



Meat Stews

BRIDGET FAUTEUX



FIT NUTRITION CANADA
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Meat Stews

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Enjoy this hearty soup & stew recipe book!

-Bridget :)



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Slow Cooker French Onion Soup

5 SERVINGS 16 HOURS



INGREDIENTS

3 tbsps Butter
2 tbsps Extra Virgin Olive Oil
6 Yellow Onion (sliced thin)
1/3 oz Thyme Sprigs
3 Bay Leaf
1 1/2 tps Cane Sugar
5 cups Beef Broth
3/4 cup White Cooking Wine
8 ozs Sourdough Bread
1 1/2 cups Gruyere Cheese (shredded)

NUTRITION

AMOUNT PER SERVING

Calories	454	Vitamin A	298IU
Fat	23g	Vitamin C	4mg
Saturated	11g	Calcium	392mg
Trans	0g	Iron	7mg
Carbs	38g	Vitamin D	0IU
Fiber	5g	Vitamin E	1mg
Sugar	13g	Vitamin K	5µg
Protein	18g	Vitamin B6	0.2mg
Cholesterol	54mg	Folate	9µg
Sodium	1176mg	Vitamin B12	0.5µg
Potassium	276mg	Magnesium	17mg

DIRECTIONS

- 01 Combine the butter, oil, onions, thyme, bay leaves, and sugar into the slow cooker. Cook over low heat for 10 hours.
- 02 Remove the thyme and bay leaves and discard. Add the beef broth and wine and cook over low heat for six hours. Taste and season with additional salt if necessary.
- 03 Turn on the broiler. Portion soup into oven-safe bowls and place sourdough on top. Top with cheese and place in the oven to broil for one to two minutes, until golden brown.
- 04 Remove bowls from the oven and enjoy!

NOTES

LEFTOVERS

Leftover soup can be refrigerated for up to five days, or freeze for longer.

SERVING SIZE

One serving is equal to one 15 ounce bowl.

GLUTEN-FREE

Use a gluten-free bread.

DAIRY-FREE

Use a dairy-free cheese.

NO CANE SUGAR

Use brown sugar or coconut sugar instead.



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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)

NUTRITION

AMOUNT PER SERVING

Calories	365	Vitamin A	9429IU
Fat	21g	Vitamin C	7mg
Saturated	18g	Calcium	63mg
Trans	0g	Iron	1mg
Carbs	20g	Vitamin D	42IU
Fiber	3g	Vitamin E	1mg
Sugar	6g	Vitamin K	10µg
Protein	24g	Vitamin B6	0.5mg
Cholesterol	50mg	Folate	29µg

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!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups of chowder.

FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.

MORE FLAVOR

Add chili flakes on top.

NO COD

Use halibut instead.

Sodium	439mg	Vitamin B12	1.1µg
Potassium	982mg	Magnesium	61mg



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)

NUTRITION

AMOUNT PER SERVING

Calories	366	Vitamin A	5720IU
Fat	22g	Vitamin C	15mg
Saturated	7g	Calcium	67mg
Trans	0g	Iron	3mg
Carbs	16g	Vitamin D	0IU
Fiber	3g	Vitamin E	1mg
Sugar	3g	Vitamin K	36µg
Protein	26g	Vitamin B6	0.9mg

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!

NOTES

TOO THICK

If the stew thickens too much or if it's looking a little bit dry, add extra broth or water one tablespoon at a time until desired consistency is reached.

LEFTOVERS

Store in an airtight container in the fridge up to 3 days. Freeze for longer.

NO BEEF BROTH

Use vegetable or chicken broth instead.

Cholesterol	88mg	Folate	34µg
Sodium	923mg	Vitamin B12	1.3µg
Potassium	767mg	Magnesium	49mg

Braised Oxtail & Sweet Potato Soup

4 SERVINGS 4 HOURS 30 MINUTES



INGREDIENTS

3 tbsps Avocado Oil
1 1/4 lbs Oxtail
1 tsp Sea Salt (divided)
3 Garlic (cloves, divided)
1 Carrot (chopped)
1 Yellow Onion (medium, roughly chopped)
1 stalk Celery (chopped)
1/2 tsp Dried Thyme
3 cups Water
1 1/2 tsps Apple Cider Vinegar
2 stalks Green Onion (chopped)
1 Sweet Potato (peeled, cut into small cubes)
2 cups Kale Leaves (chopped)
1 1/4 pints Bone Broth

NUTRITION

AMOUNT PER SERVING

Calories	440	Vitamin A	8420IU
Fat	27g	Vitamin C	17mg
Saturated	7g	Calcium	108mg
Trans	0g	Iron	5mg
Carbs	15g	Vitamin D	0IU
Fiber	4g	Vitamin E	0mg
Sugar	5g	Vitamin K	58µg

DIRECTIONS

- 01 Heat 2/3 of the oil in a Dutch oven, or similar pot, over medium-high heat. Pat the oxtails dry with a paper towel and season with half of the salt. Brown the oxtails on all sides then transfer to a plate.
- 02 Roughly chop 2/3 of the garlic and add it to the pot along with the carrot, onion and celery. Cook the vegetables for 2 to 3 minutes then add the remaining salt and thyme and stir to combine. Add the water and the apple cider vinegar to the pot and scrape any browned bits off the bottom of the pot.
- 03 Add the browned oxtail to the pot and bring the liquid to a boil. Cover with the lid and reduce the heat to low. Continue to adjust the heat if needed to maintain a consistent simmer. Cook for 3 to 3 1/2 hours until the oxtails are tender and the meat easily peels away from the bone. Add more water to the braising liquid if needed throughout the cooking process. Remove the oxtail from the pot and set aside to cool slightly.
- 04 Strain the cooking liquid through a fine-mesh sieve into a bowl or jar. Skim any fat from the strained braising liquid and set aside. Discard the solids.
- 05 To the same pot, heat the remaining oil over medium heat. Add the green onion and cook for 3 minutes. Mince the remaining garlic and add to the pot with the green onions. Cook for a minute more before adding the sweet potatoes and kale. Stir to combine and cook until the kale has wilted down. Add the broth and strained braising liquid to the pot and bring to a boil then reduce to a simmer.
- 06 Meanwhile, pull the oxtail meat from the bone. Roughly chop any large pieces of meat then transfer to the pot.
- 07 Continue to cook the soup for about 20 minutes or until the sweet potatoes are very tender. Season with additional salt if needed. Divide between bowls and enjoy!

