

WINTER SOUPS

A BEST OF
COMMUNITY
COOKBOOK
★★★★★
FROM 52 REAL FOOD BLOGGERS



HOSTED BY: HEAL THYSELF AND HOMEGROWN & HEALTHY

Winter Soups

**A Best Of
Community Cookbook
From
52 Real Food Bloggers**

Hosted by

*Heal Thyself
and
Homegrown & Healthy*

January 2014

Community Cookbook Contributors

Alison from Health Nut Nation
www.healthnutnation.com

**Amanda from The Curious
Coconut**
www.thecuriouscoconut.com

**Amy from Real Food Whole
Health**
www.realfoodwholehealth.com

**Aubrey from Homegrown &
Healthy**
www.homegrownandhealthy.com

Beth from Red & Honey
www.redandhoney.com

Carol from Studio Botanica
www.studiobotanica.com/

Carolyn from Real Food Carolyn
www.realfoodcarolyn.com

**Christy from Whole Foods on A
Budget**
www.wholefoodsonabudget.com

**Colleen from Five Little
Homesteaders**
www.littlehomesteaders.com

Dina-Marie from Cultured Palate
www.myculturedpalate.com

Emily from The Urban Ecolife
www.theurbanecolife.com

**Heather from The Homesteading
Hippy**
www.thehomesteadinghippy.com

**Iris from Wakey Wakey, Eggs 'n
Bakey**
www.eggsnbakey.com

Jackie from Deductive Seasoning
www.deductiveseasoning.com

Jan from Healthy Notions
www.healthy-notions.com

Jennifer from Hybrid Rasta Mama
www.hybridrastamama.com

Jill from Real Food Forager
www.realfoodforager.com

Jo from Nourishing Time
www.nourishingtime.com

Joe from Wellness Punks
www.wellnesspunks.com

Joelle from jarOhoney
www.jarohoney.com

Karen from ecokaren
www.ecokaren.com

Karen from Nourish With Karen
www.nourishwithkaren.com

Karen from Sustainable Fitness
www.detoxifylife.com/

Katie from Kitchen Stewardship
www.kitchenstewardship.com

Kris from Attainable Sustainable
www.attainable-sustainable.net

Kristen from Rethink Simple
www.rethinksimple.com

**Kristine from Real Food Girl:
Unmodified**
www.realfoodgirlunmodified.com

Lauren from Healing and Eating
www.healingandeating.com

**Laurie from Common Sense
Homesteading**
www.commonsensehome.com

Libby from eat.play.love...more
www.eatplaylovemore.com

Libby from Libby Louer
www.libbylouer.com

Linda from The Organic Kitchen
www.theorganickitchen.org

**Lydia from Divine Health From
The Inside Out**
[www.divinehealthfromtheinsideout.c
om](http://www.divinehealthfromtheinsideout.com)

Natalie from Honey, Ghee, & Me
www.honeygheeandme.com

Pamela from Paleo Table
www.paleotable.com

Pat from Heal Thyself!
www.foodhaspower.com

**Sandi from Sandi's Allergy Free
Recipes**
www.sandisallergyfreerecipes.net

Sarah from Real Food Outlaws
www.realfoodoutlaws.com

Shannon from All Things Health
www.allthingshealth.us

Shanti from Life Made Full
www.lifemadefull.com

Shelley from A Harmony Healing
www.aharmonyhealing.com

Sjanett from Paleoland
www.paleoland.com

**Stacy Karen from A Delightful
Home**
www.adelightfulhome.com

Stacy from Paleo Gone Sassy
www.paleogonesassy.com

Starlene from GAPS Diet Journey
www.gapsdietjourney.com

Susan from Grow in Grace Farm
[www.growinggracefarm.wordpress.co
m/](http://www.growinggracefarm.wordpress.com/)

Susan from Learning and Yearning
www.learningandyearning.com

**Suzanne from Strands from My
Life**

www.strandsofmylife.com

**Sylvie from Hollywood
Homestead**

www.hollywoodhomestead.com

**Tracy from Oh, The Things We'll
Make!**

www.thethingswellmake.com

**Vanessa from Natural Family
Today**

www.naturalfamilytoday.com

Vivian from The Real Food Guide

www.therealfoodguide.com

**Vivica from The Nourished
Caveman**

www.thenourishedcaveman.com

Wendy from Cooking Quinoa

www.cookingquinoa.net

Table of Contents

Community Cookbook Contributors	2
Introduction	7
Cheese and Cream Soups	9
Broccoli Spinach Quinoa Soup.....	9
Cheesy Cream of Broccoli Soup with Bacon	11
Dairy-Free Cream of Spinach Soup	13
Easy Creamy Leek Soup.....	15
Hearty Potato Soup.....	17
Wild Rice Corn Chowder	19
Wisconsin Cheese Soup.....	22
French Bread Recipe for Homemade Bread Bowls	23
Pumpkin, Squash and Root Vegetable Soups	25
Asian Spiced Daikon Mushroom Soup.....	25
Buttercup Squash Soup	27
Butternut Squash-Parsnip Soup with Bacon	29
Carrot and Ginger Soup.....	31
Cozy Celeriac Soup	33
Easy Butternut Squash Soup	35
Golden Goddess Sunshine Soup with Squash, Sweet Potato, Carrots, Ginger + a Twist	37
Masala Carrot Soup.....	39
Pumpkin Hazelnut Chai Soup	41
Pumpkin Sage Soup.....	43
Roasted Maple Butternut Squash Soup.....	46
Spicy Jalapeño Butternut Squash Soup.....	49
Sweet Pumpkin Soup	51
Vegetarian Pumpkin and Kale Soup.....	53
Sweet, Sour and Exotic Flavored Soups	55
Creamy Lentil Coconut Curry.....	55
Garlic Leek Soup with Egg	57
Hot & Sour Soup.....	60
Chinese Chicken Stock	61
Korean Fusion Health Soup	62
Tom Kha {Thai Coconut Soup}	64

Beans and Lentil Soups	67
Black Bean and Sweet Potato Soup	67
Hearty Lentil Soup.....	69
Sprouted Lentil and Coconut Curry Soup	71
White Bean, Chorizo and Spinach Soup.....	73
Beef Based Soups.....	75
Crock Pot Spaghetti Sauce Soup.....	75
Dutch Meatball Soup.....	77
Hearty Paleo Soup.....	79
Irish Beef Stew	81
Paleo Asian-Italian “Abondigas” Soup with Beef Bone Broth	83
Simple Asian Beef Soup	85
Slow Cooker Kelp Noodle Beef Pho Bo (Vietnamese Beef Noodle Soup).....	87
Poultry Based Soups	90
Chicken Enchilada Soup.....	90
Chicken Immu-Noodle Soup.....	93
Chicken Soup For the Paleo Soul	96
Coconut Chicken Soup with Cabbage & Carrots	98
Hungarian Chicken Paprika Soup.....	100
Jamaican Chicken Soup	103
Paleo Chicken Jalapeño Soup	105
Turkey Vegetable Soup	107
Pork Based Soups.....	109
Fusilli Sausage Soup	109
Hearty Ham and Navy Bean Soup.....	111
Italian Sausage Soup	113
Paleo Butternut Squash Soup with Ham and Ginger	116
Pumpkin Sausage Soup	119
Spicy Chorizo Soup	121
Seafood Based Soups	123
Oyster Stew.....	123
Soups by Alphabetical Order Index	125
<i>Community Cookbook Contributors Page Index.....</i>	127

Introduction

"Stone Soup" is an old folk story in which hungry strangers persuade local people of a town to give them food. It is usually told as a lesson in cooperation, especially amid scarcity. The "[Stone Soup](#)" theory - that a fabulous soup can be made from many individual contributions of simple ingredients - is an allegory for community cookbooks across generations.

Aubrey Griffin Johnson of [Homegrown & Healthy](#) and Pat Robinson of [Heal Thyself!](#) partnered to host their favorite real food bloggers' "**best of**" recipes to share with you. Long before blogging and social networks, trading recipes has been a way to connect and transfer culture, nourishment and love from the heart of the home (the kitchen) to others. Similarly, each blogger shared his or her best recipe for our recipe collection!

Trying new ingredients and sharing recipes is fun. We share stories and real food recipes to help you to eat better. This cookbook captures the voices of our favorite bloggers and the recipes share their love of cooking real food with your family for your good health!

Bon Appétit

Pat and Aubrey

Bio: After 17 years as a critical care nurse, Pat Robinson left her license behind and began to help people avoid critical care by connecting them to quality wellness resources. With a prevention perspective, Pat manages the [Heal Thyself](#) website, a community designed to foster wellness knowledge. You can find Pat in her active community on Facebook and Pinterest.

Website: www.foodhaspower.com

Facebook: www.facebook.com/HealThyself

Pinterest: www.pinterest.com/healthyself/

Bio: Aubrey Griffin Johnson, proud wife and mother to two little girls (and newest baby), curates [Homegrown & Healthy](#). Aubrey scouts the internet for fresh, healthy, even-you-can-do-this ideas and occasionally throws her own recipes and crafts into the mix. Please join her on Facebook and Pinterest --- every day she gets to work with amazing bloggers from around the globe to give you the tools you need for culinary and domestic success without the burden of elitism.

Website: www.homegrownandhealthy.com/

Facebook: www.facebook.com/homegrownhealthy

Pinterest: www.pinterest.com/grownandhealthy/

Credits:

Cover design: Vivian Cheng of The Real Food Guide www.therealfoodguide.com/

Cover photo: Sjanett de Geus of Paleolland www.paleolland.com/

Content formatting: Starlene Stewart of GAPS Diet Journey www.gapsdietjourney.com/

The book as a whole is copyrighted by Community Cookbooks Alliance; all rights reserved to the individual recipe author. Individual recipes are used by permission of the copyright holder.

Cheese and Cream Soups

Broccoli Spinach Quinoa Soup

From Wendy of [Cooking Quinoa](#)



Ingredients

- 2 T olive oil
- 1 red onion, chopped fine
- 1 tsp. sea salt
- ½ tsp. black pepper
- 1 c quinoa, rinsed
- 2 tsp. minced garlic
- 7 c vegetable broth

- 5 c chopped broccoli
- 1 russet potato, peeled and chopped
- 6 ounces spinach
- 2 T tahini
- 1 tsp. sea salt (more or less to taste)
- ½ tsp. fresh ground black pepper
- 1/8 tsp. cayenne pepper
- 1 c sharp cheddar cheese or Daiya cheddar shreds

Directions

1. Heat olive oil in a large stock pan.
2. Add onion, salt and pepper and cook for 10 to 12 minutes, until tender.
3. Add quinoa and garlic and stir for one to two minutes.
4. Add in vegetable broth, broccoli and potato. Bring to a simmer and reduce heat to low.
5. Cover and cook for 35 minutes.
6. Remove cover and add spinach, tahini, salt and peppers. Cook until spinach is wilted.
7. Remove from heat, and allow to cool.
8. When cool enough to handle, transfer to a blender and purée in batches.
9. Return to the pan and heat to low, add cheese and cook until melted.

Servings 10, Calories 212, Fat 10.3g, Carbohydrates 19.7g, Protein 11.4g, Cholesterol 12mg, Sodium 1010mg, Fiber 3.7g, Sugars 2g, WW Points 5

Bio: Wendy Polisi is the creator of [Cooking Quinoa](http://www.cookingquinoa.net) where she shares healthy creative recipes and celebrates all things quinoa. An avid cook from an early age, Wendy enjoys the challenge of creating dishes that are healthy without sacrificing flavor. She is the author of several Quinoa cookbooks.

Website: www.cookingquinoa.net

Facebook: www.facebook.com/CookingQuinoa

Pinterest: www.pinterest.com/wendypolisi/

Cheesy Cream of Broccoli Soup with Bacon

From Susan of [Learning and Yearning](#)



Ingredients

- ½ lb. of nitrate-free bacon, chopped
- 4 c broccoli, diced
- 1 large onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, minced
- 1 T parsley
- 1/8 tsp. cayenne powder
- 4 c chicken bone broth
- 1 c heavy cream
- 1 c milk
- 3 T butter
- 3 T arrowroot powder, or flour
- ¼ c grated parmesan cheese
- ¼ c cheddar cheese, cubed
- sea salt and pepper, to taste

Directions

1. Sauté the chopped bacon until crisp. Add onion and celery and sauté until tender. Add garlic and cook another minute.
2. Add the bone broth, broccoli, and parsley and bring to a boil; reduce the heat and simmer for 10 minutes. Add the cayenne powder.
3. Purée with a potato masher or immersion blender.
4. In a small sauce pan, melt 3 T butter. Stir in arrowroot powder.
5. Slowly add in milk and cream, stirring until thick and bubbly.
6. Add the cream mixture to the soup, along with the cheeses.
7. Season to taste with sea salt and pepper.

This soup is great served with some crusty bread!

Bio: Susan Vinskofski of [Learning and Yearning](http://www.learningandyearning.com) is an avid gardener in Pennsylvania. Susan is passionate about building soil because she believes that nutrient dense food begins in the soil. Susan blogs about gardening, foraging, real food and natural living.

Website: www.learningandyearning.com

Facebook: www.facebook.com/learningandyearning

Pinterest: www.pinterest.com/learningyearnin/

Dairy-Free Cream of Spinach Soup

From Karen of [ecokaren](http://ecokaren.com)



Ingredients

- 2 c packed, fresh raw organic spinach
- 2 medium sized organic white potatoes sliced
- 1 medium onion chopped
- 2 cloves of garlic
- 3 c homemade vegetable broth
- 1 c raw cashews
- ½ tsp. tarragon
- ½ tsp. paprika
- 1 T fresh parsley and some for garnish (optional)
- salt and pepper to taste
- sourdough bread for crouton (optional)

Directions

1. Sauté garlic and onions until onion is translucent.
2. Add potatoes, vegetable broth and bring to boil. When it boils, turn down the

heat to simmer in medium heat.

3. When potatoes are soft, add spinach, tarragon, paprika, and parsley.
4. Turn off the heat and let it cool for about 10 minutes.
5. While the soup is cooling, toast a couple of slices of sourdough bread and cut them in cubes and set aside.
6. When soup is cooled, pour into a blender like Vitamix or a food processor. (Don't put hot soup into a blender or a food processor. You'll regret it. Trust me on that.)
7. Add cashews. Purée or blend until smooth. You can add more cashews if you want thicker soup.
8. Add salt and pepper to taste and add the crouton and garnish with parsley if desired.
9. Eat until it's gone.

Bio: Karen Lee, a retired Chiropractor, is a publisher of [ecokaren](http://www.ecokaren.com/), co-founder & partner of Green Sisterhood, and handmade eco entrepreneur.

Website: www.ecokaren.com/

Facebook: www.facebook.com/ecokarenlee

Pinterest: www.pinterest.com/ecokaren/

Easy Creamy Leek Soup

From Vivian of [The Real Food Guide](#)



Ingredients

- 1.5 T coconut oil
- 3-4 cloves of garlic, minced
- 2 small onions, chopped
- 2 large leeks or 3 medium sized leeks, chopped
- 2 tsp. ground cumin
- 3 c of bone broth
- 1 can of full-fat coconut milk
- sea salt and black pepper to taste
- optional: chopped crispy bacon bits for garnish

Directions

1. In a stockpot, melt coconut oil at medium-high heat and sauté garlic until slightly browned.
2. Add the onions and chopped leeks to the stockpot until everything is well-

softened (about 10 minutes).

3. Add the ground cumin and add the bone broth to the stockpot. Reduce the heat to medium-low and simmer the soup for about 10 minutes. (While you're simmering this is a good time to fry up some chopped bacon until it's nice and crispy).
4. Stir in the coconut milk and season with salt and pepper to taste.
5. Purée the soup using an immersion blender right in the stockpot.
6. To serve, garnish with bacon bits or a dollop of coconut milk. Enjoy!

Bio: Vivian Cheng is the founder of [The Real Food Guide](#). She is a student of natural nutrition and believes that each individual needs to go on their own Real Food Journey to find what works. While she herself eats real food (aka a paleo diet), some people may find that they can flourish on a good quality, nutrient-dense vegetarian diet instead.

Website: www.therealfoodguide.com/

Facebook: www.facebook.com/TheRealFoodGuide

Hearty Potato Soup

From Stacy Karen of [A Delightful Home](#)

This potato soup is filling and comforting. It can be made on the stove top in under an hour or cooked in the slow cooker for about three hours (put the soup in just after lunch and it will be ready in time for dinner). This soup freezes well and is easy to double or triple.



