
- 3 Leeks
- 4 cups Mushrooms
- 4 cups Okra
- 2 1/3 cups Parsley
- 1 Red Bell Pepper
- 1 tbsp Rosemary
- 1/3 cup Shallot
- 2 Sweet Onion
- 6 Sweet Potato
- 4 Tomato
- 4 cups Watercress
- 11 Yellow Onion
- 3 Yellow Potato

BOXED & CANNED

- 6 cups Beef Broth
- 2 cups Black Beans
- 1 cup Brown Rice
- 10 1/2 ozs Buckwheat Soba Noodles
- 4 1/4 cups Canned Coconut Milk

BREAD, FISH, MEAT & CHEESE

- 2 slices Bacon
- 1 lb Chicken Breast
- 3 2/3 lbs Chicken Thighs
- 6 Cod Fillet
- 1 lb Extra Lean Ground Turkey
- 14 ozs Lamb Shank
- 6 lbs Pork Hock
- 4 ozs Prosciutto
- 2 lbs Stewing Beef
- 15 3/4 ozs Tofu
- 1 lb Top Sirloin Steak
- 10 1/2 ozs Turkey Breast, Cooked

CONDIMENTS & OILS

- 2 tbsps Apple Cider Vinegar
- 2 1/2 tps Avocado Oil
- 3 1/3 tbsps Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 3 cups Sauerkraut
- 1 tbsp Tamari

OTHER

- 1 1/3 ozs Dulse
- 30 3/4 cups Water

- 16 1/4 cups Chicken Broth
- 2 cups Chickpeas
- 3 cups Crushed Tomatoes
- 3 cups Diced Tomatoes
- 1 cup Dry Green Lentils
- 2 1/4 cups Lentils
- 1/4 cup Salsa
- 1/2 cup Tomato Paste
- 38 1/2 cups Vegetable Broth
- 5 cups White Navy Beans

BAKING

- 1 tbsp Tapioca Flour

Slow Cooker Burrito Soup

6 SERVINGS 4 HOURS



INGREDIENTS

2 cups Black Beans (cooked, drained and rinsed)
3 cups Diced Tomatoes
1 Sweet Onion (diced)
1 cup Frozen Corn
1/2 Green Bell Pepper (diced)
2 Jalapeno Pepper (de-seeded and diced)
2 tbsps Chili Powder
2 tsps Cumin
1 tsp Oregano
1/2 tsp Black Pepper
2 tsps Sea Salt
1 cup Brown Rice (uncooked)
4 cups Water
4 cups Kale Leaves (chopped)
1 Avocado (peeled and diced)
1/4 cup Salsa

DIRECTIONS

- 01 Add all ingredients except kale, avocado and salsa to slow cooker. Cover and cook on high for at least 4 hours. Cook up to 8 hours, depending on how thick you like your soup.
- 02 About 10 minutes before serving, remove the lid and set kale leaves on top. Cover with lid and let sit for 10 minutes.
- 03 After 10 minutes, stir to mix in kale evenly throughout. Ladle into bowls and top with a spoonful of salsa and avocado. Enjoy!

Slow Cooker Cabbage Roll Soup

6 SERVINGS 4 HOURS



INGREDIENTS

- 1 head Cauliflower (processed into rice)
- 4 cups Green Cabbage (roughly chopped)
- 1 Yellow Onion (diced)
- 4 Garlic (cloves, minced)
- 3 cups Crushed Tomatoes
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- 1/2 tsp Red Pepper Flakes (optional)
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 cup Water
- 1 lb Extra Lean Ground Turkey (or chicken)
- 4 cups Baby Spinach (optional)
- 1/3 cup Parsley (chopped, optional)

DIRECTIONS

- 01 Use a food processor to pulse your cauliflower into rice.
- 02 Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on low for 7 to 8 hours or on high for 4 hours (or until meat is fully cooked through).
- 03 Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley. Enjoy!

Curried Chicken Slow Cooker Stew

6 SERVINGS 6 HOURS



INGREDIENTS

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

DIRECTIONS

- 01 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 02 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 03 Serve the stew on it's own or over brown rice. Enjoy!

