

# Nourishing Soup Guide

Soup is a quick, hot meal that offers plenty of health benefits. Our soup guide is chock full of recipes with fibre-rich vegetables, low in sodium and high in flavour.



# Grocery List



40 ingredients

## FRUITS

- 1 Lemon
- 1 Lime

## BREAKFAST

- 1/2 cup All Natural Peanut Butter

## SEEDS, NUTS & SPICES

- 1 1/2 tsps Black Pepper
- 1 1/2 cups Cashews
- 1 tsp Cumin
- 1 tsp Dried Basil
- 1 tbsp Garam Masala
- 1/2 cup Hemp Seeds
- 1 tbsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Turmeric

## VEGETABLES

- 3 cups Asparagus
- 9 cups Baby Spinach
- 5 cups Broccoli
- 11 Carrot
- 12 stalks Celery
- 1 cup Cilantro
- 10 Garlic
- 1 tsp Ginger
- 4 cups Kale Leaves
- 6 cups Mushrooms
- 1 1/2 cups Red Onion
- 2 Sweet Onion
- 1 Yellow Onion

## BAKING

- 1 tbsp Coconut Sugar

## CONDIMENTS & OILS

- 1 tsp Avocado Oil
- 1/4 cup Coconut Oil
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Tamari
- 1 tbsp Thai Red Curry Paste

## COLD

- 1 cup Unsweetened Almond Milk

## OTHER

- 14 cups Water

## BOXED & CANNED

- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 10 ozs Gluten Free Ramen Noodles
- 2 cups Green Lentils
- 3/4 cup Lite Coconut Milk
- 1 cup Organic Coconut Milk
- 11 cups Organic Vegetable Broth



# Cream of Mushroom Soup



9 ingredients



30 minutes



4 servings

## DIRECTIONS

1. Heat your coconut oil in a large stockpot over medium heat. Add the onion and saute for 4 - 5 minutes or until translucent. Add in the celery, carrots, mushrooms, black pepper, tamari and water. Bring to a boil and then reduce to a simmer. Cover with a lid and cook for 20 minutes.
2. Add your cashews to the blender. Ladle in one cup of your soup broth and blend well until smooth to create your cashew cream. Now ladle in the rest of your soup and puree. CAUTION: Ensure you leave a place for the steam to escape from the blender otherwise the lid will blow off and that is bad news.
3. Ladle soup into bowls. Enjoy!

## NOTES

### Make it Green

Add in a few handfuls of spinach or kale before blending.

### Nut-Free

Use sunflower seeds instead of cashews.

### Whole Mushroom Lover

Use a slotted spoon to strain out some of the mushrooms before blending, then add them back into the pureed soup.

### Storage

Store in an airtight container in the fridge up to 5 days or freeze.

### Toppings

Top with red pepper flakes, a splash of olive oil and/or chopped baby spinach.

## INGREDIENTS

- 2 **tbps** Coconut Oil
- 1 **cup** Red Onion (diced)
- 3 **stalks** Celery (diced)
- 2 Carrot (diced)
- 3 **cups** Mushrooms (any type will work)
- 1 **tsp** Black Pepper
- 3 **tbps** Tamari
- 4 **cups** Water
- 1/2 **cup** Cashews (soaked and drained)

## NUTRITION

### Amount per serving

<b>Calories</b>	213	<b>Cholesterol</b>	0mg
<b>Fat</b>	15g	<b>Sodium</b>	811mg
<b>Carbs</b>	16g	<b>Vitamin A</b>	5235IU
<b>Fiber</b>	3g	<b>Vitamin C</b>	7mg
<b>Sugar</b>	6g	<b>Calcium</b>	70mg
<b>Protein</b>	7g	<b>Iron</b>	2mg



# Lentil Masala Soup



12 ingredients



30 minutes



4 servings

## DIRECTIONS

1. 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.
2. 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.
3. 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