Makes: 8 ½ cups of soup

Ingredients

- 6 potatoes, peeled and cut into ½ inch cubes (2 ½ pounds)
- 2 medium onions, diced
- 2 carrots, thinly sliced
- 2 celery ribs, thinly sliced
- 4 c chicken broth
- 2 tsp. dried basil
- 1 tsp. salt
- ½ tsp. pepper

- 8 ounces sour cream
- 1 small can green chilies
- 1 c jack and/or cheddar cheese, shredded (optional)
- 3 slices Bacon, cooked and crumbled (optional)

Directions

To make on the stove top:

1. Combine first eight ingredients in a large stock pot. Cover and cook over medium-high heat until the vegetables are soft.
2. Add sour cream, green chilies and shredded cheese and stir until evenly distributed and heated through.
3. If using bacon, add at the end and stir to distribute evenly, or sprinkle over each bowl as a garnish.

To make in a slow cooker:

1. Combine first 8 ingredients in a 4 ½ quart slow cooker. Cook, covered, on high for 3 hours, or until vegetables are tender.
2. Stir sour cream, green chilies and cheese into soup. Cover and cook 30 minutes or until thoroughly heated.
3. If using bacon, add at the end and stir to distribute evenly, or sprinkle over each bowl as a garnish.

Bio: Stacy is a mom striving to create a healthy, happy home for her family. She loves to make delicious real food (especially if it includes butter) and is obsessed with creating natural body care. On her blog, [A Delightful Home](#), Stacy shares practical tips for living naturally.

Website: www.adelightfulhome.com/

Facebook: www.facebook.com/ADelightfulHome

Pinterest: www.pinterest.com/stacykaren/

Wild Rice Corn Chowder

From Kristine of [Real Food Girl: Unmodified](http://www.realfoodgirlunmodified.com)

This easy corn chowder recipe has it all: bacon, wild rice, fresh organic veggies and cream. If the chowder gods could make a soup, it would be this one.



Prep Time: 30 min

Cook Time: 45 min

Total Time: 1 hr 15 min

Serves: 6-8

Ingredients

- ½ lb. bacon, cut into lardons (long dice) Ya know-you'd better just cook up the entire pound because you know you'll eat half of it while you finish prepping for the chowder.
- 1 large yellow onion, diced small
- 2 carrots, grated (Use coarse grate on box grater)
- 2 T flour (To make GF just substitute tapioca starch, arrowroot or corn starch- this chowder is only slightly thickened but not much)

- 1 qt. homemade chicken stock
- 4 medium-large sized red potatoes- diced small (I don't peel mine)
- 1 c cooked wild rice * See Notes
- 3 c of frozen organic corn *See Notes
- $\frac{3}{4}$ c organic cream OR 1-1/2 cups organic half & half
- Salt and Pepper (to taste)
- 2 T butter
- 2 T fresh parsley- chopped
- 1 tsp. fresh thyme, chopped (or 1/2 tsp dried)
- Chicken * See Notes

Directions

1. Sauté bacon until just cooked, drain and set aside— don't burn it or make it crispy like a potato chip. It's a pig, not a potato.
2. Using the same pan, sauté the onions in bacon drippings. Mix in the flour (or GF alternative) and whisk until blended and cook for 2 minutes.
3. Add broth, whisk and cook for 5 minutes. Taste and season with salt and pepper.
4. Add potatoes and simmer until tender, about 20 minutes. Taste and season as needed.
5. Add the carrots, corn, rice, chicken- if using, and the thyme. Heat through on low heat but DO NOT BOIL. Heat for approximately 10 minutes.
6. Add the bacon and the parsley to the chowder, stir, cook for another 2-3 minutes and then serve.
7. Top with good quality cheddar or Colby cheese, if desired.

**Notes*

To cook wild rice, take $\frac{1}{2}$ cup wild rice and cook in 2 cups of lightly salted water or stock for 45-60 minutes until tender. Drain if necessary and set aside to cool. Add it to the chowder when recipe dictates.

Chicken option: To beef this soup up even more, I will add 2 cups of medium diced cooked chicken breast and thigh meat.

During the summer months, I will buy a couple dozen ears of non-GMO corn and cut off the kernels and freeze them for later use. I used my own homemade frozen corn for this recipe.

This soup thickens slightly after 24 hours in the fridge. It also freezes (for up to 6 weeks), but may curdle slightly. Simply warm the soup through over low heat and stir in a little *half and half* toward the end to make the soup creamy again. If you use Russet potatoes, vs. (baby) red potatoes, the russets won't handle the freeze well and will become mealy.

Bio: Kristine of [Real Food Girl: Unmodified](http://www.realfoodgirlunmodified.com) is a blissfully married, classical French trained chef turned pro-organic, anti-GMO food hippie. She strives to cook using only Sustainable, Organic, Local and Ethically raised/slaughtered ingredients. Kristine unmodifies recipes by transforming ones that use highly processed ingredients and finds a way to replace them with as many real, whole, organic or local, non-GMO ingredients as practical.

Website: www.realfoodgirlunmodified.com

Facebook: www.facebook.com/RFGUnmodified

Pinterest: www.pinterest.com/RFGUnmodified

Wisconsin Cheese Soup

+ French Bread Recipe for Homemade Bread Bowls
From Laurie of [Common Sense Homesteading](#)

Rather silly, I suppose, but one of my enduring memories of the Minnesota Renaissance Fair is the cheese soup in a bread bowl. Back in college it was a fall ritual to road trip from Superior down to Shakopee and spend a day roaming around the fair grounds. We didn't have much money, but everyone pitched in for gas and the shows on the grounds were free.

They had a wide variety of foods, but cheese soup in a bread bowl was something I almost always indulged in. I hadn't had any in years, until the winter of 2007-2008 when I saw it on the menu at a local restaurant. It was so good that I really wanted to have it again, but we don't go out to eat very often, so I figured why not make it at home? Now we don't have to wait for the fair to enjoy cheese soup in homemade bread bowls.



Ingredients

- 5 T butter
- 2 carrots, chopped
- 2 stalks celery, chopped
- 1 green bell pepper, chopped
- 1 onion, chopped
- 5 button mushrooms, chopped
- ½ c chopped ham
- ½ c all-purpose flour
- 2 T cornstarch
- 4 c chicken broth
- 4 c milk
- ½ tsp. paprika
- ¼ tsp. ground cayenne pepper
- ½ tsp. ground mustard
- 2 c shredded sharp Cheddar cheese
- salt to taste
- ground black pepper to taste

Directions

1. In a large heavy kettle, melt butter. Add carrots, celery, onion, green pepper, mushrooms, and ham; cook over medium heat until vegetables are crisp tender, about 10 minutes, stirring occasionally. Do not brown.
2. Stir in flour and cornstarch; cook, stirring constantly, about 3 minutes. Add broth and cook, stirring, until slightly thickened (I prefer to cook it until quite thick). Add milk, paprika, cayenne, and mustard.
3. Stir in cheese gradually, stirring until cheese is melted. To avoid curdling, do not allow soup to boil after cheese is added. Season to taste with salt and pepper. Serve piping hot.

I usually swap out sweet corn for the mushrooms and bell pepper and add extra carrots. Sometimes I use the ham, sometimes not; it depends on what I have on hand.

French Bread Recipe for Homemade Bread Bowls

Ingredients

- 1 ¼ c warm water
- 1 T sugar
- 1 tsp. salt

- 3 ½ c bread flour
- 1 T yeast

Glaze:

- 2 T water
- ½ tsp. salt

Directions

For the bread bowls I use the dough cycle on the bread machine and then divide it into four portions, shape it into rounds and let it rise until doubled. Brush with salt water glaze. Bake at 400°F for around 15 minutes, until lightly browned.

Bio: Laurie Neverman of [Common Sense Homesteading](http://CommonSenseHomesteading.com) uses sound judgment to be more self-reliant. She shares gardening, recipes, how-to tips, herbalism, natural health and preparedness planning to have a green and sustainable homestead. Common Sense Homesteading is a spot to learn down-to-earth, practical information on doing more for yourself, wherever you are.

Website: www.commonsensehome.com/

Facebook: www.facebook.com/CommonSenseHome

Pinterest: www.pinterest.com/commonsenseidea/

Pumpkin, Squash and Root Vegetable Soups

Asian Spiced Daikon Mushroom Soup

From Jill of [Real Food Forager](http://RealFoodForager.com)



Ingredients

- 1 qt. of chicken stock
- 2 medium daikon radish, peeled and sliced (about 2.5 cups)
- 1 large onion
- 8 ounces of mixed fresh mushrooms
- 2 cloves of garlic
- ½ inch knob of ginger minced
- 1 scallion minced for garnish
- 1 tsp. sea salt and pepper to taste
- olive oil and ghee (or butter) for sautéing the vegetables

Equipment

- 3 - 4 quart pot
- Large fry pan

Directions

1. Heat the chicken stock in the 3 - 4 quart pot.
2. Slice the onion and daikon into small pieces.
3. Clean and slice the mushrooms, discarding the stems.
4. Heat the olive oil and ghee in the fry pan.
5. Place the daikon and onion in the pan and sauté for 6 - 8 minutes until soft.
6. Add the garlic and ginger until fragrant.
7. Pour these vegetables right into the pot with the chicken stock reserving about 1/3 on a plate.
8. With the immersion blender blend the onions, garlic, ginger and daikon until smooth.
9. Add the mushrooms to the pan (with more fat) and sauté until soft (another 5 - 6 minutes).
10. Add the cooked mushrooms into the chicken stock as well as the onions and daikon you put aside.
11. Add salt and pepper to taste.
12. Simmer for 12 - 15 minutes until all vegetables are very soft.
13. Garnish with chopped scallion and serve.

Prep Time: 20 minutes

Cook Time: 15 minutes

Yield: 3 - 4 servings

Bio: Dr. Jill Tieman is a Clinical Nutritionist/Chiropractor in Suffolk County, New York, with a specialty in SCD (Specific Carbohydrate Diet) and GAPS (Gut and Psychology Syndrome) as well as Chapter Leader of the Great South Bay Chapter of the Weston A. Price Foundation. She is passionate about teaching people to heal themselves through real, nutrient dense and traditional foods. She blogs at [Real Food Forager](http://RealFoodForager.com).

Website: www.realfoodforager.com/

Facebook: www.facebook.com/realfoodforager

Pinterest: www.pinterest.com/realfoodforager/

Buttercup Squash Soup

From Colleen of [Five Little Homesteaders](#)



Ingredients

- 1 medium sized buttercup squash, halved
- 1 onion, chopped
- 3 c broth of your choosing
- 1.5 c whole milk
- 2 T butter
- parmesan cheese, garnish
- salt and pepper to taste

Directions

1. Heat oven to 375°F.
2. Place squash on a foiled lined baking pan, cut side down and add a little bit of water.
3. Bake for 30 minutes or until tender.
4. Meanwhile, melt the butter in a large pot and add the onions. Cook the onions until they are translucent.
5. Scrape the flesh from the squash and add it, along with the rest of the ingredients (except parmesan cheese), to the pot.
6. Cook over medium heat for about 25 minutes.
7. Purée the soup (CAREFULLY) in a blender. Season with salt and pepper and garnish with parmesan cheese.

Bio: Colleen's days are filled with laughing and tears, joys and frustrations, toddlers and babies with [Five Little Homesteaders](#). The basics of gardening and cooking were gifted to her by her mother and father starting at a very young age. Through her urban homesteading adventures, she hopes to lead her family down the path to a more sustainable, intentional, and full life.

Website: www.littlehomesteaders.com

Facebook: www.facebook.com/fivelittlehomesteaders

Pinterest: www.pinterest.com/lilhomesteader

Butternut Squash-Parsnip Soup with Bacon

From Joe of [Wellness Punks](#)



Ingredients

- 1 medium butternut squash, peeled and diced
- 4-5 medium parsnips, cleaned and diced
- 1 medium onion, roughly chopped
- ½ lb. of bacon, cooked and diced into “bacon bits”
- Water and/or bone broth, enough to just cover squash and parsnips in large pot (about 4-5 cups)
- 3 cloves garlic
- 2 apples, diced
- 2 tsp. ginger
- 1 tsp. cardamom
- 1 tsp. paprika
- ½ tsp. cayenne pepper (optional and to taste)
- ½ c coconut milk

- 3 T butter

Directions

1. In large pot, sauté onion in butter until tender or slightly caramelized.
2. In the same pot, combine remaining ingredients, except for spices and bacon. Bring to boil, reduce heat and allow to simmer until squash and parsnips are soft.
3. Add spices and pour ingredients into blender. You may have to do this in batches depending on the size of your blender. Purée into thick and creamy soup.
4. Stir in bacon and garnish with a little extra coconut milk, bacon and roasted cashews if desired.

Bio: Joe is a Functional Diagnostic Nutrition Practitioner and Holistic Health Counselor at [Wellness Punks](http://www.wellness-punks.com/). After losing 45 pounds and pulling himself back from issues ranging from severe hypoglycemia to depression and a pile of medications, Joe made it his mission to help others achieve their greatest health. He's an author and the co-host of a popular podcast, runs a blog and creates videos about nutrition, food politics, mindset and of course, delicious food and recipes.

Website: www.wellness-punks.com/

Facebook: www.facebook.com/wellnesspunks

Pinterest: www.pinterest.com/wellnesspunks/

Carrot and Ginger Soup

From Kristen of [Rethink Simple](http://www.RethinkSimple.com)

Carrots and ginger team up to boost your immune system in this real food, from scratch, winter soup.



www.RethinkSimple.com

Ingredients

- 6 c homemade bone broth
- 2 lbs (approx. 10) carrots, peeled and sliced
- 2 medium onions, peeled and chopped
- 3 T of coconut oil
- 4 tsp. ginger, freshly grated
- 1 garlic clove, finely chopped
- 1 c heavy cream
- 1 tsp. sea salt
- 1 tsp. black pepper

- fresh parsley or dill for garnish
- sour cream

Directions

1. In a 6-quart pan melt coconut oil. Add onions and cook on medium heat for 8-10 minutes or until the onions are soft. Stir occasionally.
2. Add broth, carrots, garlic and ginger. Cover and bring to a boil for 2 minutes. Reduce heat and allow to simmer until carrots are soft.
3. Remove from heat and allow to cool for 15 minutes. Pour mixture into a blender/food processor. Depending on the size of your blender you may have to do this in multiple batches. Blend until smooth.
4. Pour your soup back into your pan on medium heat. Add heavy cream, sea salt and pepper. Heat until preferred serving temperature.
5. Serve and top with a touch of sour cream and garnish with fresh parsley sprigs or dill leaves.

Bio: Kristen of [Rethink Simple](http://RethinkSimple.com), a new mom, 'granola cruncher', DIY enthusiast, researcher and writer, believes that living a natural lifestyle can, and should be, SIMPLE. RethinkSimple.com is a blog dedicated to sharing information, tips, tricks, recipes and DIY projects to allow you and your family to get back to basics. I hope you stop on by and join me in rethinking what simple truly means!

Website: www.rethinksimple.com/

Facebook: www.facebook.com/RethinkSimple

Pinterest: www.pinterest.com/rethinksimple/

Cozy Celeriac Soup

From Sjanett of [Paleolland](#)

It might not be the prettiest vegetable on the block, but celeriac is a typical winter root veggie that's very versatile and tasty! It has an earthy taste with celery and parsley flavor with a hunch of nuttiness. I made this cream of celeriac soup extra cozy with some added bacon and garlic mushrooms. Best enjoyed when it's cold outside ;-)



Serves 4

Ingredients

- ½ celeriac, peeled and diced
- 3 T. coconut oil
- 1 onion, diced
- 200 ml (about 1 cup) coconut milk
- 750 ml (about 3 cups) chicken stock
- 100 gr bacon strips
- 200 gr (about 2 cups) cremini mushrooms, sliced
- 1 clove of garlic, minced
- 2 T fresh chives, finely chopped

- Celtic sea salt and freshly ground pepper, to taste

Directions

1. In a soup pot, melt 2 T of the coconut oil and sauté the onion until translucent.
2. Add the celeriac and sauté for about 5 minutes.
3. Pour in the coconut milk and chicken stock and let simmer on low heat until celeriac is soft.
4. In the meanwhile, heat remaining coconut oil in a skillet and fry the bacon, then remove from skillet and chop into small strips.
5. In the same skillet, sauté the cremini mushrooms with the garlic and chives until golden brown.
6. Purée the soup with an immersion blender until you get a smooth soup.
7. Serve in soup bowls, garnished with the mushrooms and bacon.
8. Enjoy!

