



# Vegan Soups

BRIDGET FAUTEUX

# Vegan Soups

FIT NUTRITION CANADA

Enjoy these plant based soups from my kitchen to yours!

-Bridget

# Turmeric & Ginger Butternut Squash Stew

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 1/2 tsps Coconut Oil
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (freshly grated)
- 1 Yellow Onion (chopped)
- 5 cups Butternut Squash (peeled, chopped into 1/2-inch pieces)
- 1 tsp Turmeric (dried)
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Canned Coconut Milk
- 4 cups Vegetable Broth, Low Sodium
- 1 cup Dry Green Lentils (rinsed)
- 3 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	481	Vitamin A	20731I...
Fat	21g	Vitamin C	48mg
Saturated	19g	Calcium	143mg
Trans	0g	Iron	6mg
Carbs	61g	Vitamin D	0IU
Fiber	10g	Vitamin E	3mg
Sugar	11g	Vitamin K	113µg
Protein	16g	Vitamin B6	0.6mg
Cholesterol	0mg	Folate	321µg
Sodium	166mg	Vitamin B12	0µg
Potassium	1297mg	Magnesium	103mg

## DIRECTIONS

- 01 In a large dutch oven, over medium-low heat, melt the coconut oil. Then add the garlic, ginger, and onion. Sauté for three to five minutes, stirring often, until softened and fragrant.
- 02 Add in the squash and turmeric and season with salt and pepper. Cook for one minute, stirring often. Pour in the coconut milk, broth, and lentils and stir. Bring to a boil over medium-high heat and then reduce the heat, cover and simmer for 20 minutes, until lentils and squash are cooked through.
- 03 Transfer about half of the soup to a blender and carefully purée until smooth. Pour back into the pot and stir in the spinach. Cook until the spinach is wilted. Divide into bowls, serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to approximately two cups of stew.

### ADDITIONAL TOPPINGS

Top with chili flakes.

# Sweet Potato Soup

4 SERVINGS 50 MINUTES



## INGREDIENTS

1/2 Yellow Onion (large, chopped)  
3 Garlic (large cloves, minced)  
1 1/2 tbsps Ginger (fresh, minced or grated)  
7 cups Water (divided)  
1 tsp Sea Salt  
1 1/2 tps Turmeric  
2 Sweet Potato (large, peeled and cubed)  
1/2 head Cauliflower (small, cut into florets)  
2 Carrot (medium, peeled, and chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	101	Vitamin A	14317IU
Fat	0g	Vitamin C	40mg
Saturated	0g	Calcium	99mg
Trans	0g	Iron	2mg
Carbs	23g	Vitamin D	0IU
Fiber	5g	Vitamin E	0mg
Sugar	7g	Vitamin K	17µg
Protein	3g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	55µg
Sodium	679mg	Vitamin B12	0µg
Potassium	598mg	Magnesium	43mg

## DIRECTIONS

- 01 Heat a large pot over medium-high heat. Add the onion, garlic, and ginger along with enough water to cover the bottom of the pot. Cook for five to six minutes until the onions begin to soften. Stir in the salt and turmeric and continue to cook for another minute.
- 02 Add the sweet potato, cauliflower, carrot, and the remaining water to the pot and stir to combine. Increase the heat slightly to bring the soup to a gentle boil then reduce the heat and simmer for 25 to 30 minutes or until the vegetables are very tender.
- 03 Remove the pot from the heat and use an immersion blender to blend until smooth. Season the soup with additional salt if needed. Divide the soup between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is approximately equal to two cups of soup.

### MORE FLAVOR

Use vegetable broth instead of water. Add other dried herbs and spices.

### SWEET POTATO

Two large sweet potatoes yields approximately five cups of sweet potato cubes.

### CAULIFLOWER

Half a small cauliflower yields approximately three cups of florets.

# Cabbage & Tomato Soup

4 SERVINGS 45 MINUTES



## INGREDIENTS

- 1/4 cup Water
- 1 Yellow Onion (small)
- 1 stalk Celery (chopped)
- 1 Carrot (peeled and chopped)
- 2 Garlic (large clove, minced)
- 1/2 tsp Sea Salt (or to taste)
- 2 tsps Italian Seasoning
- 1 1/2 cups Diced Tomatoes (from the can)
- 3 cups Green Cabbage (chopped or sliced)
- 6 cups Vegetable Broth

## NUTRITION

### AMOUNT PER SERVING

Calories	73	Vitamin A	3822IU
Fat	0g	Vitamin C	36mg
Saturated	0g	Calcium	75mg
Trans	0g	Iron	2mg
Carbs	15g	Vitamin D	0IU
Fiber	4g	Vitamin E	0mg
Sugar	9g	Vitamin K	58µg
Protein	3g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	35µg
Sodium	1324mg	Vitamin B12	0µg
Potassium	297mg	Magnesium	15mg

## DIRECTIONS

- 01 Add the water to a large pot over medium-high heat. Add the onion, celery, carrot, and garlic and cook for about five minutes until the onions begin to soften. Stir in the salt and Italian seasoning and continue to cook for another one to two minutes.
- 02 Stir in the tomatoes and cabbage, then add the broth.
- 03 Bring the soup to a gentle boil, then reduce heat slightly and simmer for 20 to 25 minutes or until the vegetables are tender. Season the soup with additional salt if needed. Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving is approximately equal to two cups of soup.

### MAKE IT SPICY

Add red pepper flakes, cayenne pepper, or hot sauce.

### MORE CARBS

Add cooked rice, chickpeas, or lentils.

### MORE VEGETABLES

Add zucchini, peas, green beans, bell pepper, kale, or spinach.

### MORE FLAVOR

Add other dried herbs and spices like cumin, paprika, dill, chives, and/or black pepper.

# Black Beans & Plantain Stew

4 SERVINGS 20 MINUTES



## INGREDIENTS

2 1/2 cups Water (divided)  
2 Plantain (medium, green, sliced)  
1/2 Yellow Onion (medium, diced)  
3 Garlic (cloves, minced)  
4 cups Fire Roasted Diced Tomatoes (from the can)  
2 stalks Green Onion (minced)  
2 cups Black Beans (cooked and drained)  
Sea Salt & Black Pepper (to taste)  
2 cups Kale Leaves (tough stems removed, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	353	Vitamin A	3272IU
Fat	1g	Vitamin C	48mg
Saturated	0g	Calcium	202mg
Trans	0g	Iron	4mg
Carbs	78g	Vitamin D	0IU
Fiber	13g	Vitamin E	1mg
Sugar	33g	Vitamin K	92µg
Protein	12g	Vitamin B6	0.4mg
Cholesterol	0mg	Folate	166µg
Sodium	576mg	Vitamin B12	0µg
Potassium	1459mg	Magnesium	117mg

## DIRECTIONS

- 01 Heat 1/3 of the water in a large nonstick pan over medium heat. Add the plantains, cooking two to three minutes per side or until slightly browned, adding more water as needed.
- 02 Add the onions and garlic. Cook until translucent, about five minutes, adding more water as needed.
- 03 Stir in the tomatoes and simmer for five minutes. Add the green onion, black beans, any remaining water, salt, and pepper. Bring to a boil then reduce to a simmer for 10 minutes.
- 04 Stir in the kale and cook until just tender. Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving equals approximately two cups.

### MORE FLAVOR

Add habanero and fresh ginger. Cook the plantain with oil instead of water.

### ADDITIONAL TOPPINGS

Top with yogurt, cheese, or fresh parsley.

# Bok Choy & Mushroom Ramen

4 SERVINGS 35 MINUTES



## INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil (divided)
- 4 stalks Green Onion (sliced, white and green parts divided)
- 6 Garlic (cloves, minced)
- 2 cups Shiitake Mushrooms (tough stems removed, sliced)
- 6 cups Vegetable Broth
- 1 cup Water
- 4 cups Bok Choy (halved lengthwise)
- 1 tsp Miso Paste
- 13 ozs Gluten-Free Ramen Noodles (dry)

## NUTRITION

### AMOUNT PER SERVING

Calories	450	Vitamin A	4397IU
Fat	8g	Vitamin C	36mg
Saturated	1g	Calcium	106mg
Trans	0g	Iron	2mg
Carbs	89g	Vitamin D	20IU
Fiber	5g	Vitamin E	1mg
Sugar	6g	Vitamin K	55µg
Protein	11g	Vitamin B6	0.4mg
Cholesterol	0mg	Folate	65µg
Sodium	1103mg	Vitamin B12	0µg
Potassium	730mg	Magnesium	31mg

## DIRECTIONS

- 01 Heat half of the oil in a large saucepan or Dutch oven over medium heat. Cook the white parts of the green onions along with the garlic until fragrant, about one minute.
- 02 Add the shiitake mushrooms and cook for another one to two minutes. Add the broth and water, bring to a boil, then lower to a simmer. Cook for at least 20 minutes.
- 03 Meanwhile, heat the remaining oil in a skillet over medium-high heat. Cook the bok choy until browned on both sides, about five minutes.
- 04 Just before serving, stir the miso paste into the broth. Add the noodles and cook for three minutes or until soft, stirring well to loosen the noodles.
- 05 Divide the broth, noodles, shiitake mushrooms, and bok choy into bowls. Garnish with the remaining green onions. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the broth and vegetables separate from the noodles for up to four days. Freeze the broth, if longer. Cook the noodles before serving.