Protein	32g	Vitamin B6	0.1mg
Cholesterol	110mg	Folate	19µg
Sodium	1072mg	Vitamin B12	0µg
Potassium	282mg	Magnesium	20mg

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 cup of soup.

MEAL PREP

The oxtails can be braised ahead of time or use leftover meat and braising liquid from another meal.

MORE FLAVOR

Add black pepper or a bay leaf.

BRAISING LIQUID

Use beef or chicken broth for more flavor.

CONSISTENCY

If the soup is too thick, thin with additional broth until desired consistency is reached.



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)

NUTRITION

AMOUNT PER SERVING

Calories	328	Vitamin A	155IU
Fat	17g	Vitamin C	1mg
Saturated	5g	Calcium	45mg
Trans	0g	Iron	3mg
Carbs	6g	Vitamin D	6IU
Fiber	1g	Vitamin E	1mg
Sugar	4g	Vitamin K	12µg
Protein	36g	Vitamin B6	0.8mg
Cholesterol	166mg	Folate	14µg
Sodium	1297mg	Vitamin B12	1.1µg
Potassium	583mg	Magnesium	45mg

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!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups of soup.

MORE FLAVOR

Add fresh garlic or dried dill.

NO BONELESS, SKINLESS CHICKEN THIGHS

Use bone-in chicken thighs or chicken breast instead.

MORE VEGETABLES

Add spinach or kale.

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)

NUTRITION

AMOUNT PER SERVING

Calories	249	Vitamin A	2599IU
Fat	12g	Vitamin C	91mg
Saturated	2g	Calcium	143mg
Trans	0g	Iron	5mg
Carbs	21g	Vitamin D	11IU
Fiber	7g	Vitamin E	3mg
Sugar	11g	Vitamin K	222µg

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!

NOTES

LEFTOVERS

Refrigerate in an air-tight container up to 5 days, or freeze up to a year.

SERVING SIZE

One serving is roughly 2 cups of soup.

NO GROUND TURKEY

Use any type of ground meat.

VEGAN & VEGETARIANS

Replace the meat with 1 can of lentils, chickpeas or kidney beans.

Protein	20g	Vitamin B6	0.8mg
Cholesterol	56mg	Folate	147µg
Sodium	730mg	Vitamin B12	0.9µg
Potassium	1084mg	Magnesium	82mg

Slow Cooker Beef Shank

6 SERVINGS 4 HOURS



INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil (divided)
2 lbs Beef Shanks (cut into 3-inch pieces)
3 Garlic (cloves, minced)
1/2 White Onion (large, sliced)
3 cups Diced Tomatoes
2 Carrot (medium, chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	263	Vitamin A	3897IU
Fat	9g	Vitamin C	14mg
Saturated	2g	Calcium	62mg
Trans	0g	Iron	4mg
Carbs	7g	Vitamin D	0IU
Fiber	2g	Vitamin E	1mg
Sugar	4g	Vitamin K	5µg
Protein	34g	Vitamin B6	0.8mg
Cholesterol	59mg	Folate	18µg
Sodium	131mg	Vitamin B12	5.0µg
Potassium	670mg	Magnesium	25mg

DIRECTIONS

- 01 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 02 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 03 Transfer the onions, along with the carrots, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze if longer.

SERVING SIZE

One serving equals 1 1/2 to two cups.

MORE FLAVOR

Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

ADDITIONAL TOPPINGS

Serve it with mashed potatoes, polenta, crusty bread, rice, cauliflower rice, or roasted vegetables.



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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

NUTRITION

AMOUNT PER SERVING

Calories	652	Vitamin A	1117IU
Fat	20g	Vitamin C	22mg
Saturated	6g	Calcium	111mg
Trans	0g	Iron	4mg
Carbs	30g	Vitamin D	78IU
Fiber	2g	Vitamin E	1mg
Sugar	1g	Vitamin K	57µg
Protein	75g	Vitamin B6	1.7mg
Cholesterol	231mg	Folate	97µg
Sodium	605mg	Vitamin B12	2.4µg
Potassium	1430mg	Magnesium	102mg

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!

NOTES

LEFTOVERS

Refrigerate the pork and broth in airtight containers for up to three days or freeze for up to two months. Refrigerate the soba noodles and Chinese broccoli for up to five days.

SERVING SIZE

One serving equals approximately 2 to 3 pieces of pork hock, 3/4 cup of Chinese broccoli, 1 cup of broth and 1 cup of soba noodles.

MORE FLAVOR

Add herbs, spices, onion, garlic, carrot and/or celery to the broth for more depth of flavor.

ADDITIONAL TOPPINGS

Top with fresh herbs, fried garlic and lime juice.

NO PORK HOCK

Use pork shank instead.

Slow Cooker Sausage & Kale Soup

8 SERVINGS 4 HOURS



INGREDIENTS

12 ozs Pork Sausage (cut into chunks)
1 Yellow Onion (medium, diced)
2 Carrot (medium, diced)
2 stalks Celery (diced)
8 cups Kale Leaves (chopped)
8 cups Water (or broth)
2 tps Sea Salt
3/4 cup Brown Rice (dry, uncooked)

NUTRITION

AMOUNT PER SERVING

Calories	220	Vitamin A	3635IU
Fat	13g	Vitamin C	21mg
Saturated	4g	Calcium	98mg
Trans	0g	Iron	1mg
Carbs	18g	Vitamin D	19IU
Fiber	2g	Vitamin E	0mg
Sugar	2g	Vitamin K	87µg
Protein	7g	Vitamin B6	0.2mg
Cholesterol	25mg	Folate	24µg
Sodium	1013mg	Vitamin B12	0.2µg
Potassium	287mg	Magnesium	40mg

DIRECTIONS

- 01 Add all ingredients to the slow cooker and cook on high for at least 4 hours, or on low for 8 to 12 hours.
- 02 Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 3 days, or freeze if longer.

SERVING SIZE

One serving is roughly 1 1/2 cups of soup.

NO BROWN RICE

Use quinoa instead.