Bio: Sjanett is a foodie, climber, runner, tattoo-lover, traveler, PhD researcher, photographer and teacher, living in The Netherlands, who loves to lift heavy things, eat clean, cook healthy meals, and bring an ode to (organic) meat, fish, vegetables, fruits, nuts, eggs, and herbs & spices at [Paleolland](#).

Website: www.paleolland.com

Facebook: www.facebook.com/Paleolland/

Pinterest: www.pinterest.com/sjanett/

Easy Butternut Squash Soup

From Carolyn of [Real Food Carolyn](#)



Ingredients

- 1 large butternut squash, peeled and cubed
- 1 can full-fat coconut milk or equivalent amount of homemade coconut milk
- 1 c chicken broth
- 1 apple, peeled and cut into chunks
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- ½ tsp. ginger

Directions

1. Place all ingredients in slow cooker and set to Low. Allow to cook 6 to 8 hours.

When squash is soft, blend soup with an immersion blender or carefully transfer to a blender to process. Consistency should be smooth and silky.

2. Season with unrefined sea salt and pepper. Top with a swirl of olive oil or, if you can tolerate dairy, a dollop of sour cream.

Bio: Carolyn Erickson is a traditional food blogger at [Real Food Carolyn](http://RealFoodCarolyn.com). She embraced ancestral foods and the gluten-free diet upon her daughter's diagnosis of Celiac Disease over 5 years ago. Carolyn volunteers as the co-leader of the Charlotte NC chapter of The Weston A. Price Foundation and enjoys teaching others about the healing power of REAL food!

Website: www.RealFoodCarolyn.com

Facebook: www.facebook.com/RealFoodCarolyn

Pinterest: www.pinterest.com/RFCarolyn/

Golden Goddess Sunshine Soup with Squash, Sweet Potato, Carrots, Ginger + a Twist

From Carol of [Studio Botanica](#)

This is a delightful and much-appreciated bowl of sunshine on a cold blustery day.



Ingredients

- 3 sweet potatoes, peeled, and chopped
- 3-4 carrots, peeled + chopped (if organic, don't peel)
- 1 butternut squash, cubed
- 4 c orange juice (1000 ml)
- 1-2 T ginger root, fresh, grated
- 1 T turmeric powder (or fresh, grated if available)
- 1 tsp. nutmeg, powder (or fresh, grated if possible)
- 1/8 tsp. Sea Salt
- ¼ tsp. fresh ground pepper
- 1 T citrus rind (orange, lemon, lime ~ one or combination)
- 1 tsp. lime peel for garnish
- Optional: 1 c 5% cream (leave out for Vegan version)

- 1 T Bragg's liquid (amino acid combination)

Directions

1. Prepare the vegetables.
2. Put the orange juice in a large stainless steel pot.
3. Add the vegetables. Bring to a boil. Turn down the heat.
4. Allow to simmer until 'fork tender' (soft) ~ about 20 minutes.
5. Add the seasonings.
6. Use a blender or my favourite: a hand-held blender. Blend all the ingredients until the soup has smooth consistency. If you want to thin out this very luscious soup, I suggest adding some veggie broth. Serve with a swirl of lime zest and your choice of crusty bread option.

Bio: Carol Little R.H. of [Studio Botanica](http://www.studiobotanica.com) is a traditional herbalist in Toronto, where she has a private herbal practice working primarily with women in business. She is involved in many professional herbal ventures, associations and publications. She writes an herb-infused blog filled with seasonal tidbits, helpful hints and ways to embrace herbs and healing foods.

Website: www.studiobotanica.com

Facebook: www.facebook.com/studiobotanica

Pinterest: www.pinterest.com/StudioBotanica/

Masala Carrot Soup

From Lydia of Divine Health From The Inside Out



Makes 1 quart

Ingredients

- 2 lbs. organic carrots, peeled and coarsely chopped
- 1 large onion, coarsely chopped
- ½ inch knob of ginger, peeled and coarsely chopped (or more if desired)
- 1 qt. of bone broth any kind you have on hand, or 2-3 Tbsp. Great Lakes Gelatin
- 2 tsp. Garam masala
- Himalayan Pink Salt to taste
- Ghee, Coconut oil and/or butter

Directions

1. In a chef's pan or small stock pot, heat a dollop of ghee or coconut oil.
2. Add the carrots, onion and ginger, sauté for a minute or two.
3. Add ¾ of the stock (3 cups) or 3 cups water and the gelatin and stir well to combine.
4. Bring to a gentle boil, reduce heat a bit and simmer for 20 minutes.
5. Add Garam masala and sea salt towards the end of the cooking time.
6. Remove from heat and purée in a blender, adding more stock as needed. (I like to keep this as thick as possible; it's very rich and velvety when it stays thick. In fact,

this would also work as a great recipe for baby food.)

7. Add a hunk of cultured butter, ghee or coconut oil in the blender as well. Taste and correct for seasonings.
8. Serve and enjoy!

*Tip - Double or triple this recipe and freeze in quart containers to have a quick meal to pull from at any time.

Bio: Lydia, author/owner of [Divine Health From The Inside Out](http://www.divinehealthfromtheinsideout.com/), is a single mom of four fabulous boys, on a mission to share her passion for whole, healthy, real foods with the world! She enjoys living life one day at a time, from the inside out! Lydia believes that health is a choice, a right and a gift that we cannot take for granted, and in this day and age, unfortunately, must fight for!

Website: www.divinehealthfromtheinsideout.com/

Facebook: www.facebook.com/DivineHealthFTIO

Pinterest: www.pinterest.com/DivineHeal/

Pumpkin Hazelnut Chai Soup

From Shelley of [A Harmony Healing](#)



Makes 4 servings

Ingredients

- 2.5 c organic unsweetened coconut milk
- 1.5 c spring or filtered water
- 1 tsp. peeled, grated ginger root
- 2— *Hazelnut Chai Red Tea* sachets
- 4 c fresh roasted pumpkin purée or 2—15 ounce cans organic pumpkin purée
- 2 T organic maple syrup—grade B or stevia to taste
- Unrefined sea salt—to taste
- ½ c sprouted or raw dried fruit and nut trail mix—optional (reserve to top soup with)

Directions

1. In medium-size saucepan, heat coconut milk, water, and ginger over medium heat until mixture starts to simmer but not boil. Once mixture is hot add the tea

- sachets and stir. Turn heat to low and let tea steep for 3–5 minutes.
2. Remove tea sachets and blend in pumpkin purée, maple syrup or stevia, and sea salt to taste.
 3. Heat soup over medium-low heat until hot and flavors have a chance to blend together, for around 30 minutes. Stir soup occasionally.
 4. Place hot soup in serving bowls and sprinkle with trail mix if using. Enjoy immediately!

Special note: For this recipe you can use fresh pumpkin that is roasted or substitute canned organic pumpkin purée. To roast the fresh pumpkin, choose a small pumpkin not larger than 3 to 4 pounds in size. Wash outside and remove the stem. Split the pumpkin in half lengthwise. Remove all of the seeds and stringy parts. Lightly drizzle the flesh with melted coconut oil or clarified butter and place cut side down on a greased or non-stick baking sheet.

Roast at 375°F for 45 minutes to an hour, depending on the size of the pumpkin. The pumpkin is done cooking when the skin and flesh of the pumpkin is tender when pierced with a fork. Remove flesh from the pumpkin skin, purée flesh in a blender or food processor, and use in this recipe. If your pumpkin purée is watery, drain in a fine mesh strainer for about 30 minutes before using in this recipe.

Bio: Shelley Alexander is a holistic chef, certified healing foods specialist, cookbook author, blogger, and owner of the holistic health company, [A Harmony Healing](#), in Los Angeles, California. Shelley is passionate about empowering people to make optimal nutrition and holistic lifestyle choices to achieve their own healing and experience vibrant health. A Harmony Healing provides Alcat Testing, Group Cooking Classes, Health Consultations, Workshops, Radiance Wellness Parties, and Company Health Seminars.

Website: www.harmonyhealing.com

Facebook: www.facebook.com/getaharmonyhealing

Pinterest: www.pinterest.com/aharmonyhealing

Pumpkin Sage Soup

From Joelle of [jarOhoney](http://jarOhoney.com)

Pumpkin has many uses and is very versatile in how you can cook it. This delicate tasting soup is a great addition to any holiday meal or can be accompanied by an organic greens salad and served as a light lunch.



NOTE: This recipe includes the PUMPKIN SERVING BOWL to display it in as shown above in the picture.

Ingredients

- 2 - small 5 to 6 lb. organic baking pumpkins, wash well and scrub any dirt off (pick your pumpkins that are firm, bright colored, nice solid stem and stand upright-not leaning to the side)
- 2 c organic almond milk
- ½ c organic raw whole cashews
- ¼ c water

- ¼ c organic sage leaves and stems rough chopped
- 1 c water, divide into 4 parts
- 1 tsp. fresh ground pink sea salt
- 2 large sprigs of fresh organic sage for garnish

Directions

1. Take ONE of your pumpkins and split down the middle, remove the seeds and reserve to make roasted pumpkin seeds. Cut into 10 to 12 slices kinda like a cantaloupe. In a large crock pot, arrange pumpkin slices so they fit into the pot with the cover tightly on. Add 1/2 cup water to the bottom and roast on HIGH heat for about 2.5 hours or until the flesh is soft and the skin is wrinkled. While your pumpkin slices are cooking, in a medium sauce pan, place almond milk and chopped sage in, stir well and place on simmer to reduce to ½ of original amount, stirring often (for about 1.5 hours). Remove from heat and allow to set for 1 hour, then drain well reserving the liquid, discard the solids. In your food processor grind the cashews to a fine meal, add the ¼ cup water and grind to a fine paste, set aside.
2. Take your second pumpkin and prepare it to make a serving bowl by gently shallow cutting the top of the pumpkin around the stem down into the inside to about 1 inch from the outside edge (as if you were carving the top of a jack-o-lantern) to create your opening for your serving bowl, save the stem piece. With a large spoon, gently scrape the inside of the pumpkin to remove the web and seeds, reserve the seeds with your other pumpkin seeds for roasting. Be sure not to cut into the flesh too deep with the spoon but you want all the seeds and web to be removed. Rinse the pumpkin well.
3. When your pumpkin slices are finished cooking, remove them into a large bowl and cover, allow to rest for 20 minutes. Place your serving pumpkin into the crock pot standing up with the stem piece on the side of it, place ¼ cup water into the pumpkin. There should be some water in the bottom of the crock pot left over from your pumpkin slices, if not add ¼ cup to the bottom of pot. Cover and steam for 40 minutes on high heat. It will be done when it is brightly colored and slightly soft but not mushy, check on it occasionally to be sure it is not over cooking.
4. To prepare the soup. Remove the skin from each of the pumpkin slices and cut the flesh of each piece into 4 chunks. In a small food processor, blend small amounts (about 1 cup) of pumpkin chunks with 2 to 3 T of reduced almond milk

and 1 T water. Be sure to purée well and smooth, add more liquid if needed. Place each batch of puréed pumpkin into the sauce pan you will be heating your soup in. Continue until all the pumpkin chunks are puréed. Stir in sea salt, cashew paste and heat on low until hot, this is a thick soup. Your serving pumpkin should be ready by now, it will be bright colored and slightly soft but not mushy. Gently remove your serving pumpkin with pot holders and stem piece onto a serving platter. Fill the serving pumpkin with hot soup, arrange on the platter (serving suggestion is pictured above), garnish with the sage sprigs and serve. This will make a beautiful festive addition to any dinner.

Serves: 8 side dish sized portions, 4 entree sized portions.

NOTE: You can also do 8 mini single serving sized pumpkins the same way as the larger pumpkin described within the recipe except only put 2 T of water into each and ½ cup of water into the bottom of the crock pot, and adjust the cooking time of the serving pumpkins accordingly (about 25 minutes).

Bio: Joelle of [jarOhoney](http://www.jarOhoney.com) has been a chef and photographer for many years now. Food has always been a passion of hers. Whether it is at the farm, at the market, or being served at the family's table, food should be fresh and vibrant --- just because it is healthy, there is no reason why our taste buds should not dance.

Website: www.jarOhoney.com

Facebook: www.facebook.com/jarOhoneyweb/

Pinterest: www.pinterest.com/jarOhoney/

Roasted Maple Butternut Squash Soup

From Amy of [Real Food Whole Health](#)

This soup is like a warm blanket wrapped around you, making it perfect for the cold winter months. The molasses is optional, but adds a nice hint of smokiness. Warming ginger rounds out the baking spices nicely and fresh thyme gives everything a little bit of an earthy, woody flavor. Enjoy!



Ingredients

- 1 large butternut squash, local, organic if possible
- Drizzle of olive or coconut oil
- Organic spices- cinnamon, nutmeg or pumpkin pie spice
- 3-4 slices pastured, uncured bacon or pancetta, diced
- 1 T organic butter (raw, from grass-fed cows, preferred)
- 1 shallot, local, organic if possible (or onion), diced
- 1 apple, any red or golden, diced
- 2 garlic cloves, peeled, smashed
- Unrefined sea salt, freshly ground black pepper
- Pinch of white pepper, organic if possible
- 1 tsp. minced ginger, fresh or 1/2 tsp. dried
- 1 bunch fresh thyme, leaves removed from stem
- 2-3 c homemade chicken bone broth (amount depends upon desired consistency)

- 1 T pure maple syrup (Grade B preferred)
- 1 tsp. blackstrap molasses (optional)
- ¼ c raw cream from grass-fed cows OR crème fraiche (or coconut cream)

Directions

1. Preheat oven to 400°F.
2. Cut butternut squash in half, removing seeds and strings. Place on rimmed baking sheet or in glass Pyrex, skin side down. Drizzle flesh with oil and season with baking spices- cinnamon and nutmeg or pumpkin pie spice to your liking. Roast for 1 hour or until soft. Remove squash from oven and scoop out pulp. Discard skins.
3. While squash is baking, brown bacon or pancetta in a large stockpot. Remove from pan- save for garnishing soup. Leave bacon grease in pan, removing any excess over about 2 TBL. Add butter. Add shallots (or onions) and apples and sauté until onions are translucent. Add garlic and sauté until fragrant, being careful not to burn it.
4. Add roasted butternut squash flesh. Season with unrefined sea salt and freshly ground black pepper, white pepper and additional cinnamon, nutmeg, (or pumpkin pie spice) and ginger. Add thyme leaves, reserving some for garnish. Add chicken broth- amount will depend upon how big your squash was (how much squash flesh you have) and the desired consistency of your soup. Start with about 2 cups, adding more if needed.
5. Allow to cook about 5 minutes. Using an immersion blender (or a traditional blender, working in batches) purée soup to desired consistency. Return to pot, if blender was used, adjust seasonings to taste, and add maple syrup and molasses (if using). Warm soup if it has cooled, but do not boil. Remove from heat and stir in cream or crème fraiche. Serve with additional dollop of crème fraiche, dot of maple syrup, thyme leaves and crisped bacon or pancetta.

*On GAPS? Simply use honey to sweeten this soup and stick with crème fraiche if you tolerate dairy (it's cultured) or use coconut cream (from the top of the can or what rises to the top when you make your own coconut milk) if you are dairy-free.

*No thyme? Try rosemary, sage or chives. If you fry sage leaves in a bit of butter or ghee, they will be a delightful accompaniment to this soup. (Make sure to save that butter that you fried the leaves in- it's amazing over chicken or fish, especially if it's all nice and browned).

Bio: Amy Love, NTP, CGP, CILC is a real food based nutritional therapist, certified GAPS practitioner, inspired life coach and owner of Real Food Whole Health -- an online

resource for real food nutrition, traditional food recipes, online classes, and nutritional therapy consultations for the whole family. Her passion is empowering moms to take charge of their family's health by using the Essential Elements Method. After all, real food is only part of the story. Connect with Amy and Real Food Whole Health online to learn more.

Website: www.realfoodwholehealth.com

Facebook: www.facebook.com/realfoodwholehealth

Pinterest: www.pinterest.com/realfoodhealth

Spicy Jalapeño Butternut Squash Soup

From Karen of [Sustainable Fitness](#)

Butternut squash is rich in phytonutrients and antioxidants, low in calories and high in nutrients while jalapeños contain loads of Vitamin C and have anti-microbial properties to fight off sinus infections. These ingredients make this soup a perfect remedy or prevention measure for cold & flu season!