Slow Cooker Chicken Soup

6 SERVINGS 6 HOURS



INGREDIENTS

- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 3 Carrot (medium, chopped)
- 1 tbsp Rosemary (fresh)
- 8 ozs Chicken Breast (boneless, skinless)
- 1 lb Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 6 cups Water (or broth)

DIRECTIONS

- 01 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 02 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Slow Cooker Cod & Sea Veggie Soup

4 SERVINGS 6 HOURS



INGREDIENTS

- 3 tbsps Coconut Oil
- 1 Yellow Onion (medium, diced)
- 4 cups Mushrooms (sliced)
- 3 Garlic (cloves, minced)
- 2 tbsps Ginger (peeled and grated)
- 1 1/3 ozs Dulse (torn apart into small pieces)
- 2 Sweet Potato (medium, diced)
- 4 Cod Fillet (cubed)
- 8 cups Vegetable Broth (or bone broth)

DIRECTIONS

- 01 Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
- 02 Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
- 03 Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
- 04 Divide between bowls and enjoy!

Slow Cooker Beef & Butternut Squash Soup

4 SERVINGS 8 HOURS



INGREDIENTS

- 1 lb Stewing Beef (chunks)
- 6 cups Butternut Squash (peeled and cubed)
- 4 cups Beef Broth
- 1/4 tsp Sea Salt (to taste)

DIRECTIONS

- 01 Heat a skillet over medium heat. Add the beef and cook for 2-3 minutes, to brown.
- 02 Add the beef, butternut squash and broth to your slow cooker and cook on low for 8 hours or on high for 4 hours.
- 03 Season with sea salt to taste. Divide into bowls and enjoy!

Tofu, Leek & Watercress Soup

6 SERVINGS 30 MINUTES



INGREDIENTS

8 cups Vegetable Broth (or any type of broth)
2 cups Water
15 3/4 ozs Tofu (cubed)
1 Leeks (trimmed and sliced)
4 cups Watercress (roughly chopped)
1 tbsp Tamari
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Add broth to a large pot and start bringing to a boil over high heat. Add remaining ingredients.
- 02 Once boiling, lower the heat to a simmer and cook for 15-20 minutes.
- 03 Divide into bowls and enjoy!

Okra & Beef Stew

3 SERVINGS 40 MINUTES



INGREDIENTS

- 4 1/4 cups Water
- 1 lb Stewing Beef (cubed)
- 3 Garlic (cloves, minced)
- 1 Yellow Onion (small, diced)
- 1/4 cup Cilantro (chopped)
- 1 1/2 tsp Lebanese 7 Spice Blend
- 4 cups Okra (trimmed, sliced)
- 1/2 cup Tomato Paste
- 2 Tomato (chopped)
- 1/2 tsp Sea Salt

DIRECTIONS

- 01 In a large pan over medium-high heat, heat a splash of the water and cook the beef for about eight minutes, flipping halfway. Set aside the beef.
- 02 In the same pan, heat a few more tablespoons of the water and cook the garlic, onion, and cilantro for about two minutes. Stir in the Lebanese seven spice and okra. Cook until the okra is tender, about 10 minutes. Add more water as needed to prevent sticking.
- 03 Stir in the cooked beef, tomato paste, tomatoes, sea salt, and the remaining water. Lower the heat to a simmer, cover with a lid, and cook for about 15 minutes or until your desired consistency is reached.
- 04 Season with more salt to taste. Divide into bowls and enjoy!

Lentil & Squash Stew

4 SERVINGS 45 MINUTES



INGREDIENTS

- 6 cups Vegetable Broth (divided)
- 1 Yellow Onion (chopped)
- 4 Garlic (clove, minced)
- 1 tsp Dried Thyme
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 Carrot (medium, peeled & chopped)
- 1 Yellow Potato (large, peeled and cut into small cubes)
- 3 cups Butternut Squash (peeled and cut into small cubes)
- 1 cup Dry Green Lentils

DIRECTIONS

- 01 Add a splash of the broth to a large pot with the onions and garlic. Cook over medium heat for about five minutes or until the onions have softened. Add the thyme, salt, and pepper. Cook for another minute.
- 02 Add the carrot, potato, squash, and lentils. Stir to combine. Add the remaining broth and bring to a gentle boil. Cover with a lid and continue to cook for 20 minutes stirring occasionally.
- 03 Remove the lid and continue to cook for 10 to 15 minutes, stirring often until the stew has thickened.
- 04 Turn off the heat. Divide the stew between bowls and enjoy!