Moroccan Chicken Stew

4 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Coconut Oil
10 ozs Chicken Breast (skinless, boneless, diced into chunks)
2 Yellow Onion (medium, diced)
1 tsp Turmeric
1/2 tsp Cinnamon
1/2 tsp Cardamom
1/4 tsp Cayenne Pepper
1 1/2 tsps Sea Salt
3 Tomato (large, diced)
1/2 cup Parsley (finely chopped and divided)
2 tbsps Raw Honey
1/3 cup Raisins

NUTRITION

AMOUNT PER SERVING

Calories	320	Vitamin A	1955IU
Fat	16g	Vitamin C	24mg
Saturated	12g	Calcium	53mg
Trans	0g	Iron	4mg
Carbs	29g	Vitamin D	1IU
Fiber	4g	Vitamin E	1mg
Sugar	22g	Vitamin K	125µg
Protein	18g	Vitamin B6	0.7mg
Cholesterol	52mg	Folate	43µg

DIRECTIONS

- 01 Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
- 02 Stir in tomatoes, half the parsley, honey and raisins. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
- 03 Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

NOTES

SERVE IT WITH

Crusty bread, brown or white rice, quinoa, brown rice tortillas, roasted squash, sweet potato, or our Paleo Tabbouleh recipe.

STORAGE

Refrigerate in an airtight container up to 3 days, or freeze if longer.

MAKE IT VEGAN OR VEGETARIAN

Use chickpeas instead of chicken and maple syrup instead of honey.

Sodium	962mg	Vitamin B12	0.2µg
Potassium	659mg	Magnesium	38mg



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 tsps Lebanese 7 Spice Blend
4 cups Okra (trimmed, sliced)
1/2 cup Tomato Paste
2 Tomato (chopped)
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	306	Vitamin A	2812IU
Fat	8g	Vitamin C	53mg
Saturated	3g	Calcium	201mg
Trans	0g	Iron	7mg
Carbs	25g	Vitamin D	6IU
Fiber	8g	Vitamin E	3mg
Sugar	10g	Vitamin K	53µg
Protein	38g	Vitamin B6	1.3mg
Cholesterol	95mg	Folate	112µg
Sodium	587mg	Vitamin B12	3.4µg
Potassium	1623mg	Magnesium	139mg

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!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days, or freeze if longer.

SERVING SIZE

One serving equals approximately 2 1/2 cups.

MORE FLAVOR

Cook the beef, onions, and garlic in oil instead of water.

ADDITIONAL TOPPINGS

Serve it with Lebanese rice and more fresh herbs.

MAKE IT VEGAN

Use beans or add more veggies instead of beef.

Hamburger Barley Soup

8 SERVINGS 55 MINUTES



INGREDIENTS

1 1/4 lbs Extra Lean Ground Beef
1 Yellow Onion (chopped, medium size)
2 Garlic (cloves, minced)
1 tsp Thyme (dried)
Sea Salt & Black Pepper (to taste)
3 1/2 cups Diced Tomatoes (from the can, undrained)
4 cups Beef Broth
1/2 cup Pearl Barley
2 Carrot (large, sliced)
4 stalks Celery (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	213	Vitamin A	3092IU
Fat	7g	Vitamin C	12mg
Saturated	3g	Calcium	53mg
Trans	0g	Iron	3mg
Carbs	17g	Vitamin D	2IU
Fiber	4g	Vitamin E	0mg
Sugar	5g	Vitamin K	9µg
Protein	18g	Vitamin B6	0.4mg
Cholesterol	46mg	Folate	19µg
Sodium	339mg	Vitamin B12	1.6µg
Potassium	409mg	Magnesium	30mg

DIRECTIONS

- 01 Heat a large pot over medium heat. Once hot, add the beef and onion and cook, stirring often until the beef is no longer pink and the onion is soft, about eight minutes.
- 02 Add the garlic, thyme, salt, and pepper and cook for one minute, until fragrant. Pour in the tomatoes (with their juices), broth and barley. Cover and bring to a boil and then reduce the heat to low and simmer for 25 to 30 minutes, until the barley is just cooked.
- 03 Add in the carrots and celery and cook for another 10 minutes, until the veggies are just fork tender. Remove from the heat. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Store in the fridge for up to three days, or freeze for longer.

SERVING SIZE

One serving is approximately two cups.

GLUTEN-FREE

Omit the barley.

MORE FLAVOR

Add additional spices while cooking such as paprika, chili powder, and/or cayenne.

ADDITIONAL TOPPINGS

Top with chopped parsley.



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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)

NUTRITION

AMOUNT PER SERVING

Calories	161	Vitamin A	5253IU
Fat	4g	Vitamin C	3mg
Saturated	1g	Calcium	59mg
Trans	0g	Iron	2mg
Carbs	6g	Vitamin D	1IU
Fiber	2g	Vitamin E	1mg
Sugar	3g	Vitamin K	14µg
Protein	24g	Vitamin B6	0.7mg
Cholesterol	99mg	Folate	22µg
Sodium	137mg	Vitamin B12	0.5µg
Potassium	504mg	Magnesium	40mg

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.

NOTES

MORE CARBS

Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

LEFTOVERS

Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

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 tps Turmeric
2 tbsps Apple Cider Vinegar
1 tbs Tomato Paste
2 tps Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	397	Vitamin A	892IU
Fat	14g	Vitamin C	21mg
Saturated	6g	Calcium	124mg
Trans	0g	Iron	6mg
Carbs	39g	Vitamin D	0IU
Fiber	12g	Vitamin E	0mg
Sugar	4g	Vitamin K	2µg
Protein	28g	Vitamin B6	0.5mg
Cholesterol	66mg	Folate	172µg
Sodium	1273mg	Vitamin B12	2.5µg
Potassium	1074mg	Magnesium	100mg

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!

NOTES

SERVE IT WITH

Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.

MORE VEGGIES

Add watercress, kale or spinach before serving.

NO POTATO

Use cauliflower instead.

SERVE AS IRANIAN ABGOOSHT

Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

LEFTOVERS

Store in an airtight container in the fridge up to 3 days. Freeze for up to 2 months.

VEGAN & VEGETARIANS

Replace the lamb with chickpeas.

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)

NUTRITION

AMOUNT PER SERVING

Calories	423	Vitamin A	10466...
Fat	12g	Vitamin C	10mg
Saturated	9g	Calcium	107mg
Trans	0g	Iron	6mg
Carbs	28g	Vitamin D	90IU
Fiber	6g	Vitamin E	2mg
Sugar	9g	Vitamin K	5µg
Protein	49g	Vitamin B6	1.8mg
Choleste...	99mg	Folate	40µg
Sodium	1650mg	Vitamin B12	2.1µg
Potassium	2406mg	Magnesium	105mg

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!

NOTES

LEFTOVERS

Store in an airtight container up to 3 days or freeze.

FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.