Ingredients

- 1 butternut squash
- 1 jalapeño, de-seeded
- 1 bell pepper (I used orange)
- ¾ c canned coconut milk
- ¼ c water or chicken broth

- 1 T garlic powder (I would have used freshly minced garlic if I had it)
- 1 T curry powder
- 1 T Pink Himalayan salt
- 2 T coconut oil

Directions

1. Bake your squash like you would normally do.
2. Combine ingredients in a blender or food processor and mix for 2 - 3 minutes or until smooth.
3. Transfer to a large sauce pan and simmer on warm for 30 minutes.
4. Add additional spices if your taste buds desire.

Bio: Karen of [Sustainable Fitness](#) is an athlete, environmental scientist, certified nutrition coach, owner of Sustainable Fitness and rookie blogger. In addition to whole-food recipes, she offers tips, tricks and tools for removing chemical, physical and emotional toxins in our lives that are negatively affecting our health and wellness.

Website: www.detoxifylife.com/

Facebook: www.facebook.com/SustainableFitness

Pinterest: www.pinterest.com/sustainfitlife/

Sweet Pumpkin Soup

From Libby of [Libby Louer](#)



Ingredients

- 1 small pumpkin
- 1 apple - chopped & peeled
- 1 yellow onion - chopped
- ¼ tsp. ground ginger
- ½ tsp. cumin
- ¼ tsp. sea salt
- 1 T coconut oil
- 2 c bone broth
- 1 c coconut milk

Directions

1. Heat the coconut oil in a soup pot until it melts.
2. Add the chopped onion & sauté for 2 minutes.
3. Add ginger & pumpkin, cook for 10 minutes.
4. Add apple, cumin, broth & sea salt.
5. Bring to a boil.
6. Reduce heat and simmer on medium-low until pumpkin & apple are soft,

approximately 45 minutes.

7. Add coconut milk & simmer for an additional 5 minutes. Let cool.
8. Blend with an immersion blender or conventional blender.

*If using a conventional blender, make sure that soup has sufficiently cooled and there is room for the steam to escape.

Bio: Libby Louer is a social worker, holistic health coach, wife and mom of 2. Libby is a lover of essential oils, real food, and natural healthcare. With the help of mega-doses of vitamins and an obsession with research, Libby was able to heal from chronic Lyme disease and autoimmune issues --- she writes about natural healing at [Libby Louer](#).

Website: www.libbylouer.com/

Facebook: www.facebook.com/libbylouer/

Pinterest: www.pinterest.com/libbylouer/

Vegetarian Pumpkin and Kale Soup

From Iris of [Wakey Wakey, Eggs 'n Bakey](#)



Ingredients

- coconut oil or ghee for baking
- 2 onions, chopped
- 2 tsp. smoked paprika
- ¼ tsp. cayenne (you can use more if you like it more peppery, I spare my kids ;-)
- 1 qt. of stock of your choice (the amount depends on how thick you want your soup and how big your pumpkin is)
- 1 small pumpkin or butternut peeled, deseeded and in cubes
- 4 c (approx. 250 g.) packed with chopped kale
- 4 cloves garlic finely chopped or from the press
- ¼ c + 2 tsp. extra virgin olive oil
- Celtic sea salt and black pepper

Directions

1. Heat a big pot on your stove and melt the coconut oil and/or ghee in it.
2. Sauté the chopped onions in the melted oil and/or ghee until soft.
3. Add the spices and 2 cloves of garlic, stir and sauté on low heat for about a minute.
4. Add the pumpkin cubes and the broth, bring to a boil.
5. Simmer on low for 10 minutes.
6. Add the chopped kale and simmer for another 10-15 minutes.
7. Add the olive oil, the rest of the garlic and salt and pepper to taste.
8. Take the pot from the heat and blend with a handheld blender until smooth.
9. Taste if it needs more salt or spices, add if needed.

Enjoy!

Bio: Iris Maier of [Wakey Wakey, Eggs 'n Bakey](http://www.eggswakey.com) is a Dutch homeschooling mom of 3 who loves cooking and baking, especially since she discovered the work of Weston A. Price and the book *Nourishing Traditions* from Sally Fallon. She grows many of her own vegetables, herbs and fruits and she is planning an edible forest garden, the permaculture way. Although she is not allowed to raise chickens despite being a homesteader wannabe.... she blogs about learning to cook traditional real food from scratch, WAPF, GAPS and healthy, natural living - most of her blog is still in Dutch, but she is working on English translations!

Website: www.eggswakey.com/

Facebook: www.facebook.com/devoedzamekeuken

Pinterest: www.pinterest.com/industriousiris

Sweet, Sour and Exotic Flavored Soups

Creamy Lentil Coconut Curry

From Alison of [Health Nut Nation](#)

This creamy and delicious curry is not only extremely satisfying and filling it is also very versatile. I generally make a double batch and freeze it in quart sized jars so I can take it out the night before and have a quick and healthy lunch all ready to go for the next day.



Ingredients

- 2 carrots
- 1 stalk celery
- 1 medium sized onion
- 2 T coconut or olive oil
- 2 garlic cloves
- 1-2 T red curry paste
- 1 c red lentils (any color can be used, however I prefer red)
- 16 ounce can diced tomatoes
- 4+ c chicken or vegetable stock (part water may be substituted)

- 1 large bay leaf
- 16 ounce can coconut cream, full fat coconut milk (canned), or powdered coconut milk
- Cilantro (optional garnish)
- Avocado (optional garnish)

Directions

1. Soak lentils overnight in 4 cups water and 1 Tbsp. salt. This helps to pre-digest the phytic acid which can cause gas and bloating. Alternately, you can simply rinse lentils thoroughly right before use.
2. Dice carrots, celery, and onion (aka mirepoix).
3. Heat about 2 tablespoons coconut or olive oil in a large stockpot over medium heat. Add the mirepoix and sauté.
4. While this mixture is cooking, mince garlic cloves and add to the pot.
5. When the onions are translucent, add red curry paste. Allow to sauté briefly, then add the tomatoes, lentils, and stock. Make sure the lentils are covered with at least an inch of the stock. Feel free to add water to ensure there is enough liquid, as the lentils will absorb quite a bit of moisture (less if they've been soaked overnight).
6. Add bay leaf, and stir occasionally, adding water or more stock if the lentils become too dry. When the lentils are tender, and have lost their form, remove stockpot from heat.
7. At this point you can add coconut cream to the entire pot, or wait and add a dollop after you've plated (bowed) the soup (this is my preference).
8. Garnish with fresh cilantro and avocado slices.

Bio: Alison of [Health Nut Nation](http://www.healthnutnation.com) is a Health Nut, on paper she is a Certified Nutritional Consultant. Like many of you, she is a mom and wife struggling to gain balance in a fast food society. Her focus is teaching others how to cook REAL food, with an emphasis on grain and dairy free recipes.

Website: www.healthnutnation.com

Facebook: www.facebook.com/healthnutnation

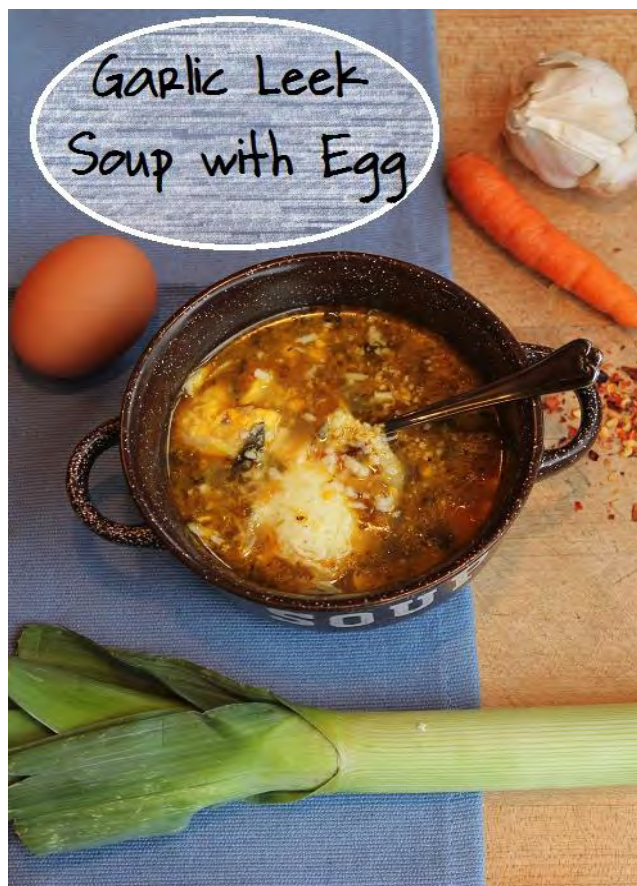
Pinterest: www.pinterest.com/source/healthnutnation.com/

Garlic Leek Soup with Egg

From Katie of [Kitchen Stewardship](#)

Other than over-salted egg drop soup in a Chinese restaurant, I don't see eggs in soup very often. I hope that the creamy egg yolk and the nourishing fats swimming in all that immunity-boosting broth will become one of your favorite comfort foods once you give it a shot.

As members of the Allium family, garlic and leeks both have properties that survive cooking that are anti-inflammatory, promote heart health, and have antioxidant properties. Leeks have all sorts of great health benefits, including being a great source of folate, so make this soup for women in your life who are expecting (and throw an extra egg in their bowl).



Ingredients

- 2 T fat of choice
- 1 large leek or 2 small, diced (green and white parts)
- 4 carrots, sliced

- 6 cloves garlic, crushed
- 6-8 c beef or chicken stock
- 2 tsp. unrefined salt
- ½ tsp. paprika
- ¾ tsp. dried oregano
- large pinch crushed red pepper
- 6-8 eggs (one per bowl)

Directions

1. Crush garlic and set aside to maximize health benefits.
2. Melt fat over medium heat.
3. Sauté the leeks until softened, then add carrots for a few minutes, then add garlic for the last minute.
4. Pour in stock and add salt, paprika, oregano and crushed red pepper. Bring to a boil and reduce to a simmer for about 10 minutes.
5. Meanwhile, simmer an inch or two of water in a frying pan or shallow pot (enough to cover an egg). Add a few pinches of salt. Drop enough eggs in for one per eater (4 is likely the maximum for a single pan) and set the timer for 3-4 minutes, cooking on medium low with the cover off. If you're cooking for many, you can set the cooked eggs aside, then warm them up for a minute in the hot water or just rely on the hot soup to heat them up in the bowl.
6. Using a slotted spoon, move each poached egg into a bowl then ladle the finished soup on top.
7. Serve with Parmesan cheese at the table.

Notes

- * For an even simpler soup, omit the carrots.
- * Serve as a starter soup, breakfast side or main dish with crusty bread and a big salad.
- * If you want to make a double batch, the soup base freezes excellently, and then you can make eggs as needed for leftovers.
- * If you buy your leeks in a bundle of 3, what to do with the rest? Adding them to stock is great, any stir fry or scrambled eggs, in place of onion in some other recipes, or freeze for later -- leeks are sturdy and easy to store for a few weeks in the fridge, and you can also slice them up and freeze without blanching for any cooked use. Save the tops and ends for making stock.
- * Don't skimp on the unrefined sea salt as you make the soup either, since everything will be a bit flat without it.
- * More recipe notes and photos of the [egg poaching here](#).

* Inspired by the Spanish Garlic Soup in Kimi Harris's awesome soup book, **Ladled**.

Bio: Katie Kimball is a mother of three who spends a ton of time in the kitchen making real food with whole ingredients and then blogs about her successes and failures at [Kitchen Stewardship](http://www.kitchenstewardship.com/). She also tries to balance the green lifestyle on a single-income family budget and teaches others to do the same with weekly Monday Mission challenges. Katie is the author of seven real food ebooks.

Website: www.kitchenstewardship.com/

Facebook: www.facebook.com/KitchenStewardship

Pinterest: www.pinterest.com/kitchenstew/

Hot & Sour Soup

+ Chinese Chicken Stock

From Karen of [Nourish With Karen](#)

Hot and sour soup is just that, spicy, sour and delicious! It is one of my favorites and from a nutritionist's point of view, what's not to love? This soup is teeming with ingredients that impart great flavor and are nutritional superstars: chicken broth, ginger, garlic, and great veg.



Ingredients

- 2 qt. (2 litres) Chicken Broth (recipe below) or store bought
- 2 T toasted sesame oil
- 4 cloves garlic, minced
- 1 inch piece of ginger, grated
- 1 medium onion, thinly sliced
- 3 carrots, thinly sliced
- 2 or 3 chicken breasts, thinly sliced
- 1 lb. mushrooms (your choice, I used crimini), sliced thinly
- 2 c broccoli, cut into smaller pieces

- 4 T lemon juice (or juice of 2 lemons)
- 2 T naturally brewed soy sauce
- $\frac{3}{4}$ tsp. cayenne pepper
- black pepper

Directions

1. In a stock pot over med-high heat, add oil to pan. Add onion, carrot, ginger, garlic and cayenne pepper. Sauté until onion is slightly softened and the spices smell delicious (about 2 minutes).
2. Add mushrooms and broccoli, sauté until slightly softened (2 minutes).
3. Add broth and soy sauce. Heat until warm; add lemon juice and black pepper to taste.
4. Serve & Enjoy!

Chinese Chicken Stock

In a Dutch oven, broil two chicken backs to brown. Remove from oven, placing on stove top. Add 2 quarts of water, 1 large onion roughly cut, 4 cloves of garlic smashed, 1 thumb-sized piece of ginger sliced, and pepper to taste. Simmer over low heat for up to 8 hours, adding water to bring level back to 2 quarts.

If you use store-bought stock, you will want to spice it up by adding the same ingredients as you would to the homemade stock: onion, garlic, ginger and black pepper to strengthen the flavor.

Bio: Karen Southgate of [Nourish With Karen](http://www.nourishwithkaren.com/) is a certified nutritionist, freelance writer, blogger, mother of two, happy wife and foodie. She has always been passionate about food and its role as a building block in our health and wellness. There are few things she finds more inspiring than a farmer's market on a Saturday morning!

Website: www.nourishwithkaren.com/

Facebook: www.facebook.com/NourishWithKaren

Pinterest: www.pinterest.com/nourishwithkare/

Korean Fusion Health Soup

From Vivica of [The Nourished Caveman](#)

This soup just really helped me to kick a cold. Fragrant with the aroma of garlic and ginger and healing with the nourishment of homemade chicken stock! I hope it will nurse you back to health and delight your senses as well.



Ingredients

- 1 qt. homemade chicken or beef broth.
- 1 bunch organic lacinato kale washed, stemmed and roughly chopped.
- 2 - 3 large organic garlic cloves
- 1 inch slice of ginger (more if you like)
- ¼ c of Korean hot pepper powder (Gochugaru)
- 4 T of Fish Sauce (Red Boat Fish Sauce is the best)

Directions

1. In a medium stock pot bring the chicken broth to a boil.
2. In the meantime in a food processor, add all the other ingredients and mix together until the kale is finely shredded and they are well blended.
3. Add the kale mixture to the soup and simmer for 2 to 3 minutes. Adjust taste with more fish sauce or more chili powder, if desired.
4. The soup should be very aromatic and a little spicy!
5. Serve hot.

Chicken stock can be substituted for bone broth with equally good results!

Bio: Vivica Menegaz of [The Nourished Caveman](http://www.thenourishedcaveman.com/) is a blogger, cook, nutrition consultant, traveler, photographer and expat. She is a graduate of Pasadena Art Center for Design, previous resident of Milano, Los Angeles, Salvador Bahia; currently residing in Northern California on a small homestead with her husband and many pets.

Website: www.thenourishedcaveman.com/

Facebook: www.facebook.com/TheNourishedCaveman

Pinterest: www.pinterest.com/wholefoodviv/

Tom Kha {Thai Coconut Soup}

From Natalie of [Honey, Ghee, & Me](#)

This is one of my all-time favorite combinations of flavors... coconut, lime, & comfort (yes, comfort is a flavor in my world).

Tom Kha, sometimes called Thai Coconut Soup, is one of my go-to keep-me-warm-and-toasty soups. It's sweet, savory, and spicy all at the same time. There are many variations... some have chicken, some tofu, shrimp and so forth. That's the beauty of a recipe like this; you can create the base broth and then add and adjust however you may desire.



