

SOUPS

Tomato Basil Soup

2 cups chicken or vegetable broth (or substitute 1 cup water for 1 cup broth)

2 cups chopped fresh tomatoes

3 ounces of tomato paste

4-6 leaves of fresh basil rolled and sliced

1-2 cloves garlic crushed and minced

2 tablespoons chopped onion

1 teaspoon garlic powder

¼ teaspoon dried oregano

Pinch of marjoram

Salt and black pepper to taste

Puree all ingredients in a food processor or blender. Pour into a saucepan and heat to a boil. Reduce heat and simmer for 20 to 30 minutes. Serve hot, garnish with fresh basil leaves or parsley.

Makes 2 servings (1 vegetable)

Chicken Meatball Soup

Meatballs

100 grams ground chicken breast

1 teaspoon minced onion

1 clove garlic crushed and minced

Pinch of sage

Pinch of marjoram

Pinch of thyme

Dash of onion powder

Dash of garlic powder

1 serving Melba toast crumbs (optional)

Broth

2 cups chicken broth (or substitute 1 cup water for 1 cup broth)

2 tablespoons Bragg's liquid aminos

1 tablespoon apple cider vinegar

Chopped celery or tomato

1 tablespoon chopped onion

2 cloves garlic crushed and minced

1 bay leaf

Cayenne pepper to taste

Salt and pepper to taste

Combine ground chicken breast with spices, chopped garlic, onion, and crushed Melba toast. Form into balls. Bring broth to a boil; add spices, vinegar, Bragg's liquid aminos, and chicken balls. Reduce to a simmer and cook a minimum of 30 minutes adding the celery or tomato the last 5-10

minutes of cooking.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Chicken and Cabbage Soup

100 grams chicken

Cabbage

2 cups chicken broth (or substitute 1 cup water for 1 cup broth)

2 tablespoons Bragg's amino acids (optional)

2 cloves garlic crushed and minced

1 tablespoon chopped onion

¼ teaspoon thyme

¼ teaspoon rosemary

Cayenne to taste

Salt and pepper to taste

Combine chicken and spices in medium saucepan. Bring broth to a boil.

Add cabbage. Reduce heat and simmer for a minimum of 30 minutes. Add additional water to broth as needed. Variations: change the spices and add fresh tarragon or turmeric. Add a ¼ lemon with rind to the broth and simmer for a rich lemon flavor.

Makes 1 serving (1 protein, 1 vegetable)

Vegetable Beef Soup

100 grams lean beef cubed

Celery, cabbage, or tomato diced

2 cups beef or vegetable broth (or substitute 1 cup water for 1 cup of broth)

1 tablespoon onion chopped

1 clove garlic crushed and minced

1 bay leaf

1/8 teaspoon dried basil

1/8 teaspoon fresh or dried oregano

Pinch of thyme

Pinch of paprika

Pinch of chili powder

Salt and pepper to taste

Combine onion, garlic and spices with beef broth. Add celery and diced beef. Simmer for 20-30 minutes. Add tomatoes and simmer for an additional 5 minutes.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add additional vegetables such as zucchini, bell peppers or a small amount of chopped carrots.

Savory Chicken Soup

100 grams chicken breast cubed

1-2 cups chopped celery or tomatoes

2 cups chicken broth (or substitute 1 cup water for 1 cup of broth)

1 tablespoon minced onion

2 cloves garlic crushed and sliced

1 bay leaf

½ teaspoon organic poultry spice blend

Cayenne pepper to taste

Salt and black pepper to taste

Bring chicken stock to a boil. Add onion, garlic and spices. Add chicken and vegetables and simmer on low heat for 20 minutes or more until chicken and cabbage are tender and fully cooked. Serve hot. Sprinkle with chives or parsley if desired.

Makes 1 serving (1 protein, 1 vegetable)

Thai Beef Soup

100 grams beef

Celery

2 cups beef or vegetable broth (or substitute 1 cup water for 1 cup broth)

3 tablespoons Bragg's liquid aminos

1 tablespoon chopped green onion

1 clove of garlic crushed and minced

Fresh cilantro

½ teaspoon fresh grated ginger

1/8 teaspoon chili powder or red pepper flakes

1 bay leaf

Pinch of cinnamon

Stevia to taste

Salt and pepper to taste

Heat up broth. Add dry spices, bay leaf, Bragg's, garlic and onion and bring to a boil. Reduce heat and simmer for 5 minutes. Add beef and celery and cook for 20 to 30 minutes until soft. Add salt, pepper, and stevia. Garnish with fresh chopped cilantro.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add chili or sesame oil and a few bean sprouts to the soup. Top with fresh sliced mushrooms.

Homemade Chicken Broth

3 large chicken breasts

10 or more cups of water

½ large onion chopped

4 stalks of celery chopped

5 cloves of garlic sliced

1 bay leaf

Salt and pepper to taste

In a large soup pot or crock pot combine chicken and 10 or more cups of water. Water should slightly cover the chicken. Add celery and spices.