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)

NUTRITION

AMOUNT PER SERVING

Calories	290	Vitamin A	1190IU
Fat	7g	Vitamin C	35mg
Saturated	1g	Calcium	99mg
Trans	0g	Iron	4mg
Carbs	34g	Vitamin D	1IU
Fiber	11g	Vitamin E	2mg
Sugar	5g	Vitamin K	11µg
Protein	25g	Vitamin B6	0.7mg

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!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

ADDITIONAL TOPPINGS

Corn chips, sour cream and/or shredded cheese.

NO CHICKEN THIGHS

Use chicken breast instead.

VEGETARIAN

Omit the chicken and use extra beans.



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BRIDGET FAUTEUX [HTTP://WWW.FITNUTRITIONCANADA.COM](http://www.fitnutritioncanada.com)

Cholesterol	74mg	Folate	160µg
Sodium	776mg	Vitamin B12	0.5µg
Potassium	760mg	Magnesium	84mg

SERVING SIZE

One serving is equal to approximately one cup of chili.

SAVE TIME

Use cooked beans from the can.

Leek & Fennel Soup with Chicken

4 SERVINGS 40 MINUTES



INGREDIENTS

1/2 cup Water
3 Leeks (medium, trimmed and chopped)
2 Garlic (clove, minced)
1 tbsp Thyme (fresh)
1/4 tsp Sea Salt
1 bulb Fennel (large, chopped)
3 cups Vegetable Broth
10 ozs Chicken Breast, Cooked (shredded)

NUTRITION

AMOUNT PER SERVING

Calories	177	Vitamin A	2122IU
Fat	3g	Vitamin C	17mg
Saturated	1g	Calcium	85mg
Trans	0g	Iron	2mg
Carbs	16g	Vitamin D	1IU
Fiber	3g	Vitamin E	1mg
Sugar	6g	Vitamin K	69µg
Protein	24g	Vitamin B6	1.0mg
Cholesterol	74mg	Folate	59µg
Sodium	720mg	Vitamin B12	0.2µg
Potassium	680mg	Magnesium	56mg

DIRECTIONS

- 01 Heat the water in a large pan over medium-high heat. Add the leeks and cook for eight to 10 minutes or until the leeks have softened and wilted down. Add the garlic, thyme, and salt and cook for another minute.
- 02 Add the fennel and the broth and stir to combine. Bring the soup to a boil and then reduce and simmer for 15 to 20 minutes until the fennel is very tender.
- 03 Transfer the soup to a blender or food processor and blend until very smooth. Do this in batches if necessary and add more broth to thin the soup if needed. Season the soup with additional salt to taste.
- 04 To serve, divide the soup between bowls and top with warmed shredded chicken. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze the soup separate from the chicken for longer.

SERVING SIZE

One serving is approximately 1 1/4 cups of soup.

ADDITIONAL TOPPINGS

Fresh thyme or fennel fronds.

MAKE IT VEGAN

Omit the chicken or top with sauteed mushrooms instead.

NO VEGETABLE BROTH

Use chicken broth or bone broth instead.

MORE FAT

Omit the water and saute the leeks in some oil instead.

Slow Cooker Lotus Root, Pumpkin & Pork Soup

8 SERVINGS 5 HOURS



INGREDIENTS

1 1/2 lbs Pork Ribs
8 cups Water
2 1/2 cups Pie Pumpkin (small, peeled, seeds removed, chopped)
8 1/8 ozs Lotus Root (medium, peeled, halved, and sliced)
2 tbsps Ginger (peeled, sliced)
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	190	Vitamin A	3093IU
Fat	9g	Vitamin C	16mg
Saturated	2g	Calcium	66mg
Trans	0g	Iron	1mg
Carbs	8g	Vitamin D	22IU
Fiber	2g	Vitamin E	0mg
Sugar	1g	Vitamin K	0µg
Protein	18g	Vitamin B6	0.7mg
Cholesterol	49mg	Folate	10µg
Sodium	212mg	Vitamin B12	0.5µg
Potassium	576mg	Magnesium	36mg

DIRECTIONS

- 01 Soak the pork ribs in cold water for at least one hour. Rinse and drain.
- 02 Bring a pot of water to a boil. Blanch the pork ribs in the hot water for two to three minutes. Drain and rinse the pork ribs again, then add to the slow cooker. This process helps create a clearer broth.
- 03 Add the water, pumpkin, lotus root, ginger, and salt to the slow cooker. Cook for at least four hours on high, or six to eight hours on low.
- 04 Remove the ginger slices and discard. Shred the pork off the bone, and season the soup with salt to taste as needed. Enjoy!

NOTES

PUMPKIN

A 2 lb pumpkin yields approximately 2 1/2 cups.

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two cups.

ADDITIONAL TOPPINGS

Top with sliced green onions.

NO PUMPKIN

Use any squash instead.

NO LOTUS ROOT

Use jicama or water chestnuts instead.



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Borscht

6 SERVINGS 1 HOUR



INGREDIENTS

6 cups Vegetable Broth
1 tbsp Extra Virgin Olive Oil
1 lb Pork Ribs
1 White Onion (diced)
2 Garlic (minced)
2 Carrot (peeled, chopped)
2 stalks Celery (chopped)
4 Beet (medium, peeled, chopped)
2 Yellow Potato (chopped)
2 tbsps Tomato Paste
2 cups Diced Tomatoes
1 tsp Sea Salt
2 tbsps Fresh Dill (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	290	Vitamin A	4437IU
Fat	11g	Vitamin C	30mg
Saturated	2g	Calcium	77mg
Trans	0g	Iron	2mg
Carbs	28g	Vitamin D	20IU
Fiber	5g	Vitamin E	1mg
Sugar	10g	Vitamin K	12µg
Protein	20g	Vitamin B6	0.9mg
Cholesterol	44mg	Folate	83µg
Sodium	1179mg	Vitamin B12	0.4µg

DIRECTIONS

- 01 In a large pot, add the vegetable broth, olive oil, pork ribs, onion and garlic. Turn to medium heat and let the broth simmer for 30 minutes or until the ribs are cooked through.
- 02 Once the pork ribs are cooked, add the carrots, celery, beets, potatoes, tomato paste, diced tomatoes and sea salt. Cook on medium heat for another 20 to 25 minutes, stirring every so often.
- 03 When all of the vegetables are soft, remove the pork ribs from the pot and cut the meat off the ribs. Add the meat back to the soup and stir to combine. Divide the soup into bowls and top with fresh dill. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

SERVING SIZE

One serving is equal to 1 1/2 cups of soup.