Serves 6

Ingredients

- 2 cans coconut milk (28 oz, not light)
- 1 qt. chicken stock (*see note below about stock)
- 2 T raw honey
- 1 red bell pepper
- 1 Thai chili or Serrano pepper (Thai chili is more authentic, but Serrano is a fine substitute)
- 2 limes (1.5 juiced for soup- approx. 3 T, plus ½ for lime wedges for garnish)

- 4 kaffir lime leaves
- 1 lemongrass stalk
- 4 slices ginger or galangal root, about 1/2 inch thick
- ½ c chopped scallions (green onions)
- 1 c water chestnuts
- 1 c snap peas
- 1 lb. baby shiitake mushrooms (oyster or straw work well, too)
- 1 tsp. salt
- 2 T coconut oil
- to garnish, cilantro leaves and lime wedges (red chili, optional)
- Chicken broth can be used as well... if using store-bought, low-sodium is recommended. Alternatively, vegetable stock or broth can be used to make this a vegetarian soup; however be advised that the flavors and color may change slightly.

Directions

1. Heat coconut oil in a large pot over medium heat.
2. Cut the chili pepper in half and finely mince (the seeds hold the spice in peppers... if you want low heat, remove them all; if you want it spicy, leave them in).
3. Julienne the red bell pepper (slice it into thin strips).
4. Using the side of your knife, press down on the lemongrass stalk to release some of its flavors. Chop the lemongrass into quarters and remove any rough exterior layers.
5. Slice four pieces of ginger or galangal, peel on is fine.
6. Add the peppers, lemongrass, and ginger to the pot.
7. Let it all cook for a few minutes, stirring frequently, until fragrant and lightly browned.
8. Add the coconut milk, chicken stock, kaffir leaves, honey, and water chestnuts.
9. Stir, reduce heat to low-medium, and let cook for about 20 minutes, covered.
10. Add mushrooms and cook for about 10 minutes more.
11. Add juice from limes and chopped scallions.
12. Add about 1 tsp salt- taste and adjust as desired (alternatively, you could add fish sauce, if preferred).
13. Let the soup simmer on low until serving.
14. At the last minute, just before serving, add the peas.
15. Remove the chunks of ginger, lemongrass and kaffir leaves from the broth (or just don't scoop them up when serving... your choice!).

That's it...

Ladle the soup into bowls, getting a good mix of everything in there!

To garnish, top with fresh cilantro leaves and a chili pepper if you want, but that's just for looks...

Serve with lime wedges.

Devour and enjoy!!

Bio: Natalie Burns of [Honey, Ghee, & Me](http://www.honeygheeandme.com) loves cooking and focuses on creating simple recipes using real food ingredients with international influences. Growing up, her mother cooked healthy and delicious homemade meals every night, each a different cuisine; like her mother, Natalie's cooking style is healthy and wholesome, with a worldly flare. Natalie is a teacher and counselor and enjoys traveling and the outdoors in her free time.

Website: www.honeygheeandme.com

Facebook: www.facebook.com/honeygheeandme

Pinterest: www.pinterest.com/honeygheeandme/

Beans and Lentil Soups

Black Bean and Sweet Potato Soup

From Heather of [The Homesteading Hippy](http://TheHomesteadingHippy.com)



Ingredients

- 2 c dried black beans (or 2 cans, drained)
- 2 sweet potatoes
- 4 c chicken broth
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 2 tsp. ground cumin
- juice of 1 lime, or 1 T bottled juice
- shredded cheddar cheese (optional)
- tortilla chips (optional)

Directions

1. If using dried beans, soak overnight, rinse and fill pot with clean water.
2. Simmer on low for 6 hours, or until cooked through.
3. Roast the sweet potatoes in a 450°F oven for 20 minutes. Allow to cool, and then remove skins.
4. Drain beans; add the sweet potatoes, seasonings and chicken broth.
5. Using a stick blender, or hand blender, blend until smooth.
6. Squeeze lime juice over the soup.
7. Serve topped with cheese and tortilla chips on the side.

Bio: Heather blogs at [The Homesteading Hippy](http://TheHomesteadingHippy.com), where she shares her experiences with gardening and raising chickens, ducks, and assorted rabbits in her backyard. Join her journey of "Living Life on The Rural Side".

Website: www.thehomesteadinghippy.com/

Facebook: www.facebook.com/TheHomesteadHippy

Pinterest: www.pinterest.com/homesteadhippy/

Hearty Lentil Soup

From Linda of [The Organic Kitchen](http://TheOrganicKitchen.com)

This beautiful soup is amazingly healthful. You can use any lentil you prefer. We use organic Black Beluga lentils. They are higher in protein than other lentils and I prefer the color. The balsamic vinegar gives the soup a rich savory flavor. This soup is so hearty, a little goes a long way.



Makes 8 bowls!

Ingredients

- 3 T extra-virgin olive oil
- 2 c chopped onions
- 1 c chopped celery
- 1 c chopped carrots
- 4 garlic cloves, chopped
- 6 c chicken or veggie broth (separated)
- 1+ ¼ c lentils
- 14.5-ounce can diced fire roasted tomatoes in juice

- 3 T Balsamic vinegar
- Sea salt
- Pepper

Directions

1. Place chopped onions, celery, carrots, and garlic in a large stock pot and drizzle with 3 tablespoons olive oil. Sauté until veggies soften and begin to brown, about 15 minutes.
2. Add 4 cups broth, lentils, and tomatoes with juice and bring to boil. Reduce heat to medium–low, cover, and simmer until lentils are tender, about 25-35 minutes (cooking time depends on what lentils you use, the black take a little longer).
3. If soup gets too thick pour in a little reserved broth.
4. When lentils are soft place 2 cups soup (mostly solids) into blender and purée until smooth.
5. Return purée to soup in pot; thin soup with reserved broth ½ cup at a time if too thick.
6. Add 2 generous pinches of sea salt, pepper, and 3 tablespoons of good quality balsamic vinegar.

Bio: Linda Spiker is the owner and operator of [The Organic Kitchen](#) cooking school, author of two cookbooks and a food blogger. *“I love food! And I love teaching people that cooking should be enjoyable, eating well doesn’t have to be time consuming and fresh is always better!”* Linda is also a wife, mother of six, grandmother to three and a yoga instructor.

Website: www.theorganickitchen.org/

Facebook: www.facebook.com/pages/The-Organic-Kitchen/360972007254358

Pinterest: www.pinterest.com/rekips/the-organic-kitchen/

Sprouted Lentil and Coconut Curry Soup

From Libby of eat.play.love...more

This soup rocks and it's a complete meal! Its perfect balance of curry and coconut will make you want another bowl (or two).



Ingredients

- 2 T butter (or other healthy fat of choice)
- 1 large onion
- 3 cloves garlic (smashed)
- 2 med-large carrots (chopped)
- 1.5 tsp. curry powder
- 1 tsp. salt (omit if chicken stock is salted)
- 2 c sprouted and cooked green lentils (unsprouted work well too)*

- 4 c homemade chicken stock (unsalted)
- 3 T tomato paste
- 1.5 c coconut milk
- black pepper to taste

Directions

1. In a medium saucepan melt butter over medium-low heat.
2. Add onions, garlic and carrots and continue frying until onions are soft.
3. Add curry powder and salt and stir well.
4. Add stock and bring to a boil. Lower heat and simmer for about 20 minutes.
5. Add lentils, tomato paste and coconut milk. Heat through and remove from heat.
6. Purée with a hand mixer and serve with cracked black pepper and optional grated cheddar or gouda cheese. I like to leave mine a little chunky but the texture is up to you.

Why do I sprout my lentils? Sprouting most legumes (then gently cooking them) unlocks many nutrients that are otherwise unavailable. Sprouted lentils are rich in Vitamins C, and B, as well as carotene. More importantly it neutralizes phytic acid, making the legume more digestible.

Bio: Libby of eat.play.love...more loves traditional foods, so much so that in 2012 she started her own blog! It is there where she focuses on holistic nutrition for the body and mind. She is on a continuous journey of self-discovery and growth and invites you to join her on this lifelong learning adventure.

Website: www.eatplaylovemore.com/

Facebook: www.facebook.com/eatplaylovemore

Pinterest: www.pinterest.com/eatplaylovemore/

White Bean, Chorizo and Spinach Soup

From Tracy of [Oh, The Things We'll Make!](#)



Ingredients

- 2 c dry white beans
- 2 chorizo sausages (sliced)
- 7 c stock or bone broth (I usually use chicken stock)
- 2-3 big handfuls of fresh Spinach
- Salt and Pepper to taste
- Extra paprika (optional)

Directions

1. Put the white beans to soak in water overnight.
2. Strain the water off, and rinse the beans.
3. Add the beans to the pot with around 7 cups of your stock or broth of choice. You should have the level of liquid above the level of the beans. If not, add more stock or water to your pot.

4. Simmer for around an hour and a half and check the beans for tenderness. Add in extra water as needed to maintain the desired consistency.
5. As soon as the beans are mostly tender, start cutting the chorizo into slices and add to the soup. Let simmer 5-10 minutes more to allow the chorizo to cook and add flavor to the soup.
6. Shortly before serving, add a few handfuls of spinach to the soup. Let it wilt, and add some more if you like.
7. Taste the soup and add seasonings (salt, pepper and paprika) to taste.

Bio: Tracy Ariza is an American expat living in Spain, wife of a fisherman and the proud mother of a sweet toddler who loves to help her in the kitchen and around the house. When she's not blogging at Oh, The Things We'll Make!, she's probably crafting, baking or hiking on their mountain with her two dogs.

Website: www.thethingswellmake.com/

Facebook: www.facebook.com/thethingswellmake

Pinterest: www.pinterest.com/thingswellmake/

Beef Based Soups

Crock Pot Spaghetti Sauce Soup

From Starlene of [GAPS Diet Journey](http://gapsdietjourney.com)

My mother is the one who taught me to cook and I've always admired her talent when it comes to seasoning food. This soup is collaboration between the two of us and has become one of our favorites; it's delicious and easy to make since the crock pot does the cooking. Double the batch, it freezes nicely.



Ingredients

- 3 lbs. ground beef (we used 80%)
- 1 bell pepper, diced
- 1 large onion, diced
- 1 c broth or water
- 2 cloves garlic, crushed
- 6 ounces tomato paste
- 14 ounces diced tomatoes

- 1 tsp. sweet basil
- 1 tsp. Italian seasoning
- ½ tsp. black pepper
- 2 tsp. Celtic salt
- Optional: ¼ tsp. Frank's Red Hot Cayenne Pepper Sauce
- Optional: Vegetables

Directions

1. Place raw ground beef into crock pot with bell pepper, onion and broth (or water).
2. Cook on low for at least 7 hours.
3. Turn off crock pot and add remaining ingredients. We have not found it necessary to continue heating after adding the garlic, tomatoes, tomato paste and spices.

We love this soup all by itself, but it is also delicious served on top of a bed of riced cauliflower, over spiralized zucchini "noodles" or mixed with steamed vegetables.

Bio: Starlene Stewart blogs at [GAPS Diet Journey](http://www.gapsdietjourney.com) chronicling her journey to health on the Gut and Psychology Syndrome Diet™ founded by Dr. Natasha Campbell-McBride. Cooking and baking since the age of 10, she has always found experimenting in the kitchen to be a relaxing and creative outlet. Starlene is also the author of three e-books.

Website: www.gapsdietjourney.com

Facebook: www.facebook.com/gapsdietjourney

Pinterest: www.pinterest.com/consciustar/

Dutch Meatball Soup

From Sandi of [Sandi's Allergy Free Recipes](#)

I use my big soup pot. Other people use a large crock pot.



Ingredients

- 20 c of water
- 3 vegetable bouillon cubes (I use McCormick)
- 2 medium onions, diced
- 4 carrots, peeled and diced
- 4 stalks of celery, diced
- 2 tsp. Bragg's soy sauce
- 2 lbs. lean ground beef, chicken or turkey
- ½ c tortilla chips- crushed
- 1 egg

- 2 tsp. Parsley
- 1 tsp. herbed sea salt
- 1 tsp. Pepper
- 1 tsp. nutmeg
- 2 c broken up gluten free (or desired) spaghetti noodles

Directions

1. Bring water and bouillon cubes to a boil; then add in onion, carrots, celery and soy sauce. Let simmer for an hour.
2. Meanwhile, put ground meat, crushed tortilla chips, egg, sea salt, pepper, parsley and nutmeg all into a glass bowl. Mix all the ingredients together. Then make small (1/2 tsp sized) meatballs.
3. Drop them into your soup. Let them cook at least 15 minutes before trying any. That way you'll know they're cooked.
4. You can either throw your noodles into your soup pot and let them cook for about 15 minutes; or you can cook them separately and add them into your bowl and top with soup. This way if you have others that do not have gluten allergies, they can have regular small egg noodles in their bowl for their soup. Whichever way works better for your family.

Bio: Sandi of [Sandi's Allergy Free Recipes](http://www.sandisallergyfreerecipes.net/) has multiple food allergies. Therefore, she creates and shares tasty recipes that are free of gluten, dairy, refined sugar, and yeast so you can still enjoy your favorite foods!

Website: www.sandisallergyfreerecipes.net/

Facebook: www.facebook.com/sandisallergyfreerecipes

Pinterest: www.pinterest.com/sandisrecipes/

Hearty Paleo Soup

From Shanti of [Life Made Full](#)

Gray winter days are a perfect time for warm, comforting soup. This Hearty Paleo Soup is filling and is a favorite around our bustling house!



Ingredients

- 2-3 ham hocks
- 1 lb. beef stew meat
- 4 large carrots, sliced into rings
- 1 large onion, diced
- ¼ c fresh parsley, chopped
- 1 small eggplant (the skinny kind), peeled and cubed
- 2 cloves garlic, minced
- 1 T chili powder
- pinch cumin
- salt to taste

- 6 c water
- 3 T olive oil

Directions

1. Heat olive oil over medium heat in a large pot.
2. Add onions, carrots, garlic, parsley and eggplant and garlic and cook until onions are translucent.
3. Add in remaining ingredients, bring to a boil, and then reduce heat and simmer, covered for a couple hours, stirring occasionally.
4. Serve nice and warm!

Bio: Shanti Landon is the founder of [Life Made Full](#), a blog focused on faith, family and clean food. She is a homeschooling mom to 5 young children and wife to her Superman. They reside in Northern California on a small farm.

Website: www.lifemadefull.com/

Facebook: www.facebook.com/lifemadefull

Pinterest: www.pinterest.com/lifemadefull/

Irish Beef Stew

From Beth of [Red & Honey](http://www.redandhoney.com)



Ingredients

- 1/3 c butter
- 2 lbs. stewing beef, cut into chunks
- 8 cloves of garlic
- 8-10 c homemade bone broth (I actually always use chicken broth, but of course beef broth would make sense too, if you have it on hand)
- 1/8 c tomato paste
- 1-2 T honey
- 1 T dried thyme
- 1 1/2 T Worcestershire sauce (watch the ingredients as a lot of brands contain lots of junk. Lea & Perrins isn't too bad)
- 2-3 bay leaves
- ¼ c butter
- 5 c peeled and chopped potatoes

- 2 small or 1 large onion, chopped
- 2 c carrots, chopped
- ¼ c rice flour (or any other thickener) and water

Directions

1. Melt 1/3 cup butter in a large stock pot.
2. Brown stewing beef on all sides.
3. Add garlic, sauté for 2 minutes.
4. Add half of your bone broth, along with honey, tomato paste, thyme, Worcestershire sauce, and bay leaves. Simmer on low, mostly covered.
5. While the above is simmering, melt ¼ cup butter in a frying pan (cast-iron is best if you have one), and sauté onions, carrots, and potatoes for 2 minutes. Add the rest of the bone broth, and simmer for 20 minutes, until veggies are tender.
6. Add veggies concoction to the beef mixture. Stir together. Keep simmering.
7. In an air-tight container (a mason jar works well), shake rice flour and 1 cup water, until dissolved completely. Add to stew, stir, keep at a bubbling simmer until thickened, then turn off heat, and serve.

Bio: Beth Ricci is the creator and editor at Red & Honey, a lifestyle blog for the naturally-minded homemaker. She recently began a passionate love affair with coffee and her life will never be the same. She has had three babies in less than four years, is a professional laundry-avoider, and loves to stay up way too late making weird stuff from scratch that normal people tend to just buy in a store... hence, the coffee.

Website: redandhoney.com/

Facebook: www.facebook.com/redandhoneyblog

Pinterest: www.pinterest.com/redandhoney/

Paleo Asian-Italian “Abondigas” Soup with Beef Bone Broth

From Lauren of [Healing and Eating](#)

I used Italian flavored meatballs, since that was what I had cooked earlier, but you can easily add Asian flavors to make this meal more consistent with the Asian Beef Broth. I oftentimes add spices and scallions to my bone broth, when I'm in the mood for something other than my usual bone broth with fresh ground black pepper.