### SERVING SIZE

One serving equals approximately 2 1/2 cups.

### MORE FLAVOR

Add ginger, red pepper flakes and/or sesame oil in the first step. Use low-sodium broth and omit the water. Cook the broth for up to 24 hours. The longer it cooks, the more flavor it will develop.

### ADDITIONAL TOPPINGS

Tamari, lime juice, spinach, nori sheets, crispy tofu, corn or soft-boiled eggs.

### NO RAMEN NOODLES

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

# Curried Coconut Soup

8 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Ginger (chopped)
- 2 Garlic (clove, minced)
- 1 Yellow Onion (chopped)
- 2 tbsps Curry Powder
- 2 cups Mushrooms (sliced)
- 1 oz Lemongrass (chopped)
- 1 cup Broccoli (chopped into small florets)
- 1 tbsp Lime Juice
- 3 cups Canned Coconut Milk
- 4 cups Vegetable Broth
- 1 Zucchini (spiralized into noodles)
- 1/4 cup Cilantro
- 1 tsp Chili Flakes (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	209	Vitamin A	418IU
Fat	18g	Vitamin C	17mg
Saturated	15g	Calcium	35mg
Trans	0g	Iron	1mg
Carbs	9g	Vitamin D	2IU
Fiber	2g	Vitamin E	1mg
Sugar	4g	Vitamin K	18µg
Protein	3g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	21µg

## DIRECTIONS

- 01 In a pot over medium-low heat, add the olive oil, ginger, garlic and onion. Sauté for 3 to 5 minutes. Add in the curry powder, mushrooms and lemongrass.
- 02 Once the mushrooms are cooked through, add in the broccoli, lime juice, coconut milk and broth. Bring to a boil, reduce heat and let it simmer for 10 minutes.
- 03 During the last minute, add the zucchini noodles and remove from heat.
- 04 Divide between bowls and top with cilantro and red chilli flakes, if using. Enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving is equal to approximately one cup of soup.

### MORE FLAVOR

Add salt and pepper.

### MAKE IT A MEAL

Add in leftover cooked chicken breast or cooked lentils.

Sodium	359mg	Vitamin B12	0µg
Potassium	409mg	Magnesium	17mg

# Slow Cooker Butternut Squash & Ginger Soup

5 SERVINGS 4 HOURS



## INGREDIENTS

8 cups Butternut Squash (peeled, seeds removed and chopped)  
1 1/2 tbsps Ginger (peeled and grated)  
1 tbsps Curry Powder  
3 cups Vegetable Broth  
2 tbsps Apple Cider Vinegar  
1 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	114	Vitamin A	24127I...
Fat	1g	Vitamin C	48mg
Saturated	0g	Calcium	119mg
Trans	0g	Iron	2mg
Carbs	29g	Vitamin D	0IU
Fiber	5g	Vitamin E	4mg
Sugar	6g	Vitamin K	5µg
Protein	3g	Vitamin B6	0.4mg
Cholesterol	0mg	Folate	61µg
Sodium	875mg	Vitamin B12	0µg
Potassium	840mg	Magnesium	82mg

## DIRECTIONS

- 01 Combine all ingredients into the slow cooker. Cook on high for 3 to 4 hours, or on low for 6 hours.
- 02 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Divide into bowls and adjust salt to taste if needed. Enjoy!

## NOTES

### SERVING SIZE

One serving is equal to approximately 1.5 cups of soup.

### LEFTOVERS

Refrigerate in an airtight container up to 5 to 7 days or freeze if longer.

### SAVE TIME

Use pre-sliced butternut squash cubes (fresh or frozen).

### OPTIONAL TOPPINGS

Roasted pumpkin or squash seeds, plain yogurt, coconut cream, or cilantro.

### NO CURRY POWDER

Use turmeric instead.

### NO VEGETABLE BROTH

Use bone broth or almond milk instead.

# Cheezy Broccoli & Jalapeno Soup

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 1/2 cup Water
- 1 Yellow Onion (medium, chopped)
- 1 Green Bell Pepper (large, chopped)
- 1 Jalapeno Pepper (medium, seeds removed and chopped)
- 4 Garlic (cloves, minced)
- 1 tsp Sea Salt
- 6 cups Broccoli (chopped into florets)
- 4 cups Vegetable Broth
- 1/2 cup Hemp Seeds
- 3 tbsps Nutritional Yeast

## NUTRITION

### AMOUNT PER SERVING

Calories	216	Vitamin A	1527IU
Fat	10g	Vitamin C	152mg
Saturated	1g	Calcium	110mg
Trans	0g	Iron	5mg
Carbs	20g	Vitamin D	0IU
Fiber	7g	Vitamin E	1mg
Sugar	7g	Vitamin K	143µg
Protein	15g	Vitamin B6	6.2mg
Cholesterol	0mg	Folate	112µg
Sodium	1312mg	Vitamin B12	25.3µg
Potassium	968mg	Magnesium	176mg

## DIRECTIONS

- 01 Heat the water in a pot over medium heat. Add the onions, green pepper, jalapeno pepper, and garlic. Cook for about three to five minutes until the onions begin to soften. Season the vegetables with salt then add the broccoli and vegetable broth.
- 02 Bring the soup to a gentle boil and cook for 12 to 15 minutes or until the broccoli is very tender.
- 03 Transfer the soup to a blender and add the hemp seeds and nutritional yeast. Carefully blend until smooth. Season the soup with additional salt or nutritional yeast to taste.
- 04 Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Reheat with additional salt and nutritional yeast if needed.

### SERVING SIZE

One serving is equal to approximately 1.5 cups of soup.

### LIKES IT SPICY

Add extra jalapeno pepper or red pepper flakes.

### BROCCOLI

This recipe can be made with fresh or frozen broccoli.

### NO HEMP SEEDS

Use soaked, raw cashews instead.

### EXTRA GREENS

Add baby spinach before blending.

# Savory Mushroom Stew

4 SERVINGS 35 MINUTES



## INGREDIENTS

2 cups Vegetable Broth  
1 Yellow Onion (medium, diced)  
2 Carrot (medium, diced)  
2 Garlic (cloves, minced)  
20 Cremini Mushrooms (sliced)  
1 tsp Thyme  
2 tbsps Arrowroot Powder  
1/4 cup Water  
1 tbsp Apple Cider Vinegar

## NUTRITION

### AMOUNT PER SERVING

Calories	66	Vitamin A	5368IU
Fat	0g	Vitamin C	5mg
Saturated	0g	Calcium	31mg
Trans	0g	Iron	2mg
Carbs	14g	Vitamin D	6IU
Fiber	3g	Vitamin E	0mg
Sugar	6g	Vitamin K	5µg
Protein	4g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	21µg
Sodium	355mg	Vitamin B12	0.1µg
Potassium	455mg	Magnesium	14mg

## DIRECTIONS

- 01 In a large pot, heat a large splash of vegetable broth over medium heat. Cook the onion, carrot, and garlic for about five to seven minutes, or until the onions are soft. Add additional broth if it begins to stick to the bottom of the pot.
- 02 Stir in the mushrooms and thyme. Cook for another five minutes, stirring occasionally.
- 03 Meanwhile, whisk together the arrowroot powder and water in a small bowl to create a slurry. Add the slurry to the pot and stir until the vegetables are well coated.
- 04 Add the remaining broth and apple cider vinegar. Lower the heat to a simmer, close the lid and cook for 15 minutes. If needed, add salt to taste or more arrowroot powder for a thicker stew. Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze if longer.

### SERVING SIZE

One serving equals approximately 1 1/2 cups.

### MORE FLAVOR

Sauté the vegetables in oil instead of broth. Add more spices of your choice.

### ADDITIONAL TOPPINGS

Add lentils, chickpeas, or already cooked meat for more protein. Serve with brown rice, mashed potatoes, mashed cauliflower, quinoa, or barley. Garnish with cilantro or chives.

### NO ARROWROOT POWDER

Use tapioca flour or cornstarch instead.