MORE FLAVOR

Add pepper or red chilli flakes.

ADDITIONAL TOPPINGS

Add plain coconut yogurt or sour cream.

MAKE IT VEGAN

Use cooked lentils instead of the ribs and add at the same time as the vegetables.

Potassium 962mg Magnesium 57mg



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Turkey & White Bean Chili

6 SERVINGS 25 MINUTES



INGREDIENTS

2 **tsps** Extra Virgin Olive Oil
1 Sweet Onion (medium, chopped)
4 Garlic (cloves, minced)
4 **cups** Chicken Broth
2 **tsps** Cumin (ground)
3 Green Chili Pepper (seeds removed, optional)
1 **lb** Turkey Breast, Cooked (roughly chopped)
4 **cups** White Navy Beans (cooked)
3/4 **cup** Cream, Half & Half
2 **tsps** Arrowroot Powder
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	377	Vitamin A	392IU
Fat	8g	Vitamin C	59mg
Saturated	3g	Calcium	159mg
Trans	0g	Iron	5mg
Carbs	43g	Vitamin D	8IU
Fiber	14g	Vitamin E	1mg
Sugar	6g	Vitamin K	5µg
Protein	35g	Vitamin B6	1.0mg
Cholesterol	67mg	Folate	196µg
Sodium	728mg	Vitamin B12	1.4µg

DIRECTIONS

- 01 Heat the oil in a pot over medium-high heat. Cook the onions and garlic until soft, about five minutes.
- 02 Stir in the broth, cumin, green chilies (optional), turkey, and white beans. Bring to a boil, then lower to a simmer for 10 minutes.
- 03 In a bowl, stir together the arrowroot with a bit of the cream until dissolved. Stir the arrowroot slurry into the pot along with the remaining cream, salt, and pepper. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze if longer.

SERVING SIZE

One serving equals approximately two cups of chili.

DAIRY-FREE

Use coconut milk instead of cream.

MORE FLAVOR

Add oregano, cilantro, or jalapeños.

ADDITIONAL TOPPINGS

Top with avocado slices, green onion, or shredded cheese.

NO ARROWROOT POWDER

Use cornstarch or tapioca starch instead.

Potassium 929mg Magnesium 104mg

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)

NUTRITION

AMOUNT PER SERVING

Calories	255	Vitamin A	22330...
Fat	6g	Vitamin C	44mg
Saturated	2g	Calcium	122mg
Trans	0g	Iron	4mg
Carbs	25g	Vitamin D	5IU
Fiber	4g	Vitamin E	3mg
Sugar	5g	Vitamin K	4µg
Protein	29g	Vitamin B6	1.1mg
Cholesterol	71mg	Folate	64µg
Sodium	738mg	Vitamin B12	2.6µg
Potassium	1204mg	Magnesium	97mg

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!

NOTES

VEGAN & VEGETARIANS

Use vegetable broth and chickpeas instead of beef.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

Beef Cabbage Soup

4 SERVINGS 1 HOUR



INGREDIENTS

10 1/2 ozs Lean Ground Beef
1 Yellow Onion (chopped)
3 Garlic (clove, minced)
1 tsp Sea Salt
1/2 tsp Black Pepper
2 tbsps Tomato Paste
6 cups Beef Broth (low sodium)
2 cups Diced Tomatoes (from the can, with the juice)
3 cups Green Cabbage (chopped)
2 Carrot (medium, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	287	Vitamin A	5795IU
Fat	15g	Vitamin C	41mg
Saturated	6g	Calcium	99mg
Trans	1g	Iron	4mg
Carbs	17g	Vitamin D	2IU
Fiber	5g	Vitamin E	1mg
Sugar	10g	Vitamin K	58µg
Protein	20g	Vitamin B6	0.7mg
Cholesterol	53mg	Folate	47µg
Sodium	1439mg	Vitamin B12	1.6µg
Potassium	614mg	Magnesium	32mg

DIRECTIONS

- 01 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 02 Add the onion and cook for three to five minutes until softened. Stir in the garlic, salt, pepper and tomato paste and cook for another minute.
- 03 Add the broth and diced tomatoes and stir to combine then add the cabbage and carrots. Bring the soup to a gentle boil then reduce heat slight to simmer for 30 to 35 minutes or until the carrots and cabbage are tender.
- 04 Season with additional salt and pepper if needed then divide between bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze for up to two months.

SERVING SIZE

One serving is approximately equal to two cups.

MORE FLAVOR

Add other dried herbs and spices to taste, like red pepper flakes, paprika, cumin, or parsley.

NO GROUND BEEF

Use ground chicken, turkey, or pork.

MORE VEGGIES

Add celery, zucchini, or kale.



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Pork & Cabbage Soup

4 SERVINGS 45 MINUTES



INGREDIENTS

1 lb Lean Ground Pork
1 tbsp Coconut Oil
1 Yellow Onion (chopped)
2 Garlic (clove, minced)
1/2 tsp Ground Ginger
1 Carrot (large, cut into matchsticks)
3 cups Green Cabbage (sliced thin)
6 cups Chicken Broth
1 tbsp Coconut Aminos
2 stalks Green Onion (chopped, plus more for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	342	Vitamin A	2861IU
Fat	22g	Vitamin C	27mg
Saturated	8g	Calcium	80mg
Trans	0g	Iron	3mg
Carbs	12g	Vitamin D	19IU
Fiber	3g	Vitamin E	1mg
Sugar	8g	Vitamin K	62µg
Protein	24g	Vitamin B6	0.8mg
Cholesterol	85mg	Folate	36µg
Sodium	1555mg	Vitamin B12	0.9µg
Potassium	565mg	Magnesium	34mg

DIRECTIONS

- 01 Heat a large pot over medium heat. Add the pork to the pan, breaking it up as it cooks. Once it is cooked through transfer it to a plate and set aside. Drain any excess drippings from the pan.
- 02 Add the coconut oil to the same pot. Add the onions and cook for about five minutes or until the onions begin to soften. Add the garlic and ginger. Continue to cook for another minute.
- 03 Add the browned pork back to the pot and then add the carrots and cabbage and stir to combine. Add the chicken broth and bring the soup to a gentle boil. Continue to cook for 15 to 20 minutes or until the carrots and cabbage are tender.
- 04 Stir in the coconut aminos and green onion. Season the soup with additional salt if needed. Divide between bowls and garnish with additional green onion (if desired). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately equal to two cups of soup.

