



HEALTHY SOUPS

10 Recipes to make this Winter



Jo Schaalman and Jules Peláez

Healthy Soup! It's what's for lunch and dinner!



Adding a healthy soup to your weekly dinner rotation takes the guesswork out of meal planning. And now with the help of an Instant Pot, it's even easier!

There's nothing quite like a big bowl of hot soup to warm your soul this time of year! We love a hearty soup and since Jack Frost rolled in, we've been in the habit of making at least one big batch per week. Here we've compiled a collection of 10 of our favorite cleanse-approved and 80:20 soup recipes just for you! We've also recently hopped on the Instant Pot train and have included directions in many of these recipes. This new must-have appliance makes meal planning and prep a breeze. If you haven't grabbed an Instant Pot yet, don't worry, we've also included alternative directions for stovetop and crockpot cooking in all the recipes.

Happy soup making!

With love and warm wishes,

Jo & Jules ♥

P.S. - Enjoy the recipes!



RECIPES

Chickpea Miso Soup

Makes: 4 cups

Ingredients:

- 1 carrot, shredded
- 2 green onions, chopped
- 4 cups of **vegetable broth** or water
- 2-3 TB. **chickpea miso paste**

Instructions: In a medium saucepan over medium heat, bring broth (or water) to a gentle boil. Reduce heat to low and whisk in miso paste until dissolved. Stir in carrots and green onion and simmer for 2 to 3 minutes before serving. Serve over brown rice (optional).

Variation: Miso can be made using a combination of any ingredients. Think dried shitake mushrooms, dried wakame seaweed, garlic, ginger, or bok choy.

This soup is great for when you're feeling a cold coming on.



Spiced Butternut Squash Soup

Makes: 8 servings

Ingredients:

- 2 TB. **olive oil** or **coconut oil**
- 1 yellow onion, diced
- 2 stalks celery, diced
- 2 carrots, diced
- 2 cloves garlic, minced
- 1" knob ginger, peeled and chopped
- 1 tsp. **turmeric**
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- Pinch of red pepper flakes (optional)
- 1 medium sized butternut squash, peeled and cubed
- 4 cups **vegetable stock**
- ½ tsp. sea salt
- Fresh ground pepper, to taste
- Hemp seeds, for garnish



Instructions: In a soup pot heat oil until glistening. Add onions, celery, carrots, garlic, and ginger. Sauté over medium heat until slightly caramelized about 8-10 minutes. Add the turmeric, cinnamon, nutmeg, and red pepper flakes. Stir to coat the vegetables and let the spices toast for 1 minute. Add the butternut squash and the vegetable stock and simmer until the squash is tender, about 20-25 minutes. The easiest way to check this is to pierce it with a knife, if it slides out easily it is done. Let cool slightly. Transfer the soup into a high speed blender one half at a time. Puree until smooth. Season with sea salt and pepper. Garnish with a few hemp seeds if desired and serve.

Instant Pot Instructions: Add oil into your Instant Pot and turn on the sauté option. Once heated, add onions, celery, carrots, garlic, and ginger. Sauté until slightly caramelized, about 8 to 10 minutes. Add the turmeric, cinnamon, nutmeg, and red pepper flakes. Stir to coat the vegetables and let the spices toast for 1 minute. Add the butternut squash and vegetable stock. Close and lock the Instant Pot lid. Turn the venting knob to seal. Set the Instant Pot to high pressure 10 minutes. Once complete, let the Instant Pot natural release for at least 10 minutes. Then turn the venting knob to venting for a quick release. Then using an immersion blender, blend in the pot until smooth. If you're blending in a conventional blender, let the soup cool slightly, then transfer the soup into a high speed blender one half at a time. Puree until smooth. Season with sea salt and pepper. Garnish with a few hemp seeds if desired and serve.



Weeknight Chicken Zoodle Soup

Makes: 6 servings

Ingredients:

- 1 TB. **olive oil**
- 1 onion, diced
- 2 garlic cloves, minced
- 3 stalks celery, chopped
- 4 large carrots, peeled and chopped into 1" chunks
- 1 TB. freshly grated ginger
- 1 tsp. dried thyme
- 1 tsp. **Italian seasoning**
- 2 bay leaves
- ½ tsp. **turmeric**
- 6 cups **chicken stock**
- ½ rotisserie chicken, deboned and chopped into large chunks
- 2 small zucchini, made into zoodles
- Juice of ½ lemon
- ½ cup italian parsley, chopped
- Sea salt, to taste
- Freshly ground pepper, to taste



This soup is perfect for busy weeknights (and kids love it!)