Pressure Cooker Chicken & Bacon Soup

2 SERVINGS 30 MINUTES



INGREDIENTS

2 slices Bacon (chopped)
1/2 Yellow Onion (chopped)
1 stalk Celery (chopped)
3/4 tsp Garlic Powder
1/2 tsp Onion Powder
1/2 tsp Dried Chives
1/2 tsp Dried Parsley
2 cups Chicken Broth
10 1/2 ozs Chicken Thighs (boneless and skinless, trimmed)

DIRECTIONS

- 01 Turn the pressure cooker to sauté mode. Add the bacon and cook for 3 to 4 minutes. Drain the fat, leaving a small amount.
- 02 Add the onions and celery to the bacon and cook for 3 to 5 minutes or until the onions start to soften. If the bacon starts sticking to the bottom of the pot, add a splash of the chicken broth. Stir in the garlic powder, onion powder, chives, and parsley. Cook for another minute. Add all of the chicken broth and stir to combine. Add the chicken and close the lid.
- 03 Set to “sealing”, then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, release the pressure manually.
- 04 Remove the lid carefully and transfer the cooked chicken to a plate or bowl and use two forks to shred it. Transfer the shredded chicken back to the pot and stir to combine. Taste and season soup with salt if needed. Enjoy!

Coconut Cod Chowder

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 tsp Coconut Oil
- 1/3 cup Shallot (chopped in large chunks)
- 1 tsp Ginger (minced)
- 2 Garlic (cloves, minced)
- 2 Sweet Potato (cut into large cubes)
- 1 3/4 cups Canned Coconut Milk
- 1/2 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Turmeric
- 2 Cod Fillet
- 2 stalks Celery (sliced)
- 2 tbsps Lime Juice
- 1/4 cup Cilantro (optional, for topping, chopped)

DIRECTIONS

- 01 In a large pot over medium heat, add the oil and the shallot and cook for 2 to 3 minutes, until just cooked through. Then add the ginger and garlic and cook for 30 seconds, until fragrant. Add the potatoes, coconut milk, water, salt and turmeric. Bring to a boil, and then reduce to a simmer. Cook for 8 to 10 minutes, until the potatoes are fork-tender.
- 02 Add the cod and simmer for 4 minutes. Add the celery and cook for an additional 4 to 5 minutes, until the cod is cooked through and flaky. Remove from the heat and stir in the lime juice. Divide between bowls and top with cilantro, if using. Enjoy!

Roasted Garlic & Asparagus Soup

4 SERVINGS 50 MINUTES



INGREDIENTS

4 cups Asparagus (trimmed, cut in half)
10 Garlic (cloves, peeled and cut in half)
1/2 Yellow Onion (cut into thick slices)
1/4 head Cauliflower (cut into florets)
1 tbsp Extra Virgin Olive Oil
1/2 tsp Sea Salt (divided)
2 1/2 cups Vegetable Broth
2 cups Baby Spinach

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 02 Toss the asparagus, garlic, onion and cauliflower with the olive oil and arrange in an even layer on the baking sheet. Season the vegetables with half of the salt then bake for 35 to 40 minutes or until the vegetables have caramelized and the garlic is fork-tender. Flip everything halfway through to prevent burning.
- 03 When the vegetables are just about done, heat the vegetable broth in a pot on the stove to a simmer. Add the spinach to the broth and stir to allow it to wilt.
- 04 To make the soup, transfer the warmed broth and spinach, the roasted vegetables and the remaining salt to a blender. Blend until smooth and creamy, allowing space for the heat to escape. If the soup is too thick, add more broth until your desired consistency is reached.
- 05 Divide between bowls and enjoy!