MORE FLAVOR

Use fresh ginger instead or use sesame oil instead of coconut oil.

ADDITIONAL TOPPINGS

Bean sprouts, cilantro, and/or sriracha.

MORE VEGGIES

Add mushrooms, celery, and/or kale.

NO PORK

Use ground chicken or turkey instead.

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)

NUTRITION

AMOUNT PER SERVING

Calories	142	Vitamin A	5702IU
Fat	4g	Vitamin C	16mg
Saturated	1g	Calcium	59mg
Trans	0g	Iron	2mg
Carbs	10g	Vitamin D	5IU
Fiber	2g	Vitamin E	1mg
Sugar	4g	Vitamin K	176µg
Protein	18g	Vitamin B6	0.5mg
Cholesterol	40mg	Folate	30µg
Sodium	1411mg	Vitamin B12	0.9µg

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!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups of soup.

MORE FLAVOR

Add a bay leaf or some red pepper flakes.

NO TURKEY

Use chicken breast instead.

ADDITIONAL TOPPINGS

Serve the soup over top of cooked rice or cooked pasta.

Potassium 425mg Magnesium 31mg



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Thai Chicken & Mushroom Soup

2 SERVINGS 40 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
1 Garlic (clove, minced)
1 tsp Ginger (minced)
3 cups Chicken Broth
1 tbsp Coconut Aminos
1/4 oz Lemongrass (peeled, chopped into large pieces)
8 ozs Chicken Breast (skinless, boneless, chopped into cubes)
1 1/2 cups Shiitake Mushrooms (sliced)
1 cup Canned Coconut Milk
1 tbsp Lime Juice
1/4 cup Thai Basil (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	478	Vitamin A	325IU
Fat	29g	Vitamin C	4mg
Saturated	23g	Calcium	44mg
Trans	0g	Iron	2mg
Carbs	24g	Vitamin D	32IU
Fiber	2g	Vitamin E	1mg
Sugar	9g	Vitamin K	22µg
Protein	31g	Vitamin B6	1.1mg
Cholesterol	90mg	Folate	40µg
Sodium	1607mg	Vitamin B12	0.3µg

DIRECTIONS

- 01 In a pot over medium heat, add the coconut oil, garlic and ginger. Sauté for 1 minute. Then add the broth, coconut aminos and lemongrass. Bring to a simmer, reduce heat to medium-low and cook for 15 to 20 minutes.
- 02 Add the chicken and mushrooms and cook for 10 minutes or until the chicken is cooked through. Remove from heat. Remove the lemongrass stalks and discard. Add the coconut milk and lime juice. Stir to combine.
- 03 Divide into bowls and garnish with basil. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add leafy greens such as spinach or kale.

NO LEMONGRASS

Use extra lime juice instead.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

NO THAI BASIL

Use regular basil, cilantro or mint instead.



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Potassium 810mg Magnesium 57mg

Beef & Bean Minestrone

6 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
8 ozs Extra Lean Ground Beef
1 Yellow Onion (medium, finely chopped)
2 Carrot (medium, chopped)
2 stalks Celery (finely chopped)
4 Garlic (cloves, minced)
1 1/3 tbsps Italian Seasoning
1 tsp Sea Salt
1/4 cup Tomato Paste
4 cups Beef Broth
3 1/2 cups Diced Tomatoes (from the can)
2 cups Mixed Beans (cooked)
1 Bay Leaf
1 Zucchini (medium, chopped)
2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	237	Vitamin A	5211IU
Fat	7g	Vitamin C	28mg
Saturated	2g	Calcium	95mg
Trans	0g	Iron	5mg
Carbs	27g	Vitamin D	1IU
Fiber	7g	Vitamin E	1mg
Sugar	9g	Vitamin K	64µg
Protein	17g	Vitamin B6	0.5mg

DIRECTIONS

- 01 In a large pot, heat the oil over medium-high heat. Add ground beef to the pot. With a wooden spoon or spatula, break the beef into small pieces as it cooks. Stir until it is cooked through and no longer pink.
- 02 Add the onions, carrots, celery, garlic, Italian seasoning and salt. Cook until onions are just translucent, about 7 minutes. Add tomato paste and stir to incorporate.
- 03 Add the beef broth, diced tomatoes, mixed beans and bay leaf. Stir to incorporate then bring soup to a gentle boil.
- 04 Stir in the zucchini and the spinach. Reduce heat to a simmer and cook uncovered for about 40 minutes until vegetables are very tender and soup has reduced slightly.
- 05 Remove the bay leaf. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days. Store in the freezer for longer.

SERVING SIZE

One serving is roughly 1 1/2 cups.

NO GROUND BEEF

Use ground turkey or ground chicken instead.

MORE CARBS

Stir in cooked pasta or noodles before serving.

LIKES IT CHEESEY

Sprinkle with parmesan or nutritional yeast.



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Cholesterol	25mg	Folate	119µg
Sodium	814mg	Vitamin B12	0.8µg
Potassium	773mg	Magnesium	56mg

Cheeseburger Soup

10 SERVINGS 4 HOURS



INGREDIENTS

4 cups Beef Broth
1 1/2 cups Oat Milk (unsweetened, plain)
3 stalks Celery (diced)
1 tsp Dried Basil
3/4 head Cauliflower (chopped)
1 cup Pickle (diced)
Sea Salt & Black Pepper (to taste)
1 1/2 lbs Extra Lean Ground Beef
8 ozs Cheddar Cheese (shredded)

NUTRITION

AMOUNT PER SERVING

Calories	248	Vitamin A	373IU
Fat	15g	Vitamin C	22mg
Saturated	7g	Calcium	239mg
Trans	0g	Iron	2mg
Carbs	6g	Vitamin D	7IU
Fiber	2g	Vitamin E	0mg
Sugar	3g	Vitamin K	20µg
Protein	21g	Vitamin B6	0.4mg
Cholesterol	67mg	Folate	42µg
Sodium	614mg	Vitamin B12	1.9µg
Potassium	480mg	Magnesium	30mg

DIRECTIONS

- 01 Turn on the slow cooker and add the beef broth, oat milk, celery, basil, cauliflower, pickles, salt, and pepper.
- 02 Meanwhile, heat a large nonstick pan over medium-high heat. Cook the ground beef for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed. Add the ground beef to the slow cooker and cook on low for six to eight hours.
- 03 Divide the soup into bowls and top with cheddar cheese. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 1 1/2 cups.