Instructions: In a large pot over medium heat warm the olive oil. Sauté the onion, garlic, celery, carrots, ginger, thyme, italian seasoning, bay leaves, and turmeric until onions are translucent, about 5-8 minutes. When the vegetables have softened slightly add the chicken stock to the pot. It will deglaze all of the goodness off the bottom of the pot! Add the chicken, bring to a boil, and cover. Simmer for about 20 minutes so the flavors can combine. Remove from the heat and add the lemon juice, zoodles, and parsley. Let sit for 3 minutes so the zoodles have a chance to soften slightly. Season with salt and pepper to taste. Enjoy!



Chicken Bone Broth

Makes: 2 quarts

Ingredients:

- 1 cooked chicken carcass (about 1.5 pounds of bones)
- 10 cups filtered water
- 1 TB. **apple cider vinegar**
- 1 large onion, quartered
- 10 cloves garlic, smashed
- 2 cups chopped organic vegetables (carrots, celery, mushrooms, parsnips, zucchini, leeks, etc.)
- 2 TB fresh herbs, chopped (rosemary, sage, thyme, oregano, etc.)
- ½ tsp. freshly ground black pepper
- ½ tsp. sea salt, or to taste
- ⅛ tsp. **cayenne pepper** (optional)
- 1" chunk fresh ginger, sliced (optional)
- Juice of half a lemon
- Large handful fresh parsley, chopped

Instructions: After removing all edible meat from the chicken put bones, skin, and connective tissues in a large crock pot. Add 10 cups of filtered water (and a bit more, if needed to cover the bones). Add the apple cider vinegar, cover, and let soak for at least 1 hour. Add the onion, garlic, vegetables, herbs, seasonings, and fresh ginger (if using) to the bones and water. Turn the crock pot on low, cover, and cook for 24 hours or at least overnight. As the broth cooks, skim off any foam that forms on the surface. The liquid will cook down some but you may add more water if the level drops a lot. A half hour before the broth is done, add the lemon juice and fresh parsley. Take a sip and adjust seasonings, if needed. When the broth is done, remove the lid and allow the broth to cool. Following food safety precautions, make sure the broth has cooled to 70 degrees F within 2 hours. Once the crock pot is cool to the touch, pour broth through a fine sieve and/or cheesecloth to strain out all bits of bone, vegetables, and herbs. Refrigerate. Once chilled, a layer of fat may form at the surface. This fat helps the broth stay fresh longer and can be scraped off or added to cooking. If there's enough gelatin in the broth, it may turn into a jelly which is great! To reconstitute, simply heat the jelly in sauté pan, adding a bit of water, if desired, to thin. Broth will keep in the refrigerator for 5-6 days and it can be frozen up to 4 months.

Stovetop Instructions: Broth can also be made on the stovetop. Follow the same steps as above for soaking the bones. When it comes to turning on the heat, bring the broth to a boil first before turning it down to simmer at very low temperature for at least 8 hours. Exercise caution if simmering overnight!

Instant Pot Instructions: For the Instant Pot we like to go simple for our bone broth. We don't want the veggies to turn to mush, so we leave those out for this recipe. Add 1 ½ to 2 pounds of bones to the pot. Add 1 TB of apple cider vinegar, 1 TB of dried thyme, 1 bay leaf, ½ TB of sea salt, and 8 to 10 cups of filtered water (depending on how much room you have in your Instant Pot). Close and lock the lid. Turn venting knob to seal. Pressure cook on high for 120 minutes. Allow for natural release for 10 to 15 minutes. Turn off the Instant Pot and turn venting knob to release the remaining air. Open lid and allow for the broth to cool. Strain the bones and herbs from the broth. Transfer to storage containers. Our favorite for broth are quart sized jars. Don't be surprised, once cooled most of your broth will turn into gelatin. This is exactly what you want. Freeze what you don't need right away or store in the fridge for 5 to 6 days.



Vegetable Broth

Makes: 2 quarts

Ingredients:

- 1 to 2 onions, quartered, peels on
- 2 to 3 carrots, chopped into 2" pieces
- 3 to 4 celery stalks, chopped into 2" pieces
- 4 to 5 sprigs fresh thyme
- 1 bay leaf
- 1 small bunch parsley
- 1 tsp. whole peppercorns
- 1 cup whole Shiitake mushrooms
- 1 clove garlic, peels on
- 1" knob ginger, peel on
- 1 tsp. ground **turmeric**
- Pink sea salt to taste after cooking (optional)

Instructions: In a large stock pot place onions, carrots, celery, thyme, bay leaf, parsley, peppercorns, mushrooms, garlic, ginger, and turmeric. Add filtered water to the pot making sure to cover the vegetables by 2-3 inches. Bring the mixture to a boil and then turn down the heat to a simmer and cook for 1-2 hours. Season with salt if you so choose. Strain through a fine mesh strainer and store in mason jars for up to one week. You can also freeze the stock for up to two months.