### **SOUP LOVER**

Turn this stew into a soup by adding more broth and adjusting the seasoning to taste. Puree with a hand blender, if preferred.

# 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

## NUTRITION

### AMOUNT PER SERVING

Calories	297	Vitamin A	14530...
Fat	1g	Vitamin C	38mg
Saturated	0g	Calcium	110mg
Trans	0g	Iron	6mg
Carbs	61g	Vitamin D	0IU
Fiber	10g	Vitamin E	2mg
Sugar	9g	Vitamin K	14µg
Protein	15g	Vitamin B6	0.7mg
Cholester...	0mg	Folate	270µg
Sodium	1594mg	Vitamin B12	0µg
Potassium	1092mg	Magnesium	78mg

## 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!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days or freeze for up to 3 months. Reheat with additional broth if necessary.

### SERVING SIZE

One serving is equal to approximately 2 cups of stew.

### NO SQUASH

Use sweet potato instead.

### MORE VEGETABLES

Add celery, mushrooms, kale or peas.

# Creamy Potato & Dill Soup

8 SERVINGS 30 MINUTES



## INGREDIENTS

6 cups Vegetable Broth  
4 Sweet Potato (small, peeled and diced)  
4 stalks Celery (diced)  
1 tsp Sea Salt  
1/4 cup Fresh Dill (stems removed, chopped)  
2 cups Canned Coconut Milk  
2 tbsps Apple Cider Vinegar  
2 tbsps Nutritional Yeast

## NUTRITION

### AMOUNT PER SERVING

Calories	182	Vitamin A	9727IU
Fat	11g	Vitamin C	3mg
Saturated	10g	Calcium	37mg
Trans	0g	Iron	1mg
Carbs	18g	Vitamin D	0IU
Fiber	3g	Vitamin E	0mg
Sugar	5g	Vitamin K	8µg
Protein	4g	Vitamin B6	2.1mg
Cholesterol	0mg	Folate	15µg
Sodium	859mg	Vitamin B12	8.4µg
Potassium	445mg	Magnesium	20mg

## DIRECTIONS

- 01 Heat the vegetable broth in a pot and bring to a simmer while you prepare the remaining ingredients.
- 02 Add the sweet potato, celery and salt. Cook until the sweet potato is fork tender, about 15 minutes.
- 03 Stir in the dill, coconut milk, apple cider vinegar, and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes. Divide evenly between bowls and enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving equals approximately 1 1/2 cups.

### MORE FLAVOR

Use bone broth instead of vegetable broth. Add sautéed garlic and onions.

### ADDITIONAL TOPPINGS

Kale chips, nutritional yeast or crusty bread.

### NO COCONUT MILK

Use almond milk, cashew milk, oat milk or cream instead.

### MORE PROTEIN

Add chicken, sausage, lentils, tofu or quinoa.

# 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

## NUTRITION

### AMOUNT PER SERVING

Calories	93	Vitamin A	2749IU
Fat	4g	Vitamin C	32mg
Saturated	1g	Calcium	78mg
Trans	0g	Iron	4mg
Carbs	13g	Vitamin D	0IU
Fiber	4g	Vitamin E	2mg
Sugar	5g	Vitamin K	137µg
Protein	5g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	120µg
Sodium	731mg	Vitamin B12	0µg
Potassium	541mg	Magnesium	39mg

## 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!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

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

### MORE FLAVOR

Add fresh herbs or black pepper to the soup before blending.

### ADDITIONAL TOPPINGS

Reserve a couple of spears of the roasted asparagus to chop and garnish the soup with.

**NO SPINACH**

Use kale instead.

**NO BLENDER**

Use an immersion hand blender or food processor instead.

# Cream of Celery Soup

4 SERVINGS 25 MINUTES



## INGREDIENTS

3 cups Vegetable Broth (divided)  
1 White Onion (diced)  
1 Yellow Potato (medium, diced)  
12 stalks Celery (diced, leaves reserved)  
1/2 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	77	Vitamin A	935IU
Fat	0g	Vitamin C	17mg
Saturated	0g	Calcium	66mg
Trans	0g	Iron	1mg
Carbs	17g	Vitamin D	0IU
Fiber	4g	Vitamin E	0mg
Sugar	4g	Vitamin K	37µg
Protein	3g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	56µg
Sodium	886mg	Vitamin B12	0µg
Potassium	610mg	Magnesium	30mg

## DIRECTIONS

- 01 In a large pot over medium heat, add a small splash of the vegetable broth. Sauté the onions until soft and brown, stirring frequently and adding more broth as needed to prevent the onions from sticking to the pot.
- 02 Add the potato, diced celery stalk, remaining broth and sea salt. Bring to a simmer and cook for 10 minutes or until the potatoes and celery are tender.
- 03 Use a handheld blender to purée to your desired consistency. Divide into bowls or containers. Top with celery leaves and enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving is approximately 2 cups.

### MORE FLAVOR

Add dill and/or coconut milk to the soup.

### ADDITIONAL TOPPINGS

Top with crackers, cream, yogurt, black pepper or a drizzle of olive oil.

### MAKE IT CREAMY

For 6 servings, stir in about half a cup of coconut milk prior to serving.

# Pressure Cooker Carrot Ginger Soup

4 SERVINGS 25 MINUTES



## INGREDIENTS

- 3 cups Vegetable Broth
- 1 Yellow Onion (chopped)
- 1 Garlic (clove, minced)
- 1 tbs Ginger (fresh, minced)
- 6 Carrot (chopped)
- 2 tsps Thyme (fresh, chopped)
- 1 1/4 cups Canned Coconut Milk (full fat)

## NUTRITION

### AMOUNT PER SERVING

Calories	192	Vitamin A	15700...
Fat	14g	Vitamin C	7mg
Saturated	12g	Calcium	52mg
Trans	0g	Iron	1mg
Carbs	16g	Vitamin D	0IU
Fiber	3g	Vitamin E	1mg
Sugar	8g	Vitamin K	13µg
Protein	3g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	18µg
Sodium	574mg	Vitamin B12	0µg
Potassium	490mg	Magnesium	14mg

## DIRECTIONS

- 01 Turn the pressure cooker to sauté mode. Add a splash of vegetable broth along with the onion and cook for 3 to 4 minutes. Add the garlic and ginger and sauté for 1 minute more.
- 02 Turn the sauté mode off and add the carrots, thyme and rest of the broth. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, release the pressure manually.
- 03 Carefully remove the lid, and purée the soup using an immersion blender or a blender. Add the coconut milk and stir to combine. Serve and enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

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

### ADDITIONAL TOPPINGS

Top with fresh thyme, chives or sesame seeds.

# Ginger Miso Soba Noodle Soup

2 SERVINGS 25 MINUTES



## INGREDIENTS

3 1/2 ozs Buckwheat Soba Noodles  
2 tbsps Miso Paste  
2 cups Water  
1 tbsp Ginger (grated)  
1 tbsp Tamari  
1 tbsp Sesame Oil  
1 cup Bok Choy (quartered)  
1 Carrot (medium, julienned)  
1 cup Snap Peas (or snow peas, sliced)  
1/2 Lime

## NUTRITION

### AMOUNT PER SERVING

Calories	365	Vitamin A	7010IU
Fat	9g	Vitamin C	27mg
Saturated	1g	Calcium	93mg
Trans	0g	Iron	1mg
Carbs	49g	Vitamin D	0IU
Fiber	5g	Vitamin E	1mg
Sugar	6g	Vitamin K	42µg
Protein	11g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	48µg
Sodium	1537mg	Vitamin B12	0µg
Potassium	336mg	Magnesium	33mg

## DIRECTIONS

- 01 Bring a medium-sized pot of water to a boil. Add the soba noodles and cook for 6 to 7 minutes, until done. Drain and rinse with cold water until completely cooled. Set aside.
- 02 In a small bowl combine miso paste with just enough water to form a paste. Add the paste to a small saucepan along with the water, ginger, tamari and sesame oil. Bring to a gentle simmer, but be careful not to boil. Miso is a probiotic food, and should not be boiled.
- 03 While the broth is warming, divide the cooked noodles, bok choy, carrots, and snap peas between bowls. Pour the miso soup broth over the veggies to warm everything. Squeeze lime over each bowl and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 cups.

### MORE PROTEIN

Add a cooked salmon fillet, tofu steaks, edamame beans, or chicken.

### NO SOBA NOODLES

Use rice noodles instead.