Soothing Pork Hock Noodle Soup

8 SERVINGS 8 HOURS 30 MINUTES



INGREDIENTS

6 lbs Pork Hock
8 cups Water
1 tsp Sea Salt
10 1/2 ozs Buckwheat Soba Noodles
1 1/8 lbs Chinese Broccoli

DIRECTIONS

- 01 Add the pork hock, water and salt to a slow cooker and cook on high for 6 to 8 hours. Strain or skim the fat from the surface. Adjust salt as needed.
- 02 About 20 minutes before the pork is done, cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Set aside.
- 03 Add the Chinese broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender.
- 04 Divide the soba noodles, Chinese broccoli, pork hock and broth from the slow cooker into bowls. Enjoy!

Coconut Shredded Chicken Soup

4 SERVINGS 40 MINUTES



INGREDIENTS

1 lb Chicken Thighs (boneless, skinless)
1/3 tsp Dried Thyme
1/2 tsp Onion Powder
1/2 tsp Sea Salt (divided)
2 tsps Avocado Oil (divided)
1/2 Yellow Onion (chopped)
2 stalks Celery (chopped)
2 Garlic (cloves, minced)
1 1/4 cups Chicken Broth
1 1/4 cups Canned Coconut Milk (full fat)
2 tbsps Lime Juice
2 cups Arugula
1 Avocado (sliced)

DIRECTIONS

- 01 In a shallow dish, add the chicken and season with thyme, onion powder, half the sea salt and half the avocado oil.
- 02 In a dutch oven, over medium heat, add the remaining avocado oil along with the onion and celery and cook for 5 minutes. Add the garlic and cook for 1 minute more. Add the chicken to the pot and brown on all sides, about 5 to 7 minutes.
- 03 Add the broth and lower the heat to medium-low and let it simmer for about 10 minutes. Remove the chicken and shred it using two forks. Return to the pot along with the coconut milk, lime juice and remaining sea salt and stir to combine.
- 04 Divide the chicken into bowls and top with arugula and avocado. Enjoy!

Turkey & Vegetable Soup

6 SERVINGS 50 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 tsp Dried Thyme
- 1 tsp Sea Salt
- 1 Sweet Potato (peeled, cut into 1/2-inch cubes)
- 1 Carrot (peeled, chopped)
- 2 stalks Celery (chopped)
- 10 1/2 ozs Turkey Breast, Cooked (roughly chopped)
- 6 cups Chicken Broth
- 1 cup Parsley (chopped)

DIRECTIONS

- 01 Heat the oil in a large pot over medium heat.
- 02 Add the onion and cook until it begins to soften, about 5 minutes. Add in the garlic, thyme and salt and continue cooking for one minute more.
- 03 Add the sweet potato, carrots, celery and turkey. Stir to combine then add the chicken broth to the pot along with the parsley.
- 04 Bring soup to a gentle boil then reduce the heat to low and cover with a lid. Simmer for 40 to 45 minutes or until the vegetables are very tender. Season with additional salt if needed. Serve and enjoy!

Crispy Prosciutto & Leek Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1/2 tsp Avocado Oil
- 2 Leeks (trimmed, roughly chopped)
- 1/2 Yellow Onion (chopped)
- 1/2 head Cauliflower (cut into florets)
- 4 cups Chicken Broth
- 1/2 tsp Sea Salt
- 4 ozs Prosciutto (sliced into small pieces)
- 1 1/4 cups Canned Coconut Milk (full fat)
- 1/4 cup Parsley (chopped)

DIRECTIONS

- 01 In a large pot or dutch oven, heat the avocado oil over medium heat. Once hot, add the leeks and onion and sauté for 4 to 5 minutes. Add the cauliflower, chicken broth and sea salt. Bring to a boil, then reduce heat and let simmer for 15 to 18 minutes.
- 02 Meanwhile, heat a large non-stick skillet over medium heat. Add the prosciutto and cook for 3 minutes per side or until crisp. Remove from the pan and set aside.
- 03 Add the coconut milk to the soup and stir to incorporate. Blend the soup with a stick blender or in a blender. Ladle into bowls and top with crispy prosciutto and parsley. Serve and enjoy!