Instant Pot Instructions: In your Instant Pot place onions, carrots, celery, thyme, bay leaf, parsley, peppercorns, mushrooms, garlic, ginger, and turmeric. Close and lock your lid. Turn your venting knob to seal. Cook on high pressure for 15 minutes. Once complete, let your pot do natural release for 15 to 20 minutes. Then do quick release. Season with salt if you so choose. Strain through a fine mesh strainer and store in mason jars for up to one week. You can also freeze the stock for up to two months.

Our
homemade
veggie broth
is a cleanse
staple!



Crockpot Bison Stew

Makes: 4 servings

Ingredients:

- 2 TB coconut oil
- 2-4 bay leaves
- 4 cloves of garlic, whole
- 1 tsp. sea salt
- 2 tsp. peppercorns (optional)
- 1 lb bison chunks
- 2 yellow onions, roughly cut
- 4 carrots, peeled and chopped
- 4 celery stalks, chopped
- 2 parsnips, peeled and chopped
- 1-2 TB. parsley, finely chopped
- 1 32 oz container low sodium beef broth or your own broth
- 1 TB. arrowroot starch
- 2 TB. of water (for arrowroot)



Instructions: In a sauté pan over medium heat add coconut oil until melted. Add onions and cook for 5 minutes and toss in the crock pot. Place carrots, celery and parsnips on the bottom of the crock pot. Then add the bison on top of the vegetables. Add in garlic, bay leaf, peppercorn and salt. Pour broth over all the ingredients. The liquid needs to cover the veggies and stew. If you do not have enough broth add water in. Cook the stew for 6-8 hours on low with lid on. During the last hour, turn heat to high. Take the arrowroot and mix it with 2 tablespoons of water until it broken down into a liquid paste. Add to the stew and stir until stew is thickened. (If you do not have time to turn the stew to high the last hour you can put the stew in a pot on the stove and bring it to a simmer. Add in the arrowroot and stir constantly until thicken.) Optional: Top with chopped parsley.

Instant Pot Instructions: Turn on your Instant Pot and press Sauté. Add your coconut oil. Once melted, add your onions and cook for 5 minutes, stirring regularly. Then add your carrots, celery, parsnips, bison, garlic, salt, and peppercorns and mix them together. Add the bay leaves and broth. Press Cancel on the Instant Pot. Place the lid on the Instant Pot and turn to lock it. Ensure the valve on the top of the lid is set to sealing. Press the Stew button or Manual with 35 minutes. Both will provide you the same time. Once time is done allow natural release for 15 minutes or longer. Release the sealing valve once ready. Remember to wait until all the air is released before turning the lid. Take the arrowroot and mix it with 2 tablespoons of water until it broken down into a liquid paste. Add to the stew and stir to thicken the stew. Optional: Top with chopped parsley.



Thai Coconut Soup

Yield: 4 servings

Ingredients:

- 2 cans full fat coconut milk
- 4 cups **veggie broth**
- 1 onion, thinly sliced
- 2 cloves garlic, peeled and minced
- 2 TB. fresh ginger, peeled and minced
- 2 cups Shiitake mushrooms, sliced
- 2 small baby bok choy, thinly sliced
- 1 stalk fresh lemongrass, cut into 3 long pieces
- 2 TB. fresh lime juice
- 1 TB. **coconut aminos**
- 1 tsp. sea salt
- ½ to 1 tsp. crushed red pepper
- 1 green onion, finely chopped for garnish
- Handful fresh cilantro, finely chopped for garnish

Instructions: In a medium saucepan, combine coconut milk and veggie broth, and bring to a low boil. Add onion, garlic, ginger, and lemongrass and cook until fragrant (about 3 minutes). Reduce heat and add mushrooms and bok choy, simmering for another 5 minutes. Add lime juice, coconut aminos, salt, and crushed red pepper stirring to combine. Garnish with green onion and cilantro. Discard lemongrass and serve as is or with brown rice.

Meat Lovers Variation: Add 1 pound of boneless, skinless chicken breasts cut into 1-inch strips before mushrooms and bok choy, cooking until chicken is white on the outside, about 10 minutes. Another option is to bake the chicken breast in the oven, cutting into strips and adding just before serving so others can still have the soup without chicken.