DAIRY-FREE

Use vegan cheese instead of cheddar cheese.

MORE FLAVOR

Add sautéed garlic and onions.

ADDITIONAL TOPPINGS

Add greek yogurt and sliced green onions.



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Slow Cooker Beef Stew

6 SERVINGS 4 HOURS



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
2 lbs Stewing Beef (sliced into bite-size pieces)
1/4 cup Red Wine Vinegar
2 cups Baby Carrots
1 Sweet Onion (diced)
2 1/2 cups Mushrooms (sliced)
1 cup Beef Broth
1/2 tsp Dried Thyme
1 tsp Sea Salt
1/2 tsp Black Pepper
1/4 cup Brown Rice Flour

NUTRITION

AMOUNT PER SERVING

Calories	311	Vitamin A	7681IU
Fat	12g	Vitamin C	8mg
Saturated	4g	Calcium	64mg
Trans	0g	Iron	4mg
Carbs	16g	Vitamin D	9IU
Fiber	3g	Vitamin E	1mg
Sugar	6g	Vitamin K	7µg
Protein	35g	Vitamin B6	1.0mg
Cholesterol	95mg	Folate	26µg
Sodium	645mg	Vitamin B12	3.4µg
Potassium	789mg	Magnesium	49mg

DIRECTIONS

- 01 Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
- 02 Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
- 03 Ladle into bowls and enjoy!

NOTES

LEFTOVERS

Store in the fridge up to 3 days or freeze.

MORE CARBS

Serve it with roasted potatoes, rice or quinoa.

ADD GREENS

Stir in chopped kale or baby spinach just before serving.

Chicken Curry Noodle Soup

2 SERVINGS 25 MINUTES



INGREDIENTS

3 1/4 ozs Pho Noodles
1 tbsp Coconut Oil
1 tbsp Ginger (peeled and grated)
4 Garlic (cloves, minced)
1 Red Bell Pepper (sliced)
4 ozs Chicken Thighs (skinless, boneless)
1/4 cup Yellow Curry Paste
1 cup Canned Coconut Milk (full fat)
3 cups Chicken Broth
Sea Salt & Black Pepper (to taste)
1/2 Lime (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	603	Vitamin A	1890IU
Fat	31g	Vitamin C	81mg
Saturated	26g	Calcium	41mg
Trans	0g	Iron	1mg
Carbs	59g	Vitamin D	1IU
Fiber	1g	Vitamin E	1mg
Sugar	8g	Vitamin K	5µg
Protein	19g	Vitamin B6	0.5mg
Cholester...	61mg	Folate	31µg
Sodium	3864mg	Vitamin B12	0.4µg
Potassium	561mg	Magnesium	28mg

DIRECTIONS

- 01 Bring a pot of water to a boil and cook noodles according to instructions on package. Drain, rinse under cold water and set aside.
- 02 Heat coconut oil in a saucepan over medium-high heat. Cook ginger and garlic until fragrant, about 1-2 minutes. Add bell pepper slices and chicken, and cook for about 3-5 minutes each side.
- 03 Add curry paste, coconut milk and broth. Scrape any bits at the bottom of the pan. Bring to a simmer and cook for an additional 10 to 15 minutes, or until chicken is cooked through.
- 04 Season with salt and pepper to taste. Divide noodles and curry soup into bowls. Squeeze lime juice overtop and enjoy!

NOTES

NO CURRY PASTE

Use your desired amount of curry powder instead.

LEFTOVERS

Refrigerate in an airtight container up to 3 days or freeze.

NO CHICKEN BROTH

Use vegetable or beef broth instead.

VEGAN & VEGETARIAN

Use vegetable broth instead of chicken broth. Use cooked chickpeas instead of chicken thighs.

Simple Congee with Eggs

4 SERVINGS 1 HOUR



INGREDIENTS

1 cup Jasmine Rice (dry, rinsed)
6 cups Vegetable Broth
1/2 tsp Sea Salt
2 tbsps Ginger (sliced)
4 Egg
2 stalks Green Onion (sliced)
1/4 cup Tamari

NUTRITION

AMOUNT PER SERVING

Calories	263	Vitamin A	1299IU
Fat	5g	Vitamin C	2mg
Saturated	2g	Calcium	45mg
Trans	0g	Iron	2mg
Carbs	43g	Vitamin D	41IU
Fiber	1g	Vitamin E	1mg
Sugar	3g	Vitamin K	12µg
Protein	12g	Vitamin B6	0.2mg
Cholesterol...	186mg	Folate	29µg
Sodium	2354mg	Vitamin B12	0.5µg
Potassium	192mg	Magnesium	19mg

DIRECTIONS

- 01 In large pot, add the rice, vegetable broth, salt and ginger. Bring to a simmer and stir occasionally.
- 02 Cook for one hour or until your desired consistency is reached, adding more liquid if needed. Season with additional salt to taste.
- 03 Meanwhile, cover the eggs with water in a saucepan and bring to a boil. Once boiling, turn off the heat and let the saucepan sit covered for 10 to 12 minutes.
- 04 Drain the water and refill the saucepan with cold water. Peel and halve the eggs once cool enough to handle.
- 05 Divide the congee into bowls, removing any slices of ginger that emerge. Add the eggs and garnish with green onion. Drizzle tamari otop and enjoy!

NOTES

LEFTOVERS

Refrigerate the hard-boiled eggs for up to seven days with the shells on. Refrigerate the congee in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1 1/2 cups of congee with one egg.

MORE FLAVOR

Use bone broth instead of vegetable broth. Add chicken or seafood (shrimp, scallops, crab meat, etc) during cooking.

ADDITIONAL TOPPINGS

Crispy fried shallots, sesame seeds, bok choy, toasted nuts, cilantro or Vietnamese coleslaw.

MAKE IT VEGAN

Top with sauteed veggies instead of hard boiled eggs.



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NO TAMARI

Use soy sauce, coconut aminos, sesame oil or fish sauce instead.

NO VEGETABLE BROTH

Use water or another type of broth instead.

SAVE TIME

Use leftover cooked rice and adjust the amount of broth as needed. Simmer for at least 15 minutes, stirring occasionally, until desired consistency is reached.