# Vegan Peanut Ramen Soup

3 SERVINGS 25 MINUTES



## INGREDIENTS

1 tsp Avocado Oil  
1 tsp Ginger (minced)  
1 Garlic (clove, minced)  
1 tbsp Thai Red Curry Paste  
4 cups Vegetable Broth (low sodium)  
3/4 cup Lite Coconut Milk (from the can)  
1/2 cup All Natural Peanut Butter  
1 tbsp Tamari  
1 tbsp Coconut Sugar  
1 Lime (juiced)  
3 cups Mushrooms (sliced)  
10 ozs Gluten-Free Ramen Noodles (dry)  
2 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	725	Vitamin A	3584IU
Fat	32g	Vitamin C	14mg
Saturated	8g	Calcium	58mg
Trans	0g	Iron	3mg
Carbs	96g	Vitamin D	7IU
Fiber	6g	Vitamin E	4mg
Sugar	12g	Vitamin K	99µg
Protein	23g	Vitamin B6	0.4mg
Cholesterol	0mg	Folate	95µg
Sodium	1388mg	Vitamin B12	0µg

## DIRECTIONS

- 01 Add the avocado oil, ginger and garlic to a pot over medium-low heat. Saute for 1 to 2 minutes. Add the curry paste and stir to combine.
- 02 Add the vegetable broth, coconut milk, peanut butter, tamari, coconut sugar, and lime juice to the pot. Whisk to combine. Add the sliced mushrooms and simmer for 5 to 10 minutes.
- 03 While the soup simmers, cook the noodles according to the directions on the package and set aside.
- 04 During the last minute, add the spinach and then remove from heat. Divide the noodles into bowls and top with the soup. Add optional garnishes (see notes) and enjoy!

## NOTES

### OPTIONAL GARNISHES

Lime wedges, chopped peanuts, mint leaves and/or sesame seeds.

### NO PEANUT BUTTER

Use almond butter instead.

### NUT-FREE

Use tahini instead of peanut butter.

### LEFTOVERS

Store in an airtight container in the fridge for up to three to five days.

### MORE PROTEIN

Add tofu or a boiled egg.

### NO COCONUT SUGAR

Sweeten with honey instead.

### NO RED CURRY PASTE

Use green curry paste instead.

Potassium 1127mg Magnesium 104mg

**NO RAMEN NOODLES**

Use spaghetti noodles, vermicelli noodles or buckwheat noodles instead.

# Vegan Minestrone Soup

4 SERVINGS 1 HOUR



## INGREDIENTS

- 1 tsp Extra Virgin Olive Oil
- 1 Yellow Onion (finely chopped)
- 1 Carrot (peeled, chopped)
- 4 Garlic (cloves, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Sea Salt
- 1/4 cup Tomato Paste
- 3 1/2 cups Diced Tomatoes (from the can)
- 4 cups Vegetable Broth
- 2 cups Red Kidney Beans (cooked, rinsed)
- 1 cup Frozen Green Beans (chopped)
- 1 1/2 cups Brown Rice Pasta Shells (dry)

## NUTRITION

### AMOUNT PER SERVING

Calories	392	Vitamin A	4337IU
Fat	3g	Vitamin C	30mg
Saturated	1g	Calcium	142mg
Trans	0g	Iron	6mg
Carbs	75g	Vitamin D	0IU
Fiber	14g	Vitamin E	1mg
Sugar	12g	Vitamin K	19µg
Protein	16g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	78µg
Sodium	1306mg	Vitamin B12	0µg

## DIRECTIONS

- 01 Heat the oil in a large pot over medium heat. Cook the onion for 3 to 5 minutes or until softened. Add the carrot, garlic, Italian seasoning, and salt and stir to combine. Cook for 2 to 3 minutes more. Stir in the tomato paste and continue to cook for another minute.
- 02 Add the diced tomatoes, vegetable broth, and kidney beans and stir until combined.
- 03 Add the green beans. Bring to a gentle boil and continue to cook for 30 to 35 minutes or until the vegetables are tender. Season with additional salt if needed.
- 04 Meanwhile, cook the pasta according to package directions. Drain, rinse well, and set aside.
- 05 To serve, divide the soup between bowls and stir in the cooked pasta. Enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving is approximately 2 cups of soup.

### GRAIN-FREE

Omit the pasta or use chickpea pasta instead.

### ADDITIONAL TOPPINGS

Fresh herbs, red pepper flakes, nutritional yeast, parmesan cheese or fresh ground pepper.

### MORE FLAVOR

Add or substitute potato, zucchini, swiss chard, celery, bell pepper, peas, corn kernels, kale, or spinach.

Potassium 801mg Magnesium 60mg

**CONSISTENCY**

Make sure the vegetables are chopped to be approximately the same time for even cooking. Add more broth to thin the soup as needed.

# Tofu & Veggie Hot Pot

4 SERVINGS 30 MINUTES



## INGREDIENTS

6 cups Vegetable Broth  
1 tbsp Tamari  
1 tbsp Rice Vinegar  
1/2 tsp Sea Salt  
2 cups Mushrooms (halved)  
2 cups Calabash Squash (chopped)  
2 cups Napa Cabbage (thinly sliced)  
16 ozs Tofu (extra firm, broiled, cubed)  
14 ozs Shiratake Noodles (rinsed, drained)

## NUTRITION

### AMOUNT PER SERVING

Calories	143	Vitamin A	842IU
Fat	6g	Vitamin C	24mg
Saturated	1g	Calcium	365mg
Trans	0g	Iron	5mg
Carbs	12g	Vitamin D	3IU
Fiber	3g	Vitamin E	0mg
Sugar	5g	Vitamin K	39µg
Protein	15g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	42µg
Sodium	1544mg	Vitamin B12	0µg
Potassium	535mg	Magnesium	61mg

## DIRECTIONS

- 01 In an induction hot pot appliance, or a large pot over the stovetop, combine the broth, tamari, vinegar and salt. Bring to a boil and adjust seasoning as needed.
- 02 Add the mushrooms, calabash squash, cabbage and tofu. Cook until the veggies are soft, about 15 to 20 minutes. Just before serving, add the shiratake noodles.
- 03 If you are using an induction hot pot at the table, each person can serve themselves as the food cooks. If you are using the stovetop, divide the ingredients and broth into bowls and enjoy!

## NOTES

### LEFTOVERS

This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to three days. Store the noodles separately from the broth and veggies for best results.

### SERVING SIZE

One serving is equal to approximately three to four ounces of noodles with one cup of veggies and tofu.

### MORE FLAVOR

Use bone broth instead of vegetable broth. Marinate your tofu before adding to the broth.

### ADDITIONAL TOPPINGS

Top with sliced green onions, fried shallots, enoki mushrooms, sliced carrots and/or cooked beef slices.

### NO CALABASH SQUASH

Use zucchini or celery instead.

### NO SHIRATAKE NOODLES

Use ramen or rice noodles instead.

# 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

## NUTRITION

### AMOUNT PER SERVING

Calories	107	Vitamin A	4576IU
Fat	5g	Vitamin C	27mg
Saturated	1g	Calcium	77mg
Trans	0g	Iron	3mg
Carbs	15g	Vitamin D	0IU
Fiber	4g	Vitamin E	1mg
Sugar	6g	Vitamin K	162µg
Protein	3g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	37µg
Sodium	1293mg	Vitamin B12	0µg
Potassium	459mg	Magnesium	28mg

## 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!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

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

### ADDITIONAL TOPPINGS

Serve with additional parsley on top.

# Slow Cooker Lentil Chili

6 SERVINGS 5 HOURS



## INGREDIENTS

- 1 cup Dry Red Lentils (rinsed, uncooked)
- 1 Yellow Onion (medium, diced)
- 1 Red Bell Pepper (chopped)
- 1 Carrot (chopped)
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 3 1/2 cups Diced Tomatoes (from the can with juices)
- 2 tbsps Tomato Paste
- 2 cups Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
- 1 Avocado (optional, sliced)
- 1/4 cup Cilantro (optional, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	307	Vitamin A	3843IU
Fat	6g	Vitamin C	46mg
Saturated	1g	Calcium	97mg
Trans	0g	Iron	7mg
Carbs	49g	Vitamin D	0IU
Fiber	15g	Vitamin E	2mg

## DIRECTIONS

- 01 Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
- 02 Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
- 03 Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

## NOTES

### SERVING SIZE

One serving is equal to approximately 1.5 to 2 cups of chili.

### LIKES IT SPICY

Add one chopped jalapeno pepper.

### MORE FLAVOR

Add the juice of one lime to the slow cooker just before serving.

### NO BEANS

Use lentils only.