A savory
Thai-inspired
dish that's
sure to
delight your
senses.



Creamy Black Bean Soup

Yield: 6 cups

Ingredients:

- 1 16 oz bag of dried black beans (about 2 cups)
- 1 yellow or white onion, chopped
- 2 large carrots, finely chopped
- 4 cloves garlic, minced
- 4-6 cups **vegetable stock**
- 1/8-1/4 tsp. **cayenne pepper**
- 1/8 tsp. ground cinnamon
- 1/8 tsp. ground cloves
- 2 bay leaves
- 1 tsp. sea salt
- 1 TB. fresh thyme, chopped
- 1 cup cilantro, chopped, divided
- 2 TB. **apple cider vinegar**
- Handful fresh cilantro, finely chopped for garnish
- 1 cup canned coconut milk
- Juice and zest of 1 lime

Instructions: Sort through dried beans and discard any foreign debris or broken beans. Pour dried beans into a bowl and cover with water by a couple inches. Soak beans for at least an hour or, better yet, overnight. In a large crock pot, add onion, carrots, garlic, vegetable stock, cayenne, cinnamon, cloves and bay leaves. Stir, cover, and bring to a boil over high heat. Drain and rinse beans well. Add beans to the crock pot and cook on high for about 6 hours or until beans are soft and creamy. Add more stock as necessary. Once beans are cooked thoroughly, turn the slow cooker off. Remove bay leaves and add sea salt, thyme, 1/2 cup cilantro, and apple cider vinegar. Stir to combine. If desired, use an immersion blender (or blend in an upright blender in batches) until the soup is as chunky or creamy as you prefer. Add more stock to thin soup if it's too chunky for you. To make the coconut lime crema, add coconut milk to a medium bowl. Pouring slowly, whisk in lime juice. Add zest and stir to mix. Serve each bowl of soup with a few spoonfuls of crema and a sprinkle of fresh cilantro.

Instant Pot Instructions: Sort through dried beans and discard any foreign debris or broken beans. Pour dried beans into a bowl and cover with water by a couple inches. Soak beans overnight. Press sauté on your Instant Pot. Add about 1 TB. of olive oil. Add onions, carrots, and garlic. Sauté for about 5 minutes, stirring regularly. Then add 4 cups of vegetable stock, cayenne, cinnamon, cloves, and bay leaves. Drain and rinse beans well. Add beans to the Instant Pot. Stir, cover and lock your lid. Turn the venting knob to sealed. Cook on high pressure for 15 minutes. Let pressure naturally release for 15 minutes then do a quick release. Remove bay leaves and add sea salt, thyme, 1/2 cup cilantro, and apple cider vinegar. Stir together. If desired, use an immersion blender (or blend in an upright blender in batches) until the soup is as chunky or creamy as you prefer. To make the coconut lime crema, add coconut milk to a medium bowl. Pouring slowly, whisk in lime juice. Add zest and stir to mix. Serve each bowl of soup with a few spoonfuls of crema and a sprinkle of fresh cilantro.



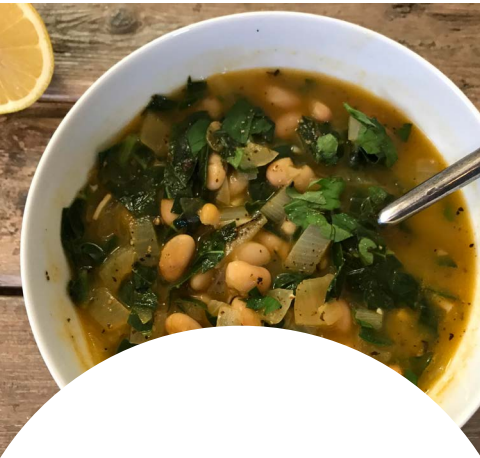
Easy White Bean and Greens Soup

Yield: 2-4 servings

Ingredients:

- 1 TB. olive oil
- 3 cloves garlic, minced
- 1 yellow onion, diced
- ½ tsp. dried thyme
- ½ tsp. dried basil
- 4 cups vegetable stock
- 2 bay leaves
- 2 cups baby spinach
- 1 (15 oz) can cannellini beans, drained and rinsed
- Juice of 1 lemon
- 2 TB. chopped fresh parsley leaves
- Sea salt and freshly ground black pepper to taste

Instructions: In a large stockpot heat olive oil over medium heat. Add garlic and onion, and cook, stirring frequently, until onions have become translucent, about 2-3 minutes. Stir in thyme and basil until fragrant, about 1 minute. Add vegetable stock and bay leaves and bring to a boil. Stir in the greens and cannellini beans until greens have wilted, about 2 minutes. Stir in lemon juice and parsley. Season with salt and pepper to taste and serve.