Baked Italian Meatballs

Serves 4

Ingredients

- 1 lb. of grass fed ground beef
- 2 grass fed eggs
- 4 large cloves of garlic
- 1 tsp. of fresh chopped rosemary
- ½ tsp. of fresh chopped thyme
- sea salt and black pepper

Directions

1. Preheat oven to 350°F.
2. Mix all ingredients together. Handle gently. Do not over mix or meatballs will be hard.
3. Bake on parchment paper for 20 minutes.
4. Fat will come off the sides; just scrape it off before serving.

Asian Beef Bone Broth

Serves 1

Ingredients

- 2 c of homemade beef bone broth
- 1 T of dried ground ginger
- 1 clove of fresh grated garlic
- 1 T of coconut aminos
- 3 stalks of chopped scallions
- sea salt and black pepper

Directions

1. Add all ingredients to pot and heat.
2. Recommended that it simmers for five minutes minimum.
3. Add sea salt and fresh ground black pepper to taste.

Bio: Lauren Silverman is a chronic nerve pain survivor, healthy foodie, and creator of [Healing and Eating](#).

Website: www.healingandeating.com/

Facebook: www.facebook.com/healingandeating

Pinterest: www.pinterest.com/healandeating/

Simple Asian Beef Soup

From Emily of [The Urban Ecolife](#)



Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes

Serves 3-4

Ingredients

- 2 litres of Beef Bone Broth
- 500 grams of slow cooked beef (I used leftovers from the bone broth)
- 1 piece of fresh Ginger (around 4cm long)
- 1 T Chinese Five Spice
- 2 Shallot stalks
- 2 c of Asian Greens (I used Choy Sum)
- 2 cups of Bean sprouts

- Lime Wedges
- Fresh Thai Basil, Mint or Coriander to serve
- Salt & Pepper to taste

Directions

1. Slice the ginger in half, and using the side of the knife, gently bang it against the counter to crush it but leave it intact.
2. Simmer the beef broth with the ginger and Chinese five spice powder for around 30 minutes.
3. Take the ginger pieces out.
4. Add the cooked beef, shallots, Asian greens and bean sprouts and cook for 3-5 minutes.
5. Serve with a garnish of select herbs like Thai basil, coriander and mint and some freshly squeezed lime juice.

Bio: Emily Uebergang is an urban hippie who's on a mission to help city dwellers design more sustainable lifestyles. Sharing her love for Mother Nature, real food and sustainability, she writes like she's out to try and save the world or something. Find Emily at [The Urban Ecolife](#).

Website: www.theurbanecolife.com/

Facebook: www.facebook.com/theurbanecolife

Pinterest: www.pinterest.com/theurbanecolife/

Slow Cooker Kelp Noodle Beef Pho Bo (Vietnamese Beef Noodle Soup)

From Jennifer of [Hybrid Rasta Mama](#)



Serves 4

Kitchen Equipment Needed

- Large stock pot
- Medium sauté pan
- 6 quart slow cooker

Ingredients

For Broth

- 4 lbs. of grass-fed beef bones, preferably leg and knuckle (may substitute with pork)
- ½ onion, sliced or chopped
- 4 inch knob of ginger, halved lengthwise
- 6 qt. of water
- 2 cinnamon sticks
- 1 T coriander seeds
- 1 T fennel seeds
- 3 whole star anise
- 1 cardamom pod
- 3 whole cloves
- 10 c water
- 1.5 T sea salt
- 3 T fish sauce
- 1 inch chunk of yellow rock sugar or 2 tsp. of regular sugar

For Toppings and Garnish

- 1 lb. of beef meat - chuck, brisket, or rump, sliced as thinly as possible (can also use Carpaccio)
- Cilantro, chopped
- Basil, chopped
- Mint, chopped
- Shallots
- Mung bean sprouts
- Limes, cut into wedges
- Jalapeños, thinly sliced

Directions

1. Bring a large stockpot with water to a boil over high heat. When it comes to a rolling boil, add the beef bones and boil on high for 10 minutes. (What you are doing here is pre-boiling the bones to reduce “scum” in the soup).
2. While the bones are boiling, heat a sauté pan on medium-low heat.
3. Add the spices (cinnamon, fennel seeds, anise, cardamom, and cloves) and toast 2-3 minutes. You want to release the fragrance, not cook the spices.
4. Place the spices in the slow cooker immediately.
5. Return pan to medium-high heat and add 1 tablespoon of your favorite cooking oil. When the oil is hot, add the ginger slices and the onion. Cook until the ginger is browned on both sides and the onion half is browned and softened.

6. Add the ginger and the onion to the slow cooker.
7. After the bones are done boiling (step 1), carefully remove the bones from the stock pot and rinse them.
8. Add the bones to the slow cooker.
9. Add 10 cups of water, the fish sauce and sugar. Taste and season with additional fish sauce if needed.
10. Cover and set the slow cooker to cook on low for 8 hours.
11. When you are ready to eat, strain the stock with a fine meshed sieve and discard the solids.
12. Open the kelp noodle package, rinse the noodles, and distribute them evenly in 4 large bowls.
13. Add the thin slices of beef to each bowl.
14. Pour the hot Pho stock into each bowl. The hot stock will cook the thin beef slices.
15. Serve with any of the suggested toppings. Pho is a flexible soup and can be enhanced with a wide variety of toppings.

Bio: Jennifer, author of [Hybrid Rasta Mama](#), is a former government recruiter turned stay-at-home mama to a precious daughter (“Tiny”) brought Earthside in early 2009. She is passionate about and writes about conscious parenting, natural living, holistic health/wellness, coconut oil and all its wonders, real foods, and more! Jennifer has also authored three eBooks and will release her first two illustrated children’s books in early 2014.

Website: www.hybridrastamama.com/

Facebook: www.facebook.com/HybridRastaMama

Pinterest: www.pinterest.com/HybridRastaMama/

Poultry Based Soups

Chicken Enchilada Soup

From Shannon of [All Things Health](#)

I created this recipe because I love enchiladas, but my family doesn't. Now we're all happy. This recipe makes a large batch of soup. I like to cook enough to have leftovers later in the week.



Ingredients

- chopped chicken meat from 2-4 legs and thighs, or breasts, if you prefer white meat
- 2 large onions, chopped
- 4 cloves garlic, minced (or garlic powder)
- 2 T chili powder

- 1 tsp. ground cumin
- 3 T flour
- 2 qt. chicken broth
- 14-ounce can diced tomatoes
- ¼ c cream
- salt, to taste
- cooked rice

Garnishes

- fresh cilantro, chopped
- shredded cheese - we like the raw Colby we get from our local dairy
- crispy tortilla strips
- (sometimes I add fresh, chopped avocado to my bowl)

Add-ins: Feel free to add black beans and corn, if you so desire. Those both sound good, but my family would protest, so I don't add them.

Directions

1. Chopped chicken - I like dark meat, so I cook legs and thighs and then debone and chop. For this recipe, you could use anywhere from 2 legs and thighs to 4 legs and thighs. I've done all sorts. It depends on how meaty you want your soup, or how frugal you want to be. If you don't like dark meat, use breasts. I notice that breast meat tends to shred in soups, but to each his own.
2. 2 large onions, chopped and sautéed. I always have chicken fat in my pan because I brown and cook the chicken before I make the soup. If you cooked your chicken at a different time, then use a couple tablespoons of butter.
3. When the onions are clear and starting to brown, add 4 cloves minced garlic (or garlic powder), 2 tablespoons chili powder, and 1 teaspoons ground cumin. Sauté for 1 minute.
4. Add 3 tablespoons of flour to the pan. Stir together and you should get a paste, called a roux. If it's too dry, add a little more butter or chicken fat. This roux will thicken the broth slightly, for a creamy consistency.
5. Add chicken broth (I use 2 quarts) to the pan and keep stirring to avoid lumps.
6. Add a 14-ounce can of diced tomatoes to the soup. If you have wonderful, ripe tomatoes from your garden, feel free to peel, seed, and chop them for use instead.
7. Bring to a boil and then simmer for 30 minutes. Salt to taste. I like to use Celtic sea salt because it is high in minerals.

8. Before serving, add about 1/4 cup cream. I really don't measure this, just add until it's creamy and the color of enchilada sauce.

We serve this soup over cooked rice and garnish with shredded cheese, chopped cilantro and crispy tortilla strips (see below for that recipe).

Crispy Tortilla Strips

1. Take a stack of corn tortillas (I do half a package), cut in half, then cut into strips.
2. Lay the strips out on a baking sheet.
3. Toss with a few tablespoons melted coconut oil. I use coconut oil because it is healthy and safe at high heats. You can find coconut oil that has less of a coconut taste.
4. Sprinkle the tortilla strips with salt and bake in the oven at 350°F for 20 minutes.
5. Stir the strips. Don't worry, they may seem soft at this point, but resist the temptation to turn up the heat. INSTEAD, turn the heat down to 300°F. Set your timer and toss the strips every 15 minutes. If a few on the edges are turning dark brown, turn the heat down again. I usually turn them down to 250°F. I use a stoneware baking sheet, so times may vary. You are looking for an even golden color. Bake until they are crisp. Mine take about an hour. And long and low seems to be the best for cooking these. *Enjoy!*

Bio: Shannon Spicer of All Things Health wants to see people well and finds that most of the conditions affecting us are directly related to our SAD diet—the Standard American Diet. She blogs about how you can bring about change in your diet, one step at a time, ditch packaged/processed food, and start cooking from scratch. When she's not writing or homeschooling her two great kids, she likes to go on dates with her husband of almost 19 years, crochet, sew, or curl up with a good book.

Website: www.allthingshealth.us/

Facebook: www.facebook.com/allthingshealth.us

Pinterest: www.pinterest.com/allthingshealth/

Chicken Immu-Noodle Soup

From Sarah of [Real Food Outlaws](http://RealFoodOutlaws.com)

Prevention is the best medicine! You can help keep yourself well by building your immune system with nutrient dense foods and herbs.

One of my favorite ways to strengthen my family's immune systems year after year is with soup. I call it Chicken Immu-Noodle Soup, immunity soup, or herbal soup because it gives you an immunity boost. It's full of herbs, vegetables, pastured chicken, and bone broth. The noodles are optional. I use Einkorn pasta but you can use gluten-free pasta, rice or no grains at all if you are paleo or grain-free. You can even use cooked spaghetti squash for a nice paleo twist! If you are a vegetarian you could use a good homemade vegetable stock and leave out the chicken.



Ingredients

- 2 qt. chicken bone broth
- 1 quart water
- Ghee
- 1 lb. cooked chicken thighs or other dark meat
- 4 large carrots
- 4 stalks celery

- 1 large onion
- 1 bell pepper, any color
- 1 whole head garlic
- 1 inch fresh ginger (grated)
- Miso paste (optional)
- Sea salt to taste
- Black pepper to taste
- 5 astragalus root slices
- 1 T echinacea root
- 1 T burdock root
- 1 T yellowdock root
- ½ tsp. dried rosemary or 1 T fresh
- ½ tsp. dried thyme or 1 T fresh
- ¼ tsp. dried oregano or 2 tsp. fresh
- Handful of fresh parsley (about 1/4 c chopped)
- Handful of fresh or dried nettle (about 1/4 c)
- 1-2 c fresh spinach, Swiss chard, kale or escarole - roughly chopped (optional)
- 10-16 ounces of Einkorn or other pasta or 1 c rice (optional)

Directions

1. Bake chicken and season with Herbamare, homemade all-purpose seasoning or salt and pepper.
2. Infuse broth with mushrooms in a medium saucepan.
3. Cook pasta or rice in a separate pot in salted water or broth.
4. Peel or wash and roughly chop veggies.
5. In a soup pot, heat ghee and add onions and garlic.
6. Sauté for a minute or two and add remaining vegetables.
7. Cook until softened and add salt and pepper.
8. Make a bouquet garni using cheesecloth and kitchen twine to hold medicinal herbs.
9. Add broth, water, chopped chicken, bouquet garni and dried kitchen herbs.
10. Allow to cook through for at least 20 minutes and add miso (if using), greens and fresh herbs at the end.
11. Add cooked pasta or rice (if using).
12. Check seasoning and remove bouquet garni.
13. Serve hot!

Bio: Sarah is a crunchy, Eco-chic wife, homeschool mama to four lively children and real food blogger at [Real Food Outlaws](http://RealFoodOutlaws.com). She's a Certified Health Coach, Natural Living Consultant and Herbalist at 90210 Organics, an Eco-boutique and Apothecary. You can often find her barefoot in the garden (or kitchen), rummaging through a refrigerator (not necessarily her own) and photographing food in natural sunlight.

Website: www.realfoodoutlaws.com/

Facebook: www.facebook.com/RealFoodOutlaws

Pinterest: www.pinterest.com/RealFoodOutlaws/

Chicken Soup For the Paleo Soul

From Sylvie of [Hollywood Homestead](http://hollywoodhomestead.com)

I am a huge fan of chicken stock. When I'm not chugging a mug of it daily, which is quite often especially during cold months, you'll find me making paleo soup with it!

Here is a great simple recipe for paleo chicken soup to include a hefty dose of bone broth in your family's diet. They don't call it the Jewish penicillin for nothin'!



hollywoodhomestead.com

Ingredients

- 5 c chicken bone broth
- 5 c filtered water
- 1 bunch carrots
- 2 medium onions
- 1 bunch celery
- 2 T sea salt (where to buy sea salt)
- 1 lb. chopped chicken meat
- Optional: if you've just gotta have some noodles in your chicken soup but you're grain free, just use a spiral slicer to whip up some zucchini noodles to toss in!

Delicious!

Directions

1. Combine the bone broth and water in a large pot.
2. Heat on medium until simmering.
3. Chop onions, carrots and celery and add to pot.
4. Add chicken.
5. Heat until simmering again.
6. Add salt.
7. Let simmer until veggies are soft.
8. Enjoy!

Bio: Sylvie McCracken of [Hollywood Homestead](http://www.hollywoodhomestead.com) is a celebrity personal assistant and mom of 3 by day, paleo enthusiast and blogger by night. She and SAHD hubby, Eric, each lost over 60 pounds with paleo and continue to improve their family's health with food and lifestyle tweaks.

Website: www.hollywoodhomestead.com

Facebook: www.facebook.com/hollywoodhomestead

Pinterest: www.pinterest.com/hollywoodhomest/

Coconut Chicken Soup with Cabbage & Carrots

From Christy of [Whole Foods on A Budget](#)



Serves 4-6

Ingredients

- 1 T olive oil
- shredded or chopped meat from about 1/3 of a whole roasted chicken
- ½ large head of cabbage
- 1 lb. carrots
- 1 can coconut milk
- salt, to taste
- 8-10 c of homemade chicken stock

Directions

1. Heat olive oil in a Dutch oven (or other soup pot) over medium-high heat.
2. Chop the cabbage into 1/2-inch dice.
3. Add the cabbage to the Dutch oven and cook, stirring occasionally, for about 10 minutes until the cabbage has softened.
4. Meanwhile slice the carrots into thick, diagonal slices.
5. Once the cabbage has softened, add the carrots to the Dutch oven and cook for

2-3 minutes, stirring.

6. Add the chicken stock and bring to a boil.
7. Cover the Dutch oven and turn the heat to low. Simmer the soup for about 15 minutes, or until the carrots are just barely fork tender.
8. Add the chicken meat, coconut milk and salt. Stir to combine and to heat the chicken through.

Bio: Christy Greer is a wife and mom of four who loves good food and loves to cook. Christy blogs at [Whole Foods on A Budget](http://www.wholefoodsonabudget.com), where she shares favorite recipes, tips on buying quality food on a small budget, information on gardening in small spaces and ideas for natural living, with an emphasis on encouraging her readers to do what they can to make small, regular steps toward healthier living. Christy and her sister Jessica just released a new cookbook.

Website: www.wholefoodsonabudget.com

Facebook: www.facebook.com/pages/Whole-Foods-on-a-Budget/103856539738920

Pinterest: www.pinterest.com/christylma/

Hungarian Chicken Paprika Soup

From Susan of [Grow in Grace Farm](http://www.growinggracefarm.com)

This hearty and healthy soup is an adaptation of my Hungarian Great Grandmother's 'Chicken Paprikash' recipe. This is a nutritious and delicious soup that can help strengthen the immune system.