Sauerkraut & Vegetable Soup

6 SERVINGS 1 HOUR



INGREDIENTS

3 cups Sauerkraut
2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (chopped)
3 Garlic (cloves, minced)
1/4 tsp Sea Salt
2 Carrot (peeled, chopped)
2 cups Celery Root (peeled, cubed)
3/4 cup Parsley (roughly chopped)
6 cups Vegetable Broth
1 Bay Leaf

DIRECTIONS

- 01 Rinse the sauerkraut well and wring out the excess liquid using a kitchen towel or paper towel. Set aside.
- 02 Heat the oil in a large pot over medium heat. Add the onion and cook until it begins to soften, about 5 minutes. Add the garlic and salt and cook for another minute. Add the carrots, celery root, parsley and sauerkraut. Stir to combine then add the vegetable broth to the pot along with the bay leaf.
- 03 Bring the soup to a gentle boil then reduce the heat to simmer for 40 to 45 minutes or until the vegetables are tender. Serve and enjoy!

White Bean Chicken Chili

6 SERVINGS 40 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Onion (medium, chopped)
- 1 Jalapeno Pepper (seeded and chopped)
- 1 Red Bell Pepper (chopped)
- 2 Garlic (cloves, minced)
- 1 1/2 tsp Cumin
- 1 tbsp Chili Powder
- 1/2 tsp Sea Salt
- 3 cups Chicken Broth (divided)
- 3 cups White Navy Beans (cooked and divided)
- 1 lb Chicken Thighs (boneless, skinless)
- 1/2 cup Frozen Corn
- 1/2 cup Cilantro (chopped)
- 1 Lime (sliced into wedges)

DIRECTIONS

- 01 Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
- 02 While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
- 03 Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked through.
- 04 Remove the cooked chicken thighs from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
- 05 Divide the chili into bowls and serve with a lime wedge. Enjoy!

Turmeric Beef Stew

4 SERVINGS 55 MINUTES



INGREDIENTS

- 1 lb Top Sirloin Steak
- 1 tbsp Tapioca Flour
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 Carrot (medium, chopped)
- 1 Yellow Potato (large, chopped)
- 1 tsp Turmeric (ground)
- 1 tsp Coriander (ground)
- 1 tsp Cumin (ground)
- 1 tsp Ground Ginger
- 2 cups Beef Broth
- 4 stalks Green Onion (green parts only, chopped)
- 1/2 cup Cilantro (chopped)

DIRECTIONS

- 01 Cut steak into 1-inch cubes. Transfer to a mixing bowl with tapioca flour, salt and pepper. Toss until the steak is well coated.
- 02 Heat oil in a dutch oven or large pot over medium-high heat. Add the beef and brown it on all sides. Remove the beef from the pot and set aside. (Adjust the heat as necessary when browning the steak to prevent the bottom of the pot from burning. You may need to do the browning in batches.)
- 03 Add the carrots and potatoes to the pot along with the turmeric, coriander, cumin and ginger. Stir frequently for 2 to 3 minutes. If the spices start sticking to the bottom of the pot add two tablespoons of water to help them along. Add the browned beef back to the pan.
- 04 Add the broth to the pot, being sure to scrape the browned bits off the bottom. Cover with a tight-fitting lid, reduce heat to medium-low and let simmer for 20 minutes.
- 05 Remove the lid and stir in the green onions and cilantro. Continue to simmer uncovered for 10 minutes. Taste and season with additional salt and pepper, if needed.
- 06 Divide into bowls and enjoy!

Cauliflower, Kale & Lentil Detox Soup

6 SERVINGS 40 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (diced)
2 stalks Celery (diced)
2 Carrot (medium, peeled and diced)
4 Garlic (cloves, minced)
1 head Cauliflower (chopped into florets)
4 cups Kale Leaves (chopped)
6 cups Vegetable Broth
2 1/4 cups Lentils (cooked)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 02 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 03 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

Slow Cooker Lamb & White Bean Stew

4 SERVINGS 5 HOURS



INGREDIENTS

5 cups Water
14 ozs Lamb Shank
2 cups White Navy Beans (cooked)
1 Yellow Onion (medium, diced)
2 Tomato (diced)
1 Yellow Potato (medium, diced)
2 tsp Turmeric
2 tbsps Apple Cider Vinegar
1 tbsp Tomato Paste
2 tsp Sea Salt

DIRECTIONS

- 01 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 02 Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!