Heat to a boil then reduce heat to simmer. Allow to slow cook for 4 hours.

Remove vegetables and chicken from broth. Refrigerate stock and skim off the chicken fat. Put through a strainer for a clear broth. Save the chicken and make chicken salad (page 43) or add to soups.

Makes multiple servings

Homemade Vegetable Broth

10 or more cups of water

½ large onion chopped

6-10 stalks celery

10 cloves of garlic chopped

2 bay leaves

1 teaspoon paprika

1 teaspoon garlic powder

1 teaspoon basil

1 teaspoon of thyme

Salt and pepper to taste

Bring water to a boil in a large soup pot or crock-pot. Add vegetables and spices. Slow cook for 2-4 hours. Strain out vegetables and cool. Use as a base for soups.

Makes multiple servings

Fennel Soup

Fennel bulbs chopped

2 cups chicken or vegetable broth (or substitute 1 cup water for 1 cup broth)

1 tablespoon finely minced onion

¼ teaspoon allspice seasoning blend

Salt and pepper to taste

Add chopped fennel bulbs, spices, and minced onion to vegetable broth.

Heat in small saucepan and simmer for 20 minutes. Add lemon with rind to the broth if desired. Serve warm with chopped sprigs of fennel for garnish.

Makes 1 serving (1 vegetable)

Phase 3 modifications: Add half and half or cream.

Celery Soup

Celery

2 cups chicken broth (or substitute 1 cup water for 1 cup broth)

¼ teaspoon thyme

1 bay leaf

¼ teaspoon dried basil

Salt and pepper to taste

Cook celery until very soft or use crock-pot or vegetable broth cooked celery. Puree in a food processor or blender with broth and spices. Simmer in a saucepan for 20-30 minutes.

Makes 1 serving (1 vegetable)

Chili

100 grams lean ground beef (less than 7% fat)

1 cup chopped tomatoes

½ cup water

1 tablespoon minced onion

2 cloves garlic crushed and minced

Pinch of garlic powder

Pinch of onion powder

¼ teaspoon chili powder

Pinch of oregano

Cayenne pepper to taste (optional)

Salt and pepper to taste

Brown ground beef in small frying pan, add onions and garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced.

The longer it cooks the more tender and flavorful. Add a little water as needed to prevent burning. Serve with chopped green onion or tomato garnish and salt and pepper to taste.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Top with cheddar cheese and a dollop of sour cream.

Lemony Spinach and Chicken Soup

100 grams chicken

2 cups chicken broth (or substitute 1 cup water for 1 cup broth)

½ lemon with rind

1-2 cup cups loosely packed spinach cut into strips

1 tablespoon onion chopped

1 clove garlic crushed and minced

1 stalk lemongrass (optional)

¼ teaspoon thyme or to taste

Cayenne pepper to taste

Salt and pepper to taste

Lightly brown the chicken in small saucepan with a little lemon juice. Add the onion, garlic, spices and chicken broth. Add lemon with rind and simmer for 20-30 minutes. Add the fresh spinach during the last five minutes of cooking. Serve and enjoy.

Makes 1 serving (1 protein, 1 vegetable)

Asparagus Soup

4-5 stalks asparagus

2 cups chicken or vegetable broth (or substitute 1 cup water for 1 cup broth)

3 tablespoons Bragg's liquid aminos

2 tablespoons chopped onion

¼ teaspoon thyme

¼ teaspoon garlic powder

¼ teaspoon onion powder
1 bay leaf
1 tablespoon milk (optional)
Salt and pepper to taste
Old Bay seasoning to taste

Trim asparagus to remove the tough ends of the stalk and steam until soft.

Puree asparagus with broth and spices in a blender or food processor. Heat soup in a saucepan and enjoy. Add 100 grams diced chicken if desired. You can replace dried spices with 1-2 teaspoons of Old Bay seasoning if you wish.

Makes 1 serving (1 vegetable)

Phase 3 modifications: Sauté the onion in a little butter, add sliced mushrooms, cheddar cheese and cream or half and half to the soup.

Hot and Sour Chicken Soup

100 grams chicken breast diced
1 cup chicken broth
1 cup water
4 tablespoons apple cider vinegar
4 tablespoons Bragg's liquid aminos
½ lemon in quarters with rind
1 clove garlic crushed and minced
2 tablespoons minced onion
Cayenne pepper to taste
Pinch of chili powder or red chili flakes
Salt and pepper to taste
Stevia to taste (optional)

Boil lemon wedges with rind in 1 cup of water until pulp comes out of the rind. Scrape out additional pulp and juice. Add the diced chicken, spices and chicken broth. Simmer until cooked. Variation: You can add orange juice as an option and your choice of approved vegetable or substitute shrimp for chicken.

Makes 1 serving (1 protein)

Phase 3 modifications: Add a small amount of fresh pineapple juice. Add vegetables such as zucchini, cauliflower, small amount of carrots etc. Add a little chili oil or paste to the soup for added heat and flavor.