Ingredients (all organic preferred)

- 1 large whole raw organic chicken (pasture raised preferred and including all edible innards)
- 2 large yellow onions (diced medium size)
- 1 whole bulb of garlic (peeled and chopped)
- 1 stick of salted butter
- 1/8 c of olive oil
- 4 stalks of celery
- 3 large carrots
- 3 large fresh tomatoes, diced (or one large can of stewed diced tomatoes /whole can including the juices)

- bunch of fresh parsley
- 3 heaping T of Hungarian Paprika
- 1.5 c of whole milk sour cream
- 2 tsp. of sea salt
- 1 tsp. of black pepper
- 4 raw chicken feet with outer skin removed (optional)

Directions

1. In a large stock pot, place in rinsed, whole raw chicken and add cold water to cover.
2. Bring to a boil on stove top. Let boil for 10 minutes and then reduce to simmer. Add chicken feet (if desired). Cover with pot lid.
3. Simmer on low for at least 2 hours (longer is better, even up to 10 hours).

While chicken stock is simmering:

1. In a large sauce pan melt the butter on medium heat.
2. Add the olive oil and blend.
3. Add the diced onions and sauté on medium high heat until light brown.
4. Add all of the chopped garlic to the onions and sauté for a few minutes.
5. Add the paprika and blend into the mixture. Cook on low for a few minutes and put aside when done.

When the chicken stock has been simmering for the desired length of time, remove the whole chicken (and feet) with a sieve spoon and tongs. Place all the cooked chicken in a large pot, cover and put aside.

1. To the chicken stock in the pot add: the celery, carrots, sea salt and pepper.
2. Add diced tomatoes to chicken stock.
3. Stir and bring to a boil for 10 minutes and then reduce to a simmer for ½ hour.
4. Add in the sautéed onions, garlic and paprika mixture and stir together
5. Add in the sour cream and blend.
6. Cook for 15 more minutes and then add the parsley.
7. Take off all of the chicken meat (and other desired organ parts) from the cooked chicken. Cut into bite sized pieces and place in the soup.
8. Add more salt and pepper as needed.
9. Serve with cooked Basmati rice, egg noodles or homemade dumplings.

Bio: Susan and her husband John have seven children and live in the countryside of Virginia. They have an organic farm ([Grow in Grace Farm](#)) and grow fruits, herbs, vegetables, keep ducks and raise a flock of sheep. Susan loves to create healthy meals from the produce they grow and craft handmade provisions such as all natural soap and therapeutic herbal tea blends.

Website: www.growinggracefarm.wordpress.com

Facebook: www.facebook.com/pages/Grow-in-Grace-Farm/115923721804429

Pinterest: www.pinterest.com/growinggracefarm/

Jamaican Chicken Soup

From Jo of [Nourishing Time](#)



Ingredients

- 2-3 lbs. chicken breast (or other parts)
- 3 qt. bone broth (can use less and make the rest up with water)
- squash/pumpkin (we like to use a big kabocha and a small butternut)
- 2 sprigs of thyme (or sprinkle thyme to taste)
- 1 tsp. pimento seeds (or sprinkle powdered allspice to taste)
- 4 stalks of celery
- 1-2 medium onions
- 2+ cloves garlic
- salt and pepper to taste (we typically use a scotch bonnet NOT cut)
- Any combination of: boniato potatoes, Irish potatoes, yellow yam, dumplings, ripe plantains, 2-3 carrots

Directions

1. Add broth to a large stockpot that holds approx. 6 quarts or more if you are making the recipe as-is. Bring to a boil.
2. Add pimento seeds, chicken and uncooked pumpkin/squash at this point. Reduce heat and let simmer for about 30 minutes, until chicken is mostly cooked.
3. To make things easier, like I do, you can bake the squash whole until it is tender prior to making the soup, then you would just scoop the flesh out and add to the soup at a later point.
4. Remove chicken from pot, and once cooled enough to handle, shred if desired.
5. Peel and cut up anything you'd like to add to the soup, such as onions, potatoes, yams, plantains and carrots.
6. Make dumplings if you are adding them in.
7. Scoop pimento seeds out of the soup and add in onions, celery, yams and potatoes. Let cook about 15 minutes.
8. Remove the celery if you wish and add in chicken, plantains, scotch bonnet, carrots and dumplings. Let cook another 15 minutes.
9. Add spices (thyme, garlic, salt, powdered pepper, and powdered allspice if you did not use pimento seeds) to taste. Let simmer a short while until it smells and tastes awesome and additions are cooked to your preference.
10. Serve with additional fats such as butter or tallow for extra nourishment!

Bio: Jo is an attached mom to her smarty-pants son and a full-time student majoring in Public Health. She is fascinated with holistic healing and loves to read, cook and watch Grey's Anatomy in her spare time. She blogs at [Nourishing Time](http://www.nourishingtime.com) about natural ways of improving health through food and positivity.

Website: www.nourishingtime.com/

Facebook: www.facebook.com/nourishingtime

Pinterest: www.pinterest.com/nourishingtime

Paleo Chicken Jalapeño Soup

From Stacy of [Paleo Gone Sassy](#)



Ingredients

- 10 c chicken stock
- 4 c cooked diced chicken
- 1 c thinly sliced celery
- 1 c thinly diced onions
- 1 c thinly sliced carrots
- ½ c thinly sliced red pepper
- 1 large sweet potato cut into small cubes (I ended up with 1.5 cups)
- 13.5-ounce can of coconut milk
- 2 T coconut oil
- ¼ c jalapeños (without juice)
- 2 T jalapeño juice

Directions

1. Melt coconut oil in a large stock pot on medium heat.

2. Once melted, add in celery, red pepper, jalapeños and onions. Cook until they are translucent, about 5 minutes.
3. Add carrots and sweet potato in with the onions, red pepper and celery.
4. Add in 5 cups of chicken stock and cook until carrots and sweet potato are tender, about 20 minutes.
5. Stir in the remaining chicken stock and diced chicken.
6. Gently stir in the can of coconut milk and simmer on low for 5 minutes.

Bio: This recipe was created by Stacy, who blogs under the name [Paleo Gone Sassy](#). She has changed her lifestyle to Paleo and enjoys eating healthy foods! Stacy has been Paleo for 11 months and lost close to 60 pounds.

Website: www.paleogonesassy.com/

Facebook: www.facebook.com/PaleoGoneSassy

Pinterest: www.pinterest.com/paleogonesassy/

Turkey Vegetable Soup

From Jan of [Healthy Notions](#)

Making a homemade turkey soup is one of my favorite things to do, especially if it is made from scratch. My motto: Eat Well ~ Stay Well ~

This recipe uses the turkey broth made from our Thanksgiving turkey's carcass and is super delicious, soothing, and healing for a cold winter's day. In this recipe, I have added a small handful of Eden Organic Hiziki seaweed because it adds extra minerals to your soup to make it nutrient-dense. Try to buy your veggies organic. Serve with warm bread rolls to make it all that much better. Enjoy!



Ingredients

- 6 – 8 c homemade or organic turkey broth, add additional broth or water as needed
- 4 small sized potatoes, diced
- 1 small yellow onion, diced
- 3 medium garlic cloves, minced
- 1 -2 carrots, sliced in rounds

- 2 celery stalks, sliced
- 1 - 2 big kale leaves, chopped or ¼ head of cabbage sliced up
- A handful of French green beans, halved or cut in thirds
- A handful of cherry tomatoes
- 1 lb. cooked turkey meat, chopped, shredded, or ground

Extras and spices:

- Small handful of Eden Organic Hiziki seaweed (this adds mineral content to your soup and you won't have a seaweed taste to your soup)
- 1 tsp. yellow white miso
- salt, pepper, chili powder, onion powder and whatever other herbs you like in your soups

Directions

1. In your favorite stockpot, add all the cut up vegetables, dried seaweed, salt and pepper.
2. Cover with turkey broth and add the cooked meat with extra water if needed.
3. Bring to a boil and then down to a simmer until the vegetables are cooked, approximately 45 minutes.
4. Add herbs to taste.
5. Serve with garlic bread, tortillas, or corn bread, and a side salad.

Bio: Jan Robbins has always had her mind on nutrition and herbs ever since she was a teenager. Back then her mom gave her a book by Penny C. Royal called *Herbally Yours* and from that point on she was hooked; nowadays, she serves as a Nutrition Educator & a Family Herbalist. She currently lives in Nebraska with her husband, Mark, and together they run [Healthy Notions](http://www.healthy-notions.com/).

Website: www.healthy-notions.com/

Facebook: www.facebook.com/healthynotions1

Pinterest: www.pinterest.com/healthynotions/

Pork Based Soups

Fusilli Sausage Soup

From Suzanne of [Strands of My Life](#)



Ingredients

- Fusilli pasta
- Coconut Oil
- Onions – chopped
- Organic Sausages – sliced
- Garlic
- Dried oregano
- Dried basil
- About 2 T tomato paste
- 6 fresh tomatoes
- Homemade chicken stock
- Fresh basil – shredded

- Fresh ricotta
- Buffalo mozzarella – broken up
- Parmesan – grated

Directions

1. Boil the fusilli until tender.
2. Cook sausages in coconut oil until brown and then add the onion and cook until clear.
3. Add the garlic, herbs and tomato paste. Cook a little longer.
4. Add diced tomatoes and stock and cook for about 20 minutes.
5. Mix with pasta and serve in bowls.
6. Meanwhile mix the three cheeses together and put a dollop in the middle of each bowl and sprinkle with fresh chopped basil on top.

Bio: Suzanne Perazzini is the writer, recipe developer and photographer of [Strands of My Life](#), a blog about her food journey towards great health, which has culminated in a low Fodmap diet, which has greatly helped her IBS. She lives with her husband and son in New Zealand in a house overlooking the Pacific Ocean. She is a published author, an incorrigible traveller and lover of all things beautiful.

Website: www.strandsofmylife.com/

Facebook: www.facebook.com/Lowfodmap

Pinterest: www.pinterest.com/suzanneper/

Hearty Ham and Navy Bean Soup

From Vanessa of [Natural Family Today](#)

Don't toss that ham bone!

This soup is a nice break from the usual "get well soup", and it's perfect any day of the week. The ham stock, beans, and vegetables are extremely nutritious. Not bland and not too salty, the vegetables and ham stock make for a flavorful blend.

Don't let the word "hearty" fool you. This soup is incredibly light, yet filling.

You'll be making a ham stock for this soup, but it's quick and easy. You can have it on the table in 1 to 1.5 hours tops.



Ingredients

- 1 ham bone
- 1-2 lb. ham (cooked)
- 2 cans great northern beans (16oz each)
- 2 cans navy beans (16oz each)
- ½ lb. celery
- 3 large carrots (1/2 lb.)
- 1 c green onion
- ½ yellow or white onion
- 1 tsp. tarragon leaves (can substitute other leafy spices)
- ¼ tsp. ground oregano
- ¼ tsp. celery salt
- 8-10 c water
- 2 T butter/olive oil

Directions

1. In a large soup pot pour water and place ham bone. Ensure there is enough water to cover at least 2/3 of the ham bone. Cover and bring to a boil, then reduce heat to medium.
2. Add chopped carrots, chopped celery, oregano, celery salt, and tarragon leaves. Cook for minimum of 30 minutes. If you have the time, reduce heat to medium-low and simmer for 1 hour for a better stock.
3. Mince the green onion, and white onion and sauté in butter or olive oil.
4. Remove the ham bone and toss.
5. Add sautéed onions to the large pot.
6. Add diced precooked ham.
7. When carrots & celery are fairly soft, drain the bean water and add beans to pot.
8. Finish cooking soup until carrots and celery are at desired tenderness and salt to taste.

Bio: Vanessa Pruitt is the mother of 4 boys and the founder of [Natural Family Today](http://www.naturalfamilytoday.com) where she blogs about real food and natural living. She wants people to know that living naturally is not "all or nothing". It's about taking one step at a time toward a healthier, happier life.

Website: www.naturalfamilytoday.com

Facebook: www.facebook.com/naturalfamilytoday

Pinterest: www.pinterest.com/naturalfamtoday

Italian Sausage Soup

From Jackie of [Deductive Seasoning](#)

Italian sausage soup is truly one of the most scrumptious things I make. This soup is adapted from a recipe I originally got off the alt.support.diet.low-carb Usenet group many years ago. Basically, it is cooking several pounds of vegetables in such a manner that it all is flavored yummily with Italian sausage. It's been one of my absolute favorites for years.

This makes a BIG batch of soup. Sometimes, I make this on a weekend and just eat it all week, other times I can or freeze it for a bunch of meals.



Ingredients

- ¼ c coconut oil, bacon grease or lard
- 3 lb. Italian sausage (if in casing, cut into bite-sized pieces)
- 4 yellow, orange or red bell peppers, diced
- 1 medium onion, diced
- 6 cloves garlic, pressed or minced
- 2 qt. bone broth (chicken or beef)
- 1 qt. home-canned tomatoes or 28 ounce size can of store-bought diced tomatoes
- 1 lb. fresh or frozen broccoli & cauliflower mix, cut into bite-sized pieces

- 1 lb. fresh or frozen summer squash & zucchini mix, sliced
- 1 lb. fresh or frozen greens (spinach, mustard greens, turnip greens, rapini, Swiss chard, kale, etc.) OR 1 1/4 c dehydrated greens
- 1 T fresh basil, minced (or 1 tsp. dried)
- 1 T fresh oregano, minced (or 1 tsp. dried)
- ¼ c of extra virgin olive oil
- 1 tsp. Concentrace (optional)
- 15 drops vitamin K2 (optional)
- 15 drops vitamin D (optional)
- Parmesan for serving

Directions

This makes 10 large quart-sized servings, if you eat it alone as a meal; if you're eating it with a side of fruit or such, a pint is a decent serving and thus it makes 20 servings. Either way, it's a BIG batch of soup!

If you want to can or freeze: measure 10 quarts water in a small stockpot and note where the water comes up to (or use a wooden spoon and mark the handle how far the water comes up). Then dump out the water!

1. Melt 1-2 T coconut oil or lard over medium heat and fry the sausage in batches, removing to stockpot with a slotted spoon as it's browned (it doesn't need to cook through, just brown well).
2. Fry peppers and onions in batches, adding additional oil as needed, and then remove to stockpot also. Cook the garlic with the last batch of vegetables.
3. Add broth, tomatoes, broccoli, cauliflower, summer squash, zucchini, greens, basil and oregano to stockpot. Add water to make 10 quarts, if desired. Bring to boil over medium heat, then cover and lower heat to simmer.
4. Allow to simmer for at least 4 hours to fully mix flavors.
5. Remove from heat and stir in olive oil and supplement drops, if using.
6. Serve topped with Parmesan.

Pressure Canning Instructions

- If canning, the soup only needs to cook for 2 hours as it will finish cooking during processing.
- Do not add olive oil before canning (though adding the supplements is OK).
- Pack hot soup into hot jars, adjust two-piece lids, load canner and bring to 11 pounds pressure at sea level (adjust for your altitude).

- Pints need 75 minutes and quarts need 90 minutes at full pressure.
- After cooling, check lids, label and store.
- When serving, after reheating soup, drizzle on olive oil and sprinkle with Parmesan.

Bio: Jackie Patti is a backwoods biochemist that blogs at [Deductive Seasoning](#) about cooking, diabetes, disability, fatigue, homesteading, nutrition, science and anything else that strikes her as interesting to write.

Website: www.deductiveseasoning.com

Facebook: www.facebook.com/deductiveseasoning

Paleo Butternut Squash Soup with Ham and Ginger

From Amanda of [The Curious Coconut](#)

Butternut squash soup is a lovely Fall meal, and is easy to make paleo. This recipe is for a large batch of soup that gives you plenty for leftovers. Feel free to halve it to make a smaller batch. As written, this recipe has a pronounced smoky ham flavor, which I really enjoyed. You can halve the amount of meat for a more subtle flavor. You can also substitute bacon for the ham.