### LEFTOVERS

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

Sugar	8g	Vitamin K	14µg
<b>Protein</b>	16g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	78µg
Sodium	298mg	Vitamin B12	0µg
Potassium	945mg	Magnesium	46mg

# Mexican Street Corn Soup

4 SERVINGS 45 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
8 cups Frozen Corn (thawed)  
1 Yellow Onion (large, diced)  
1 tbsps Chili Powder  
1 tsp Sea Salt  
6 cups Water  
1/4 cup Nutritional Yeast  
1/4 Lime (juiced)  
1/4 cup Cilantro

## NUTRITION

### AMOUNT PER SERVING

Calories	379	Vitamin A	1319IU
Fat	9g	Vitamin C	13mg
Saturated	1g	Calcium	68mg
Trans	0g	Iron	4mg
Carbs	71g	Vitamin D	0IU
Fiber	11g	Vitamin E	2mg
Sugar	13g	Vitamin K	10µg
Protein	14g	Vitamin B6	8.0mg
Cholesterol	0mg	Folate	117µg
Sodium	685mg	Vitamin B12	33.8µg
Potassium	1046mg	Magnesium	103mg

## DIRECTIONS

- 01 Heat oil in a large pot over medium-high heat. Add corn, onion, chili powder and salt. Stir occasionally for 6 to 8 minutes, or until onion is soft.
- 02 Scoop out 1/3 of the mixture and set aside. Add water to the pot. Bring to a boil and reduce to a simmer for 20 minutes.
- 03 Use a handheld immersion blender to puree until smooth (or carefully transfer to a blender). Stir in nutritional yeast, lime juice and half the reserved corn mixture. Adjust seasoning as needed.
- 04 Divide the soup into bowls and garnish with the remaining corn mixture, cilantro and additional chili powder (optional).

## NOTES

### MORE TOPPINGS

Top with lime zest, feta, Cotija cheese, avocado slices, or more nutritional yeast.

### MORE VEGGIES

Add potatoes, eddoes, jicama, chopped kale, red bell pepper, mushrooms or zucchini.

### SERVE IT WITH

Our Savoury Roasted Chickpeas, or alongside our Black Bean & White Fish Wraps or Mexican Quinoa Wraps recipe.

### LEFTOVERS

Refrigerate in an airtight container up to 5 days, or freeze if longer.

### NO FROZEN CORN

Use fresh corn, or canned corn.

# Slow Cooker Black Bean Soup

6 SERVINGS 4 HOURS



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
1 Yellow Onion (finely diced)  
2 stalks Celery (diced)  
1 Carrot (large, chopped)  
6 Garlic (cloves, minced)  
1 tbsps Cumin  
1/2 tsp Cayenne Pepper  
6 cups Black Beans (cooked, drained and rinsed)  
3 cups Diced Tomatoes  
2 cups Water  
2 Lime (juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	318	Vitamin A	2352IU
Fat	6g	Vitamin C	19mg
Saturated	1g	Calcium	108mg
Trans	0g	Iron	6mg
Carbs	51g	Vitamin D	0IU
Fiber	17g	Vitamin E	2mg
Sugar	6g	Vitamin K	14µg
Protein	17g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	265µg
Sodium	45mg	Vitamin B12	0µg
Potassium	756mg	Magnesium	131mg

## DIRECTIONS

- 01 Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
- 02 Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving equals approximately 1.5 cups.

### TOPPINGS

Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

### STOVE TOP

If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

# Roasted Carrot White Bean & Tahini Soup

4 SERVINGS 1 HOUR



## INGREDIENTS

18 Carrot (medium, peeled and roughly chopped)  
2 tbsps Extra Virgin Olive Oil (divided)  
1 Yellow Onion (medium, diced)  
3 stalks Celery (chopped)  
4 Garlic (cloves, minced)  
4 cups Vegetable Broth  
2 cups White Navy Beans (cooked, drained and rinsed)  
1 tsp Turmeric  
1/4 cup Tahini  
1/2 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	423	Vitamin A	46529...
Fat	16g	Vitamin C	22mg
Saturated	2g	Calcium	253mg
Trans	0g	Iron	6mg
Carbs	61g	Vitamin D	0IU
Fiber	20g	Vitamin E	3mg
Sugar	17g	Vitamin K	51µg
Protein	14g	Vitamin B6	0.6mg
Cholesterol	0mg	Folate	206µg
Sodium	887mg	Vitamin B12	0µg

## DIRECTIONS

- 01 Preheat your oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss the chopped carrots with half of the olive oil. Spread them over the baking sheet and roast for 40 minutes, tossing halfway through cooking.
- 03 In a large pot, heat the rest of the olive oil. Add the onion and celery, cook for 7-10 minutes or until softened. Then add the garlic and cook for 2 to 3 more minutes.
- 04 Add the roasted carrots, vegetable broth, white beans, turmeric, and tahini into the pot. Use an immersion blender to puree until completely smooth. Add lemon juice and salt and pepper to taste.
- 05 Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to 4 days, or freeze up to 6 months.

### SERVING SIZE

One serving is approximately 2 cups.

### NO IMMERSION BLENDER

Use a regular blender instead, ensuring there is a place in the lid for the steam to escape.

### CARROT TIP

If using different sized carrots, aim for about 0.5 lb. of carrots per serving.

### NO CARROTS

Use sweet potato instead.

Potassium 1488mg Magnesium 104mg

**ADD TOPPINGS**

Greek yogurt, avocado, roasted vegetables, pumpkin seeds, sesame seeds, hemp seeds, cinnamon or extra turmeric.

# Eggplant & Collard Greens Quinoa Soup

6 SERVINGS 45 MINUTES



## INGREDIENTS

6 cups Vegetable Broth  
2 cups Diced Tomatoes (from the can, drained)  
1 Carrot (trimmed, chopped)  
1/2 Eggplant (chopped)  
2 cups Collard Greens (stems removed, chopped)  
1 cup Quinoa (rinsed)  
1 tsp Dried Thyme  
1 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	152	Vitamin A	3181IU
Fat	2g	Vitamin C	15mg
Saturated	0g	Calcium	72mg
Trans	0g	Iron	2mg
Carbs	27g	Vitamin D	0IU
Fiber	5g	Vitamin E	1mg
Sugar	5g	Vitamin K	60µg
Protein	6g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	80µg
Sodium	1073mg	Vitamin B12	0µg
Potassium	366mg	Magnesium	69mg

## DIRECTIONS

- 01 Combine all ingredients in a large pot. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the quinoa is tender.
- 02 Season with additional salt if needed.
- 03 Divide between bowls and 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 1 1/2 cups.

### MORE FLAVOR

Add sautéed onion and garlic.

### ADDITIONAL TOPPINGS

Top with chopped parsley, sliced green onion or red pepper flakes.

# Pressure Cooker Cajun Black Eyed Pea Soup

4 SERVINGS 25 MINUTES



## INGREDIENTS

- 3 cups Vegetable Broth
- 1 Yellow Onion (chopped)
- 2 stalks Celery (chopped)
- 1 Yellow Bell Pepper (chopped)
- 2 Garlic (cloves, minced)
- 2 tsp Cajun Seasoning
- 1 1/2 cups Fire Roasted Diced Tomatoes
- 3 cups Kale Leaves (roughly chopped)
- 1 tsp Sea Salt
- 1 3/4 cups Black Eyed Peas (from the can, drained and rinsed)
- 1/3 cup Cilantro (chopped, optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	165	Vitamin A	1805IU
Fat	1g	Vitamin C	107mg
Saturated	0g	Calcium	138mg
Trans	0g	Iron	4mg
Carbs	31g	Vitamin D	0IU
Fiber	9g	Vitamin E	1mg
Sugar	7g	Vitamin K	75µg
Protein	9g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	142µg
Sodium	1878mg	Vitamin B12	0µg
Potassium	715mg	Magnesium	68mg

## DIRECTIONS

- 01 Turn your pressure cooker to sauté mode and add a splash of the vegetable broth. Add the onion, celery and bell pepper and cook for 4 to 5 minutes. Then add the garlic and sauté for 1 minute more. Turn the sauté mode off and add the cajun seasoning. Stir to combine.
- 02 Add the tomatoes, kale, salt, black eyed peas and broth. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 8 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
- 03 Carefully remove the lid, and stir to combine. Divide between bowls, top with cilantro, if using, and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

### NO FIRE ROASTED TOMATOES

Use regular canned tomatoes.