Creole Gumbo

100 grams shrimp or 1 chicken sausage recipe (page 88)
2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)
Tomatoes chopped
3 tablespoons tomato paste
2 tablespoons green or white onion
2 cloves of garlic crushed and minced

3 tablespoons apple cider vinegar

Dash of Worcestershire sauce

Cayenne pepper to taste

Salt and pepper to taste

Liquid smoke hickory smoke flavoring to taste

Fry up shrimp or chicken sausage in a saucepan with onions. Add tomato paste, tomatoes, and broth. Mix well. Add the spices and vinegar. Simmer for 20-30 minutes. Serve hot and garnish with fresh parsley.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add additional mixed protein ingredients like crab, chicken, and sausage. Add additional vegetables such as okra, celery, and bell pepper. Enjoy with a dollop of sour cream.

Middle Eastern Vegetable Soup

2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)

Tomatoes chopped or celery

8 ounces tomato sauce or 3 ounces tomato paste (omit if celery is used)

1 clove garlic crushed and minced

1 tablespoon onion chopped

1/8 teaspoon ginger

¼ teaspoon cumin

Salt and black pepper to taste

Fresh parsley, cilantro or mint

Combine broth, tomato sauce, and paste. Bring to a boil. Reduce heat and add spices. Simmer for 20-30 minutes or until vegetables are tender.

Makes 1 serving (1 vegetable)

Phase 3 modifications: Add string beans, zucchini or other vegetables as desired.

Crab Bisque

100 grams crab meat

1 cup tomatoes chopped

2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)

1 tablespoon onion minced

1 clove garlic crushed and minced

1 teaspoon Old Bay seasoning

1 bay leaf

1 tablespoon milk (optional)

Cayenne pepper to taste

Salt and black pepper to taste

Puree tomatoes and broth in a food processor or blender. Heat up mixture in a small saucepan. Add the crab and spices and simmer for 20-30 minutes stirring frequently.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add half and half or cream.

Sweet Strawberry Soup

6-7 medium strawberries

2 tablespoons lemon juice

¼ cup water

Vanilla liquid stevia or powdered vanilla to taste

Dash of cinnamon

Puree strawberries with spices, lemon juice, water and milk. Heat the strawberry mixture in a small saucepan for 3-5 minutes. Serve hot or chilled with a garnish of mint.

Makes one serving (1 fruit)

Phase 3 modifications: Add 3 tablespoons cream cheese, half and half, or cream. Omit the lemon juice. Top with a sprinkle of chopped roasted nuts or phase 3 chocolate shavings.

Hot and Sour Thai Shrimp Soup

100 grams shrimp

2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)

Juice of ½ lemon with rind

1 lemon grass stalk

2-3 slices of fresh ginger

Red pepper flakes or cayenne pepper

1 tablespoon green onion

1 tablespoon fresh chopped cilantro

Salt and pepper to taste

Bring the broth to a boil. Add the ginger, lemongrass, lemon juice, onion, and pepper. Simmer for 10-15 minutes. Add the shrimp and cilantro and cook another 8 minutes. Serve hot. Remove lemongrass before serving.

Makes 1 serving (1 protein)

Phase 3 modifications: Add straw mushrooms and fish paste. Add a little hot chili paste or chili oil.

French Onion Soup

2 cups beef broth

1 Melba toast crumbled or Melba croutons (page 42) (optional)

1 teaspoon Worcestershire sauce

1 tablespoon Bragg's liquid aminos (optional)

1 tablespoon lemon juice

¼ to ½ of an onion in thin strips

1 clove garlic crushed and minced

Stevia to taste

Salt and black pepper to taste

Brown the onions in a little water and lemon juice. Add beef broth and

spices and simmer for 20-30 minutes. Top with Melba toast croutons.

Makes 1-2 servings (1 vegetable, 1 Melba toast)

Phase 3 modifications: Top with mozzarella or provolone cheese.

Meatball Soup

100 grams lean ground beef

1 serving Melba toast crumbs

Dash of onion powder

Dash of garlic powder

1/8 teaspoon oregano

1 teaspoon minced onion

1 clove garlic crushed and minced

Pinch of cumin

Cayenne pepper to taste

Salt and pepper to taste

1 cup beef broth

1 cup water

Fresh tomatoes or celery

1 tablespoon chopped onion

1 clove garlic crushed and minced

1 tablespoon fresh chopped cilantro

¼ teaspoon dried oregano

Salt and pepper to taste

Make meatballs by mixing ground beef, Melba crumbs, finely diced onion, garlic, powdered spices and chopped cilantro. Form into balls and drop into beef broth. Add spices, onion and garlic to the broth and bring to a boil.

Reduce to a simmer and cook for a minimum of 30 minutes. Add your choice of celery or tomato to the broth in the last 10 minutes of cooking.

Garnish with fresh chopped cilantro and oregano.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Phase 3 modifications: Add additional vegetables such as zucchini or a small amount of carrots