### Garnish

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

## 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** Organic Vegetable Broth
- 3 **cups** Diced Tomatoes
- 1 **cup** Dry Red Lentils
- 1 **cup** Organic Coconut Milk (canned, full-fat)
- 4 **cups** Kale Leaves (finely sliced)

## NUTRITION

		Amount per serving	
Calories	389	Cholesterol	0mg
Fat	14g	Sodium	1309mg
Carbs	48g	Vitamin A	2657IU
Fiber	18g	Vitamin C	42mg
Sugar	9g	Calcium	127mg
Protein	17g	Iron	6mg



# Cream of Broccoli Soup



10 ingredients



30 minutes



4 servings

## DIRECTIONS

1. 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.
2. 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.
3. 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

### Make it Paleo

Omit the lentils.

## 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	Cholesterol	0mg
Fat	17g	Sodium	696mg
Carbs	48g	Vitamin A	4808IU
Fiber	14g	Vitamin C	113mg
Sugar	11g	Calcium	177mg
Protein	19g	Iron	7mg



# Vegan Peanut Ramen Soup



13 ingredients



25 minutes



3 servings

## DIRECTIONS

1. 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.
2. 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.
3. While the soup simmers, cook the noodles according to the directions on the package and set aside.
4. 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 and enjoy!

## NOTES

### 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 3 - 5 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.

## INGREDIENTS

- 1 tsp Avocado Oil
- 1 tsp Ginger (minced)
- 1 Garlic (clove, minced)
- 1 tbsp Thai Red Curry Paste
- 4 cups Organic 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	719	Cholesterol	0mg
Fat	32g	Sodium	1375mg
Carbs	95g	Vitamin A	3584IU
Fiber	6g	Vitamin C	13mg
Sugar	11g	Calcium	57mg
Protein	22g	Iron	3mg



# Cream of Celery & Asparagus Soup



10 ingredients



25 minutes



4 servings

## DIRECTIONS

1. Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
2. Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
3. Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

## NOTES

### No Hemp Seeds

Use cashews.

### Add Some Crunch

Set aside a few spears of asparagus, roast before serving and use as a garnish.

### No Spinach

Use kale, swiss chard or any leafy green.

### Leftovers

Store in an airtight container in the fridge for up to 4 days. Freeze in a freezer-safe container for up to 3 months.

## INGREDIENTS

- 2 **tblsps** Coconut Oil
- 1 Yellow Onion (chopped)
- 6 **stalks** Celery (chopped)
- 3 Garlic (cloves, minced)
- 4 **cups** Water
- 1 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 3 **cups** Asparagus (woody ends snapped off)
- 1/2 **cup** Hemp Seeds
- 4 **cups** Baby Spinach

## NUTRITION

### Amount per serving

<b>Calories</b>	222	<b>Cholesterol</b>	0mg
<b>Fat</b>	17g	<b>Sodium</b>	672mg
<b>Carbs</b>	12g	<b>Vitamin A</b>	3846IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	20mg
<b>Sugar</b>	5g	<b>Calcium</b>	131mg
<b>Protein</b>	10g	<b>Iron</b>	5mg



# Creamy Carrot Soup



11 ingredients



50 minutes



4 servings

## DIRECTIONS

1. 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.
2. Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
3. After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. CAUTION: Always be careful to leave a hold 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.
4. Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge. Serve with an organic piece of bread or dipping and/or a mixed greens salad.

## INGREDIENTS

- 1 **tblsp** 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
- 3 **cups** Organic Vegetable Broth
- 1 **cup** Unsweetened Almond Milk
- 1 Lemon (cut into wedges)
- 1 **cup** Baby Spinach (chopped)
- Sea Salt & Black Pepper (to taste)

## NUTRITION

		Amount per serving	
Calories	133	Cholesterol	0mg
Fat	5g	Sodium	629mg
Carbs	22g	Vitamin A	21613IU
Fiber	5g	Vitamin C	19mg
Sugar	11g	Calcium	192mg
Protein	3g	Iron	2mg