# Chickpea & Rice Soup

3 SERVINGS 40 MINUTES



## INGREDIENTS

- 1/3 cup Brown Rice (dry)
- 1/2 cup Water
- 1 stalk Celery (chopped)
- 1 Carrot (medium, peeled and chopped)
- 3/4 cup Red Onion (chopped)
- 3 Garlic (large clove, minced)
- 1 1/2 tbsps Dried Parsley
- 1/2 tsp Sea Salt (or to taste)
- 1/2 tsp Dried Dill
- 1 cup Chickpeas (cooked, rinsed)
- 4 cups Vegetable Broth
- 1/2 Lemon (cut into wedges for serving, optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	215	Vitamin A	4200IU
Fat	2g	Vitamin C	12mg
Saturated	0g	Calcium	81mg
Trans	0g	Iron	2mg
Carbs	42g	Vitamin D	0IU
Fiber	7g	Vitamin E	1mg
Sugar	8g	Vitamin K	22µg
Protein	8g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	118µg
Sodium	1302mg	Vitamin B12	0µg

## DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Add the water to a pot over medium-high heat. Add the celery, carrot, onion, and garlic to the pot and cook for eight to ten minutes or until the carrot and celery start to soften. Add the parsley, salt, dill, and chickpeas and stir to combine. Cook for another one to two minutes.
- 03 Add the vegetable broth to the pot and bring the soup to a gentle boil. Reduce the heat slightly and simmer for about 20 minutes or until the vegetables are very tender.
- 04 Transfer approximately 1/4 of the soup to a blender and blend until mostly smooth. Stir the soup puree back into the pot and add the cooked rice. Season the soup with additional salt if needed.
- 05 Divide the soup between bowls and serve with lemon wedges to squeeze over top. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

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

### MORE FLAVOR

Add other dried herbs and spices like oregano, paprika, chives, and/or black pepper.

### ADDITIONAL TOPPINGS

Extra virgin olive oil, fresh or dried parsley, and/or red pepper flakes

### MORE VEGETABLES

Add zucchini, peas, bell pepper, spinach, or kale.

Potassium 472mg Magnesium 67mg

**NO BROWN RICE**

Use white rice or quinoa instead.

**NO CHICKPEAS**

Use white beans or lentils instead.

# Peanut Butter Curry Chickpea Stew

4 SERVINGS 45 MINUTES



## INGREDIENTS

- 1 tbsp Coconut Oil
- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (grated)
- 1 tsp Cumin
- 1 tsp Coriander
- 1 tsp Cinnamon
- 1 tbsp Turmeric
- 1/4 cup Water
- 1/4 cup All Natural Peanut Butter
- 2 cups Vegetable Broth
- 1 cup Unsweetened Almond Milk
- 1 tsp Sea Salt
- 1 Red Bell Pepper (sliced)
- 1 Zucchini (sliced)
- 2 Carrot (medium, peeled and sliced)
- 4 cups Chickpeas (cooked)
- 1 Lime (juiced)
- 1/4 cup Cilantro (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	467	Vitamin A	6639IU
Fat	17g	Vitamin C	55mg
Saturated	5g	Calcium	260mg
Trans	0g	Iron	8mg

## DIRECTIONS

- 01 Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
- 02 Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
- 03 Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
- 04 Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
- 05 Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

## NOTES

### LEFTOVERS

Store in the fridge up to 4 days or freeze.

### SERVING SIZE

One serving is approximately 2 cups.

<b>Carbs</b>	63g	Vitamin D	25IU
Fiber	17g	Vitamin E	3mg
Sugar	17g	Vitamin K	19µg
<b>Protein</b>	21g	Vitamin B6	0.5mg
Cholester...	0mg	Folate	330µg
Sodium	1002mg	Vitamin B12	0µg
Potassium	1021mg	Magnesium	138mg

# 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

## NUTRITION

### AMOUNT PER SERVING

Calories	330	Vitamin A	2222IU
Fat	7g	Vitamin C	46mg
Saturated	1g	Calcium	130mg
Trans	0g	Iron	4mg
Carbs	57g	Vitamin D	0IU

## 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!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is roughly 2 cups.

Fiber	13g	Vitamin E	3mg
Sugar	8g	Vitamin K	70µg
<b>Protein</b>	11g	Vitamin B6	0.5mg
Cholesterol	0mg	Folate	155µg
Sodium	982mg	Vitamin B12	0µg
Potassium	750mg	Magnesium	117mg

# Lentil Masala Soup

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 1/2 tsps Coconut Oil
- 1/2 cup Red Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 tsp Turmeric
- 1 tbsp Garam Masala
- 1 tsp Sea Salt
- 1 cup Cilantro (finely diced)
- 4 cups Vegetable Broth
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Canned Coconut Milk (full fat)
- 4 cups Kale Leaves (finely sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	391	Vitamin A	2557IU
Fat	14g	Vitamin C	42mg
Saturated	11g	Calcium	118mg
Trans	0g	Iron	6mg
Carbs	50g	Vitamin D	0IU
Fiber	11g	Vitamin E	0mg
Sugar	9g	Vitamin K	96µg
Protein	17g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	20µg
Sodium	1308mg	Vitamin B12	0µg
Potassium	804mg	Magnesium	14mg

## DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 02 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 03 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

## NOTES

### LEFTOVERS

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

### ADDITIONAL TOPPINGS

Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

# Spicy Coconut Lentil Soup

4 SERVINGS 40 MINUTES



## INGREDIENTS

1/2 cup Brown Basmati Rice (uncooked)  
1/2 cup Dry Lentils (uncooked)  
1/4 cup Unsweetened Shredded Coconut  
2 tsps Smoked Paprika  
1 tsp Chili Powder  
1/4 tsp Turmeric (ground)  
1 tsp Cumin (ground)  
1/2 tsp Sea Salt  
7 cups Water  
1/4 cup Cilantro (optional, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	206	Vitamin A	848IU
Fat	4g	Vitamin C	1mg
Saturated	3g	Calcium	61mg
Trans	0g	Iron	3mg
Carbs	35g	Vitamin D	0IU
Fiber	4g	Vitamin E	1mg
Sugar	1g	Vitamin K	6µg
Protein	8g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	116µg
Sodium	328mg	Vitamin B12	0µg
Potassium	220mg	Magnesium	25mg

## DIRECTIONS

- 01 Rinse the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
- 02 Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

## NOTES

### SERVING SIZE

One serving is equal to approximately 1.5 to 2 cups of soup.

### MEAL PREP

This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

### LEFTOVERS

Store in the fridge for up to 5 days. Freeze for up to 3 months.

### LIKES IT CREAMY

Swap out some of the water for coconut milk.

### LIKES IT REALLY SPICY

Add cayenne pepper.

### NO SMOKED PAPRIKA

Use regular paprika.

### MORE VEGGIES

Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favorite vegetables.

# Egyptian Lentil Soup with Caramelized Onions

10 SERVINGS 30 MINUTES



## INGREDIENTS

8 cups Water  
2 1/2 cups Dry Red Lentils (rinsed)  
3 Yellow Onion (medium, peeled and sliced, divided)  
4 Garlic (cloves, minced)  
2 tsps Cumin  
2 tsps Sea Salt  
2 Lemon (juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	209	Vitamin A	6IU
Fat	1g	Vitamin C	4mg
Saturated	0g	Calcium	49mg
Trans	0g	Iron	6mg
Carbs	39g	Vitamin D	0IU
Fiber	8g	Vitamin E	0mg
Sugar	4g	Vitamin K	0µg
Protein	13g	Vitamin B6	0mg
Cholesterol	0mg	Folate	2µg
Sodium	478mg	Vitamin B12	0µg
Potassium	590mg	Magnesium	6mg

## DIRECTIONS

- 01 In a large pot, heat the water over high heat while you prepare the remaining ingredients.
- 02 Add the lentils, 2/3 of the onion, garlic, cumin and salt. Simmer for 20 minutes.
- 03 Meanwhile, prepare a separate pan over medium-high heat with a bit of water. Add the remaining onions and cook until soft and golden brown, about 15 to 20 minutes. Stir frequently and add more water as needed. Set aside.
- 04 Add lemon juice to the soup and adjust the salt to your preference. Use a handheld blender to puree the soup until it reaches a smooth consistency.
- 05 Divide into bowls and top with the caramelized onions. Enjoy!

## NOTES

### MORE TOPPINGS

Garnish the soup with yogurt, parsley, cilantro, slivered almonds, crushed pistachios, pomegranate seeds or red pepper flakes.

### NO LEMON JUICE

Use apple cider vinegar instead.

### SERVING SIZE

One serving is equal to approximately one cup of soup.

### STORAGE

Refrigerate in an airtight container for up to 5 to 7 days. Freeze for longer.