Prep time: 20 minutes

Cook time: 60 - 90 minutes plus 30 minutes

Total time: 110 - 140 minutes

Yield: about 5 quarts

Ingredients

- 1 large 5 lb. butternut squash
- 4 - 8 ounces smoked, uncured ham OR bacon (for the ham, Maverick, Niman Ranch, or US Wellness Meats are all great choices)
- 2 medium onions (about 4 c diced)

- 2 small green apples (or 1 large, about 2 c)
- 4 - 6 cloves garlic, pressed or finely minced
- 4 - 6 thumb-sized pieces of fresh ginger, pressed or finely minced
- 2 qt. homemade chicken broth/stock
- ½ - 1 tsp. ground nutmeg
- to taste sea salt and black pepper

Directions

1. Preheat oven to 350°F. Using a sharp knife, carefully poke several holes in your raw squash to create steam vents. Place whole squash in a shallow baking dish and bake until squash can easily be pierced with a knife (about 60-90 minutes for a large 5 lb. squash). Remove from oven and allow to cool.
2. While the squash is roasting, prep all of your other ingredients and set them aside in a large bowl. Dice the onion, green apples, and ham. Make sure to finely dice the ham. If you do not have a garlic press, finely mince the garlic and ginger now.
3. When the squash is cool enough to handle, slice it in half lengthwise and use a spoon to scoop out the seeds and fibrous bits from the bulbous end. Save the seeds to roast later, if you wish. Scoop out the squash into a bowl.
4. In a 5 quart or larger pot, heat 2 T of bacon grease or lard over medium heat for a minute or two. Add the diced ham and cook for several minutes, stirring often.
5. If you have a garlic press, use it to press the garlic and ginger directly into the pot. Also add the onion and apple to the pot and sauté until onion is translucent, stirring often.
6. Add chicken stock and scrape up any browned bits from the bottom of the pan with a wooden spoon. Mix in nutmeg, salt, and black pepper.
7. Add squash, mix, turn heat up to medium-high to allow soup to come to a bubble, and then reduce heat to low and simmer gently for at least 20 minutes, but longer won't hurt anything.
8. Purée soup in small batches using a high-powered blender like a Ninja, Vitamix, or Blendtec. BE CAREFUL and make sure to open the vent in the lid so you don't end up with soup splattered all over your kitchen.

NOTE: If you do not have a high-powered blender (or are using an immersion blender), you may want to substitute bacon for the ham, and cook the bacon until crispy, then remove from the pot. Save it until after you have puréed the rest of the soup, then crumble by hand and stir into the soup. Or, leave ham in large chunks that you can retrieve from the soup before puréeing. Allow it to cool enough to handle, and then

finely dice and add the diced meat to the finished soup. This will change the texture of the soup, but the flavor should still be great.

Optional: Put the puréed soup back on the stovetop to get piping hot again before serving. I put enough for my husband and me to eat for supper in the pot, and put the rest in a large stainless steel bowl in an ice bath to chill it for refrigerating for leftovers and also to freeze a few pints.

BIO: Amanda Torres started her website, [The Curious Coconut](http://www.thecuriouscoconut.com), to share her incredible success story with the paleo/primal lifestyle, which includes losing 80 pounds in one year and reversing multiple chronic health problems, like pre-diabetes, metabolic syndrome, depression, anxiety, hypertension, and hidradenitis suppurativa. She is a scientist by training, with both a B.S. and M.S. in neuroscience from Tulane University and strives to provide the best available information to her readers and backs everything up with science and proper references. She currently works part-time studying adult bone-marrow-derived stem cells, and blogs about diet, health, nutrition, alternative medicine, qigong, ancestral living, and, of course, all of her favorite tried-and-true recipes.

Website: www.thecuriouscoconut.com

Facebook: www.facebook.com/thecuriouscoconut

Pinterest: www.pinterest.com/curiouscoconut

Pumpkin Sausage Soup

From Pamela of [Paleo Table](#)

Pumpkin sausage soup is perfect on a cool fall evening. I had a one-hour window to prepare dinner before having to leave for a couple of hours during prime dinner prep time. This soup was very quick to make and, after step 4, I poured the soup into a crock pot and kept it on low for a couple of hours until I got home.

This meal scored high marks with my husband. I believe he said it was "amazingly delicious"! I have to agree. The flavors are awesome together and the sausage makes it hearty enough for a light supper. If you need more, feel free to add a salad or veggie side.



Serves 6

Ingredients

- 2 lbs. all-natural, nitrate-free, bulk Italian sausage
- 1 onion, diced
- 3 cloves garlic, diced
- 2 15-ounce cans organic pumpkin purée
- 32 ounces organic chicken stock

- ¾ c coconut milk
- 1 tsp. ground cinnamon
- freshly ground black pepper
- sea salt
- 2 bay leaves

Garnish

- 2 T toasted walnuts, chopped
- 2 T pear, finely minced

Directions

1. Sauté sausage in a large stock pot over medium heat for 3 minutes. Add onion and continue to sauté, stirring occasionally until sausage is just cooked through and onion becomes clear, 10-15 minutes. Add garlic for the last 5 minutes of cooking time.
2. Carefully remove all but 1 T of oil from the pan.
3. Add pumpkin and broth to pan. Season with salt and pepper. Stir in cinnamon and bay leaves. Bring soup to a boil, then reduce heat and simmer for 30 minutes.
4. Add coconut milk and stir to combine. Simmer an additional 5 minutes. At this point you can serve or transfer to a crock pot to keep warm until ready to serve.
5. To serve, ladle into soup bowls. Garnish with pears and walnuts.

Bio: Pamela King is a devoted wife and mother of two, home chef, recipe developer, CrossFitter, and freelance writer. Pam enjoys making healthy paleo meals for her blog, [Paleo Table](http://www.paleotable.com), that are easy and quick, using ingredients that are readily available. She feels that planning meals well in advance, shopping efficiently, and preparing ingredients ahead of time, whenever possible, can help people tremendously in meeting their nutritional goals.

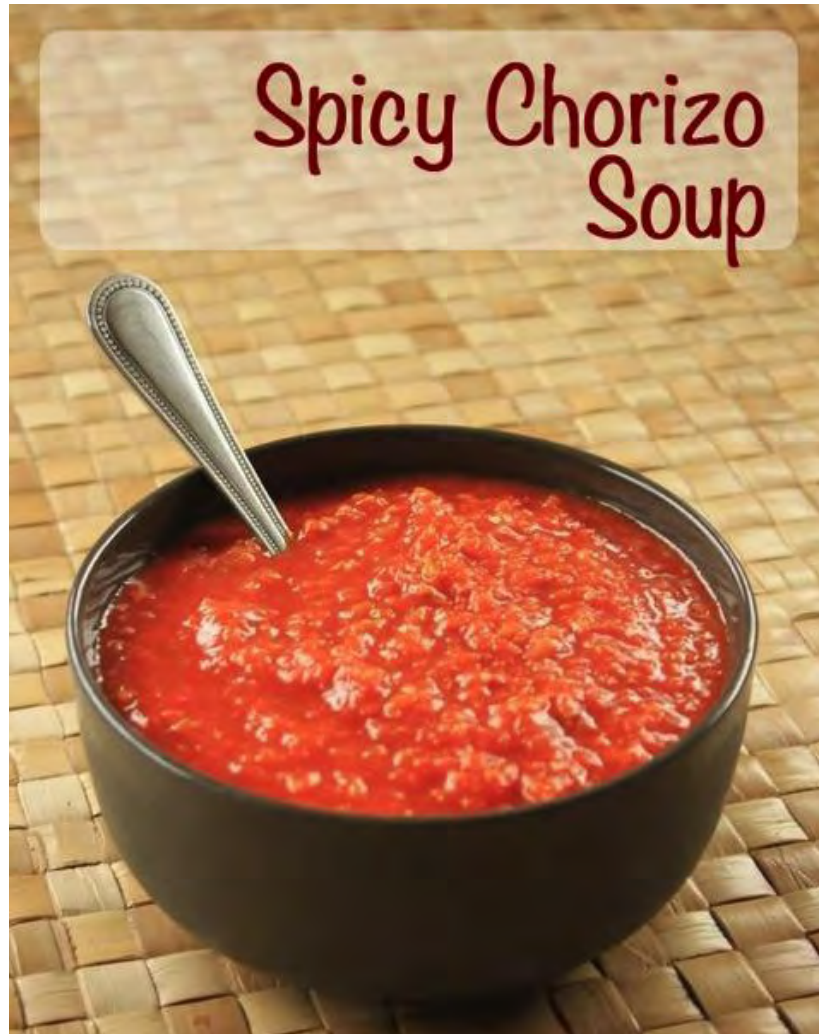
Website: www.paleotable.com

Facebook: www.facebook.com/pages/Paleo-Table/113366525413686

Pinterest: www.pinterest.com/pamelaking11/

Spicy Chorizo Soup

From Kris of [Attainable Sustainable](#)



Ingredients

- 1 tsp. olive oil
- 2 onions, finely chopped
- 4 cloves garlic, minced
- 1 green bell pepper, finely chopped
- 3 ounce chorizo (or vegetarian Soyrito)
- 3 c finely diced or crushed tomatoes
- 2 c chicken stock
- ½ – 1 tsp. crushed red pepper flakes
- 1 tsp. chopped fresh cilantro

- $\frac{3}{4}$ c shredded cheddar cheese
- organic tortilla chips, crushed (optional)

Directions

1. Heat the oil in a stock pot over medium-high heat.
2. Add the onions, garlic, bell pepper, and chorizo.
3. Sauté until onions start to brown slightly.
4. Add the tomatoes, broth, and pepper flakes.
5. Simmer on low heat for an hour.
6. Stir in the cilantro.
7. Divide soup between 4 bowls and top with cheese and crushed chips.

If you have teens as I do, or like leftovers, I recommend doubling this recipe. This recipe works well in a slow cooker, too. Simply combine sautéed ingredients, tomatoes, broth, and pepper flakes in a slow cooker and cook on low for 5-6 hours.

Bio: Author Kris Bordessa strives to maintain her family's health and the Earth's environment by growing much of her own food, preparing it at home, and living lightly. She shares her efforts and experience with the readers of [Attainable Sustainable](#), encouraging them to work toward a more self-reliant lifestyle one small step at a time. She lives in Hawaii with her family and is still perfecting a method to grow great tomatoes in the tropics.

Website: www.attainable-sustainable.net/

Facebook: www.facebook.com/attainablesustainable

Pinterest: www.pinterest.com/attainsustain

Seafood Based Soups

Oyster Stew

From Dina-Marie of [Cultured Palate](#)



Makes about 8 cups

Ingredients

- ½ c butter
- 1 small onion, grated
- 6 c milk
- 1 pint oysters with liquor
- 1 c cream
- 1 tsp. sea salt
- pepper to taste

Directions

1. In a large stock pot (or you may use a double boiler) sauté the grated onion in butter.
2. Add the milk.
3. Next, add the oysters with liquor, cream, salt and pepper.
4. Heat the milk slowly, stirring often and do not allow it to boil.
5. If using whole oysters, the edges will curl when cooked. If using chopped oysters, the oysters will lose their shiny appearance and become darker in color.
6. Ladle into bowls and Enjoy!

Bio: Dina-Marie, author of [Cultured Palate](http://www.culturedpalate.com), is the mother of 10 children, 7 of who are still at home, lives in West Texas with her husband who left the corporate world in 2008. They now have 27 acres of grapes, 2 family milk cows, chickens, and raise their own beef. Moving to West Texas to begin a vineyard has brought many changes including a return to health through the GAPS diet, learning about "real" food and becoming a chapter leader for the Weston A. Price Foundation.

Website: www.myculturedpalate.com/

Facebook: www.facebook.com/culturedpalate

Pinterest: www.pinterest.com/culturedpalate/

Soups by Alphabetical Order Index

Asian Spiced Daikon Mushroom Soup	25
Beans and Lentil Soups.....	67
Beef Based Soups	75
Black Bean and Sweet Potato Soup	67
Broccoli Spinach Quinoa Soup.....	9
Buttercup Squash Soup	27
Butternut Squash-Parsnip Soup with Bacon	29
Carrot and Ginger Soup.....	31
Cheese and Cream Soups	9
Cheesy Cream of Broccoli Soup with Bacon	11
Chicken Enchilada Soup.....	90
Chicken Immu-Noodle Soup.....	93
Chicken Soup For the Paleo Soul	96
Coconut Chicken Soup with Cabbage & Carrots	98
Cozy Celeriac Soup	33
Creamy Lentil Coconut Curry.....	55
Crock Pot Spaghetti Sauce Soup.....	75
Dairy Free Cream of Spinach Soup	13
Dutch Meatball Soup.....	77
Easy Butternut Squash Soup	35
Easy Creamy Leek Soup.....	15
French Bread Recipe for Homemade Bread Bowls	23
Fusilli Sausage Soup	109
Garlic Leek Soup with Egg	57
Golden Goddess Sunshine Soup with Squash, Sweet potato, Carrots, Ginger + a twist.	37
Hearty Ham and Navy Bean Soup.....	111
Hearty Lentil Soup.....	69
Hearty Paleo Soup.....	79
Hearty Potato Soup.....	17
Hot & Sour Soup.....	60
Hungarian Chicken Paprika Soup.....	100
Irish Beef Stew	81
Italian Sausage Soup	113
Jamaican Chicken Soup	103
Korean Fusion Health Soup	62
Masala Carrot Soup.....	39

Oyster Stew.....	123
Paleo Asian-Italian “Abondigas” Soup with Beef Bone Broth	83
Paleo Butternut Squash Soup with Ham and Ginger	116
Paleo Chicken Jalapeño Soup	105
Pork Based Soups	109
Poultry Based Soups.....	90
Pumpkin Hazelnut Chai Soup	41
Pumpkin Sage Soup.....	43
Pumpkin Sausage Soup	119
Roasted Maple Butternut Squash Soup.....	46
Seafood Based Soups	123
Simple Asian Beef Soup	85
Slow Cooker Kelp Noodle Beef Pho Bo (Vietnamese Beef Noodle Soup).....	87
Spicy Chorizo Soup	121
Spicy Jalapeño Butternut Squash Soup.....	49
Sprouted Lentil and Coconut Curry Soup	71
Sweet Pumpkin Soup	51
Tom Kha {Thai Coconut Soup}	64
Turkey Vegetable Soup	107
Vegetarian Pumpkin and Kale Soup.....	53
White Bean, Chorizo and Spinach Soup.....	73
Wild Rice Corn Chowder	19
Wisconsin Cheese Soup.....	22

Community Cookbook Contributors Page Index

Many thanks to our blogger friends for their dedication to Real Food and for sharing their creative, nourishing recipes. Please visit their websites to subscribe to their newsletters and follow them on Facebook for more amazing recipes.

- Alison of [Health Nut Nation](#), 55
- Amanda of [The Curious Coconut](#), 116
- Amy of [Real Food Whole Health](#), 46
- Beth of [Red & Honey](#), 81
- Carol of [Studio Botanica](#), 37
- Carolyn of [Real Food Carolyn](#), 35
- Christy of [Whole Foods on A Budget](#), 98
- Colleen of [Five Little Homesteaders](#), 27
- Dina-Marie of [Cultured Palate](#), 123
- Emily of [The Urban Ecolife](#), 85
- Heather of [The Homesteading Hippy](#), 67
- Iris of [Wakey Wakey, Eggs 'n Bakey](#), 53
- Jackie of [Deductive Seasoning](#), 113
- Jan of [Healthy Notions](#), 107
- Jennifer of [Hybrid Rasta Mama](#), 87
- Jill of [Real Food Forager](#), 25
- Jo of [Nourishing Time](#), 103
- Joe of [Wellness Punks](#), 29
- Joelle of [jarOhoney](#), 43
- Karen of [ecokaren](#), 13
- Karen of [Nourish With Karen](#), 60
- Karen of [Sustainable Fitness](#), 49
- Katie of [Kitchen Stewardship](#), 57
- Kris of [Attainable Sustainable](#), 121
- Kristen of [Rethink Simple](#), 31
- Kristine of [Real Food Girl: Unmodified](#), 19
- Lauren of [Healing and Eating](#), 83
- Laurie of [Common Sense Homesteading](#), 22

- Libby of [eat.play.love...more](#), 71
- Libby of [Libby Louer](#), 51
- Linda of [The Organic Kitchen](#), 69
- Lydia of [Divine Health From The Inside Out](#), 39
- Natalie of [Honey, Ghee, & Me](#), 64
- Pamela of [Paleo Table](#), 119
- Sandi of [Sandi's Allergy Free Recipes](#), 77
- Sarah of [Real Food Outlaws](#), 93
- Shannon of [All Things Health](#), 90
- Shanti of [Life Made Full](#), 79
- Shelley of [A Harmony Healing](#), 41
- Sjanett of [Paleolland](#), 33
- Stacy Karen of [A Delightful Home](#), 17
- Stacy of [Paleo Gone Sassy](#), 105
- Starlene of [GAPS Diet Journey](#), 75
- Susan of [Grow in Grace Farm](#), 100
- Susan of [Learning and Yearning](#), 11
- Suzanne of [Strands of My Life](#), 109
- Sylvie of [Hollywood Homestead](#), 96
- Tracy of [Oh, The Things We'll Make!](#), 73
- Vanessa of [Natural Family Today](#), 111
- Vivian of [The Real Food Guide](#), 15
- Vivica of [The Nourished Caveman](#), 62
- Wendy of [Cooking Quinoa](#), 9