One of the easiest (and tastiest) soups you'll ever make!



Zeal Mushroom Bisque

Yield: 8-10 servings

Ingredients:

- 1 yellow onion, chopped
- 4 celery stalks, chopped
- 1 cup carrots, chopped (about 4 carrots)
- 1 head of cauliflower chopped
- 2 lbs mushrooms, rough cut (your choice of crimini or baby bella)
- 4 cloves of garlic, minced
- $\frac{3}{4}$ cup fresh basil
- 1 TB. fresh oregano
- 8 cups of **vegetable stock**
- 1 cup canned coconut milk
- 1 cup **olive oil** plus 1 TB. for sautéing
- Salt and pepper to taste



Instructions: In a large stock pot, add 1 TB. of olive oil over medium heat. Add onion, celery, and carrots and sauté until onions are translucent, about 5 minutes. Next add cauliflower, mushrooms, garlic, basil, oregano, and vegetable stock. Bring to a boil for 13 minutes or until cauliflower is soft. Place soup and coconut milk in a blender, blend on high until smooth. Safety note: Put a towel over the lid of your blender and beware of hot soup! Lastly pour in olive oil, and add salt, pepper. Blend until combined and soup is smooth. Top with a few slices of mushrooms and a drizzle of olive oil.

Instant Pot Instructions: Turn on the sauté function for the Instant Pot. Add 1 TB. of olive oil. Once heated, add onion, celery, and carrots and sauté until onions are translucent, about 5 minutes. Next add cauliflower, mushrooms, garlic, basil, oregano, and vegetable stock and stir. Close and lock the lid. Turn the venting knob to closed. Cook on high pressure for 15 minutes. Once done, allow 10 minute natural release before turning the venting knob to vent and releasing the rest of the pressure. Place soup and coconut milk in a blender, blend on high until smooth. Safety note: Put a towel over the lid of your blender and beware of hot soup! Lastly pour in olive oil, and add salt, pepper. Blend until combined and soup is smooth. Top with a few slices of mushrooms and a drizzle of olive oil.

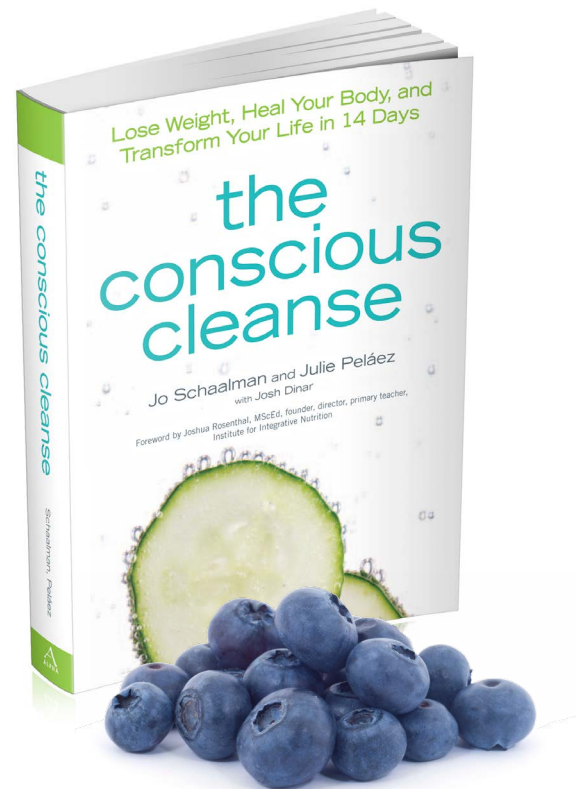


eat real food. get real results.

JOIN US FOR THE NEXT CLEANSE

The Conscious Cleanse is a proven 14-day program that teaches a gentle whole-foods-based approach to eating that allows your body to effectively remove toxins, eliminate waste, and ultimately achieve your optimal nourishment. Expertly led by co-creators, **Jo and Jules**, and a team of **health coaches**, the Conscious Cleanse community inspires every participant to thrive.

For more delicious recipes and tips for vibrant living, please join us for our next live cleanse, order a copy of our best-selling book *The Conscious Cleanse: Lose Weight, Heal Your Body, and Transform Your Life in 14 Days* or visit our **blog**.



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