# Creamy Turmeric Pumpkin Soup

4 SERVINGS 1 HOUR 15 MINUTES



## INGREDIENTS

- 2 1/2 cups Pie Pumpkin
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (chopped)
- 2 Garlic (clove, minced)
- 2 tsps Turmeric
- 1/2 tsp Sea Salt
- 1/2 tsp Cinnamon
- 2 1/2 cups Vegetable Broth (plus more if needed)
- 1/2 cup Canned Coconut Milk (full fat)

## NUTRITION

### AMOUNT PER SERVING

Calories	187	Vitamin A	6502IU
Fat	16g	Vitamin C	8mg
Saturated	6g	Calcium	39mg
Trans	0g	Iron	3mg
Carbs	11g	Vitamin D	0IU
Fiber	2g	Vitamin E	2mg
Sugar	5g	Vitamin K	8µg
Protein	2g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	12µg
Sodium	714mg	Vitamin B12	0µg
Potassium	397mg	Magnesium	14mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Cut the pumpkin in half and scoop out the seeds. Rub the inside and coat the edges with 1/3 of the oil. Place cut side down on the prepared baking sheet and roast for about 40 minutes or until the pumpkin is easily pierced with a fork. Remove from the oven and let cool slightly. Scoop the flesh of the pumpkin away from the skin, measure out the amount needed in cups, and set aside. Store any leftover pumpkin in the fridge or freezer.
- 03 Heat the remaining oil in a pot over medium heat. Add the onion and cook for 3 to 5 minutes until just softened. Add the garlic, turmeric, sea salt and cinnamon. Stir to combine and cook for another minute more. Add the vegetable broth and then stir in the roasted pumpkin.
- 04 Bring the soup to a gentle boil and then let simmer for 5 to 10 minutes to allow the flavors to come together. Stir in the coconut milk.
- 05 Transfer the soup to a blender and blend until smooth. Add more vegetable broth to the blender until desired consistency is reached. Season with additional salt if needed.
- 06 Divide soup between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

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

### PUMPKIN

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

**MORE FLAVOR**

Black pepper, fresh ginger or a drizzle of maple syrup or other liquid sweetener.

**ADDITIONAL TOPPINGS**

Extra coconut milk or fresh herbs like cilantro.

**NO OLIVE OIL**

Use butter, ghee or avocado oil instead.

**NO PUMPKIN**

Use a butternut squash instead.

# Pressure Cooker Sweet Potato & Peanut Soup

4 SERVINGS 25 MINUTES



## INGREDIENTS

- 1 tsp Avocado Oil
- 1/2 Yellow Onion (diced)
- 2 Sweet Potato (medium-sized, peeled and cut into cubes)
- 2 Garlic (cloves, minced)
- 2 tsp Smoked Paprika
- 1/2 tsp Turmeric
- 1 tsp Chili Flakes (optional)
- 2 1/2 cups Fire Roasted Diced Tomatoes (from the can with juices)
- 1/4 cup Sun Dried Tomatoes (drained)
- 1/2 cup Raw Peanuts
- 1/2 tsp Sea Salt
- 1 3/4 cups Canned Coconut Milk
- 1 cup Water
- 1/4 cup All Natural Peanut Butter
- 2 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	514	Vitamin A	11849IU
Fat	37g	Vitamin C	15mg
Saturated	20g	Calcium	160mg
Trans	0g	Iron	4mg
Carbs	35g	Vitamin D	0IU
Fiber	7g	Vitamin E	4mg

## DIRECTIONS

- 01 Turn your pressure cooker to sauté mode and add the avocado oil. Add the onion and sweet potato and cook for 4 to 5 minutes. Then add the garlic and saute for 1 minute more. Turn the sauté mode off and add the smoked paprika, turmeric and chili flakes, if using. Stir to combine.
- 02 Add the canned tomatoes, sun dried tomatoes, peanuts, salt, coconut milk and water. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 4 minutes on high pressure. Once finished, let the pressure release naturally for 5 minutes, then do a quick release.
- 03 Carefully remove the lid, and add the peanut butter and spinach and stir to combine. Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to about 1 1/4 cups soup.

### NO PEANUTS

Use sunflower seed butter and sunflower seeds, or almond butter and almonds instead.

### NO FIRE ROASTED TOMATOES

Use diced tomatoes instead.

### ADDITIONAL TOPPINGS

Top with additional peanuts.

Sugar	14g	Vitamin K	76µg
<b>Protein</b>	13g	Vitamin B6	0.4mg
Cholesterol	0mg	Folate	97µg
Sodium	731mg	Vitamin B12	0µg
Potassium	1119mg	Magnesium	97mg

# Mushroom Miso Soup

2 SERVINGS 25 MINUTES



## INGREDIENTS

3 cups Water  
1 cup Vegetable Broth  
1 1/2 cups Shiitake Mushrooms (sliced)  
6 ozs Tofu (drained, rinsed and cut into cubes)  
1 tsp Ginger  
1 tbsp Tamari  
3 tbsps Miso Paste  
2 cups Kale Leaves (roughly chopped)  
2 stalks Green Onion (optional, sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	199	Vitamin A	1754IU
Fat	7g	Vitamin C	22mg
Saturated	1g	Calcium	343mg
Trans	0g	Iron	3mg
Carbs	26g	Vitamin D	30IU
Fiber	6g	Vitamin E	0mg
Sugar	9g	Vitamin K	104µg
Protein	15g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	49µg
Sodium	2103mg	Vitamin B12	0µg
Potassium	374mg	Magnesium	66mg

## DIRECTIONS

- 01 Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
- 02 Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
- 03 In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
- 04 Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 2 cups.

### MORE FLAVOR

Add sesame oil once finished cooking.

### ADDITIONAL TOPPINGS

Add noodles, or some nori to the soup when finished cooking.

### NO VEGETABLE BROTH

Use water instead and increase the amount of miso slightly for more flavor.

### MISO PASTE

This recipe was developed and tested using white miso.

# Spider Web Pumpkin Soup

4 SERVINGS 20 MINUTES



## INGREDIENTS

- 2 tbsps Coconut Oil
- 2 1/4 cups Pureed Pumpkin
- 2 cups Vegetable Broth
- 1/2 cup Unsweetened Almond Milk
- 1 tsp Ground Ginger
- 1 tsp Ground Sage
- 1 1/2 tpsps Maple Syrup
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 cup Canned Coconut Milk (optional)
- 1/4 cup Black Olives (pitted and sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	162	Vitamin A	21812IU
Fat	11g	Vitamin C	6mg
Saturated	9g	Calcium	110mg
Trans	0g	Iron	3mg
Carbs	15g	Vitamin D	13IU
Fiber	4g	Vitamin E	2mg
Sugar	7g	Vitamin K	26µg
Protein	2g	Vitamin B6	0.1mg
Cholesterol	0mg	Folate	17µg
Sodium	715mg	Vitamin B12	0µg
Potassium	348mg	Magnesium	38mg

## DIRECTIONS

- 01 In a large pot, heat coconut oil over medium heat. Stir in pumpkin, broth, almond milk, ginger, sage, maple syrup, salt and pepper.
- 02 Bring to a boil and let simmer for about 10 minutes. Divide the pumpkin soup into separate bowls.
- 03 Meanwhile, slice your black olives and set aside for garnish.
- 04 Put the coconut milk into a squeeze bottle and draw a spiral in each bowl of soup. Use a toothpick to draw straight lines from the center of each spiral to the outer edges.
- 05 Garnish soup with olive slices in the form of spiders. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze up to 6 months in an air-tight container. If storing in mason jars, use wide-mouth jars and leave at least 1 inch of space at the top to allow the fluid to expand.

### NO COCONUT MILK

Use Greek yogurt.

### NO SQUEEZE BOTTLE

Place coconut milk in one end of a small plastic sandwich bag and make a very small cut in the corner. Gently squeeze the milk out of the bag to draw your spiderwebs.

### SERVE IT WITH

A slice of toasted bread.

# Roasted Butternut Squash Soup with Kale Chips

4 SERVINGS 1 HOUR 30 MINUTES



## INGREDIENTS

- 4 cups Butternut Squash
- 1 tsp Cinnamon (plus extra for garnish)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 Apple (peeled, cored and sliced)
- 1 Sweet Onion (diced)
- 1 tbsp Ginger (grated)
- 4 cups Vegetable Broth
- 2 tsps Sea Salt (divided)
- 4 cups Kale Leaves (cut into large pieces)

## NUTRITION

### AMOUNT PER SERVING

Calories	218	Vitamin A	16470...
Fat	8g	Vitamin C	58mg
Saturated	1g	Calcium	156mg
Trans	0g	Iron	2mg
Carbs	39g	Vitamin D	0IU
Fiber	7g	Vitamin E	3mg
Sugar	18g	Vitamin K	91µg
Protein	3g	Vitamin B6	0.4mg
Cholesterol	0mg	Folate	73µg
Sodium	1859mg	Vitamin B12	0µg
Potassium	813mg	Magnesium	70mg

## DIRECTIONS

- 01 Preheat the oven to 420°F (216°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
- 02 Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
- 03 Place a large pot over medium heat and add half of the olive oil. Add the apples, onion, and ginger and saute for about 5 minutes or until soft.
- 04 Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
- 05 Set the oven to 350°F (177°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
- 06 Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate for up to four days. Freeze for up to three months.