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

NUTRITION

AMOUNT PER SERVING

Calories	185	Vitamin A	3587IU
Fat	3g	Vitamin C	4mg
Saturated	0g	Calcium	52mg
Trans	0g	Iron	3mg
Carbs	26g	Vitamin D	0IU
Fiber	6g	Vitamin E	1mg
Sugar	5g	Vitamin K	7µg
Protein	15g	Vitamin B6	0.5mg
Cholesterol	27mg	Folate	113µg
Sodium	262mg	Vitamin B12	0.1µg
Potassium	441mg	Magnesium	54mg

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!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups of stew.

MORE CARBS

Serve it over brown rice.

MORE PROTEIN

Serve it over quinoa.

VEGAN AND BUDGET-FRIENDLY

Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

TURN IT INTO A SOUP

Double up on the broth.

MORE GREEN VEGGIES

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

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)

NUTRITION

AMOUNT PER SERVING

Calories	266	Vitamin A	1067IU
Fat	18g	Vitamin C	46mg
Saturated	14g	Calcium	66mg
Trans	0g	Iron	3mg
Carbs	15g	Vitamin D	0IU
Fiber	3g	Vitamin E	1mg
Sugar	6g	Vitamin K	95µg
Protein	12g	Vitamin B6	0.2mg
Cholesterol	25mg	Folate	76µg
Sodium	1796mg	Vitamin B12	0.1µg
Potassium	499mg	Magnesium	28mg

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!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

SERVING SIZE

One serving is equal to approximately 1.5 cups of soup.

MORE FLAVOR

Add black pepper or your favorite herbs and spices to the soup.

NO PROSCIUTTO

Omit, or use crispy bacon instead.

MAKE IT VEGAN

Use vegetable broth and omit the prosciutto.

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)

NUTRITION

AMOUNT PER SERVING

Calories	392	Vitamin A	436IU
Fat	28g	Vitamin C	10mg
Saturated	15g	Calcium	56mg
Trans	0g	Iron	2mg
Carbs	10g	Vitamin D	1IU
Fiber	4g	Vitamin E	1mg
Sugar	3g	Vitamin K	32µg
Protein	25g	Vitamin B6	0.7mg
Cholesterol	108mg	Folate	63µg
Sodium	734mg	Vitamin B12	0.7µg

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!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately 1 1/2 cups.

MORE FLAVOR

Add mushroom powder to season the chicken. Top with chili flakes for more spice.

ADDITIONAL TOPPINGS

Serve with tortilla chips for dipping.

Potassium 773mg Magnesium 50mg



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Manhattan-Style Fish Chowder

8 SERVINGS 30 MINUTES



INGREDIENTS

3 1/2 cups Vegetable Broth (divided)
1 White Onion (large, diced)
1 stalk Celery (diced)
1 Carrot (medium, diced)
1 tsp Thyme (fresh, plus more for optional garnish)
1 cup White Cooking Wine
1 tbsp Tapioca Flour
3 cups Diced Tomatoes
2 cups Mini Potatoes (quartered)
3 Haddock Fillet (cubed)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	139	Vitamin A	1948IU
Fat	0g	Vitamin C	19mg
Saturated	0g	Calcium	39mg
Trans	0g	Iron	1mg
Carbs	14g	Vitamin D	13IU
Fiber	2g	Vitamin E	0mg
Sugar	4g	Vitamin K	4µg
Protein	14g	Vitamin B6	0.4mg
Cholesterol	39mg	Folate	20µg
Sodium	658mg	Vitamin B12	1.3µg
Potassium	443mg	Magnesium	28mg

DIRECTIONS

- 01 Heat a few tablespoons of the broth in a pot over medium-high heat. Cook the onion, celery, carrot, and thyme until soft, about five to eight minutes. Add a splash of water as needed to prevent sticking.
- 02 Meanwhile, whisk together the white wine and tapioca flour in a small bowl to create a slurry. Add the slurry to the veggies and stir well.
- 03 Add the diced tomatoes, potatoes, and remaining broth. Bring to a boil, then lower to a simmer for 10 minutes, or until the potatoes are tender.
- 04 Add the haddock and cook for an additional 10 minutes. Season with salt and black pepper to taste. Divide into bowls, garnish with more thyme (optional) and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups of chowder.

MORE FLAVOR

Add bay leaves, bacon and/or sausage. Sauté the veggies with oil instead of broth.

SERVE IT WITH

Crackers or crusty bread.

NO HADDOCK

Use tilapia or cod instead.

HADDOCK FILLET

Each haddock fillet is equal to 150 grams or 5.3 ounces.

Beef Ramen

4 SERVINGS 25 MINUTES



INGREDIENTS

2 tps Extra Virgin Olive Oil (divided)
12 ozs Top Sirloin Steak
1/2 tsp Sea Salt (to taste)
4 stalks Green Onion (sliced, white and green parts divided)
2 Garlic (cloves, minced)
4 cups Beef Broth
2 cups Water
1 tbsp Fish Sauce
1 tbsp Tamari
13 ozs Gluten-Free Ramen Noodles (dry)
1 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	568	Vitamin A	751IU
Fat	19g	Vitamin C	3mg
Saturated	5g	Calcium	54mg
Trans	0g	Iron	3mg
Carbs	73g	Vitamin D	0IU
Fiber	3g	Vitamin E	1mg
Sugar	1g	Vitamin K	34µg
Protein	28g	Vitamin B6	0.7mg
Cholesterol	66mg	Folate	23µg
Sodium	1442mg	Vitamin B12	1.0µg
Potassium	744mg	Magnesium	35mg

DIRECTIONS

- 01 Heat half the oil in a large saucepan or Dutch oven over high heat. Season the steak with salt and cook to your desired doneness. Let it rest for five minutes before cutting into thin slices.
- 02 In the same saucepan, heat the remaining oil over medium heat. Cook the white parts of the green onions along with the garlic until fragrant, about one minute.
- 03 Add the beef broth, water, fish sauce, and tamari. Bring to a boil, then lower to a simmer. Add the noodles and cook for three minutes or until soft, stirring well to loosen the noodles.
- 04 Divide the broth, ramen noodles, and steak slices into bowls. Garnish with the remaining green onions and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate the broth, steak, and garnishes separately for up to three days. Freeze the broth, if longer.

SERVING SIZE

One serving equals approximately three cups.

MORE FLAVOR

Add grated ginger, red pepper flakes, or lime juice. Use homemade beef broth.

ADDITIONAL TOPPINGS

Add spinach, nori sheets, mushrooms, corn, or soft-boiled eggs.

NO RAMEN NOODLES

Use shirataki noodles, vermicelli noodles, or brown rice noodles instead.