### MORE PROTEIN

Blend in a 1 can of cooked red lentils or top with some shredded chicken breast

# Cream of Broccoli Soup

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 3 stalks Celery (chopped)
- 5 cups Broccoli (chopped, incl. stalks)
- 6 cups Water
- 1 tsp Dried Basil
- 1 tsp Sea Salt
- 1 cup Cashews
- 2 cups Green Lentils (cooked, drained and rinsed)
- 2 cups Baby Spinach (packed)

## NUTRITION

### AMOUNT PER SERVING

Calories	392	Vitamin A	4808IU
Fat	17g	Vitamin C	113mg
Saturated	3g	Calcium	176mg
Trans	0g	Iron	7mg
Carbs	48g	Vitamin D	0IU
Fiber	14g	Vitamin E	2mg
Sugar	11g	Vitamin K	216µg
Protein	19g	Vitamin B6	0.6mg
Cholesterol	0mg	Folate	337µg
Sodium	695mg	Vitamin B12	0µg
Potassium	1233mg	Magnesium	182mg

## DIRECTIONS

- 01 Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
- 02 In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
- 03 Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to approximately 3 to 3.5 cups of soup, depending on how much liquid simmers off.

# Creamy Carrot Soup

4 SERVINGS 50 MINUTES



## INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 8 Carrot (chopped into 1 inch rounds)
- 1 Sweet Onion (chopped)
- 2 Garlic (cloves, minced)
- 1 tsp Cumin
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 3 cups Vegetable Broth
- 1 cup Unsweetened Almond Milk
- 1 Lemon (cut into wedges)
- 1 cup Baby Spinach (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	133	Vitamin A	21612IU
Fat	5g	Vitamin C	19mg
Saturated	1g	Calcium	192mg
Trans	0g	Iron	2mg
Carbs	22g	Vitamin D	25IU
Fiber	5g	Vitamin E	2mg
Sugar	11g	Vitamin K	56µg
Protein	3g	Vitamin B6	0.3mg
Cholesterol	0mg	Folate	59µg
Sodium	629mg	Vitamin B12	0µg
Potassium	615mg	Magnesium	38mg

## DIRECTIONS

- 01 In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sauté for about 10 minutes or until veggies start to brown.
- 02 Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
- 03 After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending. Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper if desired.
- 04 Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge. Serve with a slice of bread for dipping and/or a mixed greens salad.

## NOTES

### LEFTOVERS

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

### SERVING SIZE

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

# Creamy Cauliflower Soup

4 SERVINGS 1 HOUR



## INGREDIENTS

- 1 tbsp Coconut Oil
- 1/2 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 1 head Cauliflower (cut into florets)
- 2 cups Vegetable Broth
- 1 cup Water
- 1 cup Canned Coconut Milk
- 1/4 tsp Sea Salt (or more to taste)
- 1 tsp Nutmeg
- 1 Avocado (peeled and sliced)
- 2 stalks Green Onion (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	283	Vitamin A	3125IU
Fat	22g	Vitamin C	80mg
Saturated	14g	Calcium	68mg
Trans	0g	Iron	1mg
Carbs	19g	Vitamin D	0IU
Fiber	7g	Vitamin E	1mg
Sugar	8g	Vitamin K	46µg
Protein	5g	Vitamin B6	0.5mg
Cholesterol	0mg	Folate	139µg
Sodium	553mg	Vitamin B12	0µg
Potassium	905mg	Magnesium	46mg

## DIRECTIONS

- 01 Add coconut oil to a large pot and place over medium heat. Saute the onions and carrots for about 5 minutes or until soft and golden.
- 02 Add the cauliflower and cook until it browns (about 5 minutes).
- 03 Add the broth and water. Bring to a boil. Reduce heat to simmer and cover. Let simmer for 30 minutes.
- 04 Add in coconut milk, sea salt and nutmeg. Stir well until milk is heated through and remove from heat.
- 05 With caution, puree your soup using a blender. Ensure lid is on tightly. (NOTE: If using a regular blender, ensure to remove the centerpiece of the lid and cover with a tea towel to allow a place for the steam to escape. Otherwise the steam will cause the lid to pop off, creating a mess and potentially burning yourself.)
- 06 Pour into bowl and top with sliced avocado and green onion. Sprinkle with fresh ground pepper and serve!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to approximately 1.5 cups of soup.

### MORE FLAVOR

Add fresh garlic, additional salt, and/or black pepper.

# Spicy Roasted Red Pepper Soup

4 SERVINGS 1 HOUR



## INGREDIENTS

4 Red Bell Pepper  
1 1/2 tsps Extra Virgin Olive Oil  
1 Sweet Onion (diced)  
2 Garlic (cloves, minced)  
1 tsp Black Pepper (fresh ground)  
1/8 oz Thyme Sprigs  
1 Bay Leaf  
3 cups Vegetable Broth  
3 tbsps Apple Cider Vinegar  
1/4 tsp Cayenne Pepper (less if you don't like it spicy)

## NUTRITION

### AMOUNT PER SERVING

Calories	88	Vitamin A	4208IU
Fat	2g	Vitamin C	158mg
Saturated	0g	Calcium	40mg
Trans	0g	Iron	1mg
Carbs	16g	Vitamin D	0IU
Fiber	4g	Vitamin E	2mg
Sugar	10g	Vitamin K	10µg
Protein	2g	Vitamin B6	0.5mg
Cholesterol	0mg	Folate	74µg
Sodium	503mg	Vitamin B12	0µg
Potassium	412mg	Magnesium	27mg

## DIRECTIONS

- 01 Preheat oven to broil. Cut bell peppers in half lengthwise and discard seeds. Place pepper halves skin side down on a parchment paper-lined baking sheet. Broil for 15 minutes or until blackened.
- 02 Place roasted peppers in a zip-lock bag and seal. Let sit for 15 minutes. This allows you to peel the skin off more easily. Remove peppers from bag and peel away the skin. Throw the skin away and coarsely chop the remaining pepper.
- 03 Heat the oil in a large pot over medium heat. Add onion and sauté for 5 minutes or until golden. Then add garlic and sauté for another minute.
- 04 Add bell peppers, fresh ground pepper, bay leaf, thyme, broth, vinegar and cayenne. Bring to a boil then cover and reduce heat to simmer for 10 minutes. After 10 minutes, remove the bay leaf and thyme sprigs from the soup and discard.
- 05 Puree soup. You can do this with a blender, magic bullet or hand/immersion blender. If you are blending with a normal blender, ensure you remove the centerpiece of the lid to allow a place for steam to escape. Otherwise the steam will pop the lid off when blending, which is super dangerous.
- 06 Pour soup back into pot and warm over medium heat. Ladle into soup bowls when ready to eat. Season with a pinch of cayenne for a spicier soup. Enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving is roughly 1 cup of soup.

# White Bean & Lemon Kale Soup

4 SERVINGS 30 MINUTES



## INGREDIENTS

3 cups Vegetable Broth  
2 Carrot (chopped)  
2 Leeks (white parts only, chopped fine)  
2 Garlic (cloves, minced)  
1/2 tsp Oregano  
1 1/2 tps Thyme (dried)  
1 3/4 cups Cannellini Beans (drained, rinsed)  
3 cups Water  
4 cups Kale Leaves (stem removed, chopped)  
3 tbsps Lemon Juice  
Sea Salt & Black Pepper (to taste)  
1/4 cup Parsley (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	159	Vitamin A	7579IU
Fat	1g	Vitamin C	38mg
Saturated	0g	Calcium	142mg
Trans	0g	Iron	3mg
Carbs	32g	Vitamin D	0IU
Fiber	8g	Vitamin E	1mg
Sugar	6g	Vitamin K	171µg
Protein	7g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	56µg

## DIRECTIONS

- 01 In a large pot over medium heat, add a splash of the vegetable broth, then add the carrots and leeks. Cook for 6 to 8 minutes, or until cooked through. Then add the garlic, oregano and thyme and cook for 1 to 2 minutes more.
- 02 Add the beans, water and remaining broth and bring to a low simmer over medium heat. Then reduce to medium-low and add the kale and lemon juice. Stir and continue cooking for 3 to 4 minutes, until the kale is wilted.
- 03 Season with salt and pepper. Ladle into bowls and top with parsley. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving size is equal to about 2 cups.

### ADDITIONAL TOPPINGS

Top with chili flakes and/or shredded parmesan.

Sodium	835mg	Vitamin B12	0µg
Potassium	325mg	Magnesium	32mg