

# My Favorite Soups



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Hello!

Welcome to my soup round-up. I have spent the past 10 years honing these recipes and I trust you will enjoy them. These soups provide an excellent way to get the nutrients you need daily and enjoy a delicious meal.

These recipes are customized to provide a high level of anti-inflammatory benefit and include spices to help balance mood, strengthen immunity, and reduce stress.

**These are all dairy-free soups.** We may not be aware of this fact but, as we age, dairy becomes harder for us to digest. We slow the production of the pancreatic enzymes needed to break down breastmilk in infancy and eventually stop being able to digest lactose and galactose.

A few ethnic groups are the exception to this rule. Learn more about your heritage to understand whether this is your constitutional profile. To **explore which foods are pre-programmed into your DNA** to be most digestible, email me to schedule a complimentary consult: [lisa@harmonizedcookery.com](mailto:lisa@harmonizedcookery.com)

**If you do not eat animal foods**, please substitute beans for meat and use vegetable stock instead of chicken stock. Here is an easy bean recipe to prepare dry beans and store them in the fridge for the week ahead. You can add them to soups or mix them with grains and vegetables for a different flavor experience each day.

### **Easy beans**

*Makes 2-3 servings*

This recipe works well for any kind of dry bean.

Soak 1 cup beans in 4 cups cold water overnight.

The next morning, drain off the water and put the beans in a stock pot with 4 cups water. Bring to a boil and reduce to simmer. Skim off any foam that rises to the top. Let the beans cook until tender. This usually takes about 25 minutes. Chickpeas will take 45 minutes.

Drain and rinse the beans, then set them aside to add to different recipes.

## Borscht

*Makes 4 servings*

You will need:

- 3 tablespoons olive oil
- 1 pound ground turkey (antibiotic-free)
- 3 large red beets
- 2 carrots
- 3 cloves garlic
- 3 stalks celery
- ½ teaspoon each: salt, black pepper, cumin, coriander, caraway, paprika
- 4 cups chicken stock
- 1 inch kombu seaweed
- 1 tablespoon apple cider vinegar

Chop all vegetables.

Heat olive oil in a stock pot. Add turkey and sauté until cooked through.

Add all of the vegetables and kombu. Add all the spices. Stir well and sauté for a few minutes, stirring constantly, so that the flavors meld.

Add apple cider vinegar. Stir once more.

Add water, bring to a boil, reduce to simmer, and cook, covered, for 40 minutes.

Purée with blender or immersion blender.

Enjoy with [grain-free bread](#).

## Carrot turkey soup with olive spinach pesto

*Makes 5-6 servings*

For the soup:

- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 pound ground turkey
- 4 large carrots
- 3 stalks celery
- 3 cups chicken broth
- 1 teaspoon each: sea salt and black pepper
- ¼ teaspoon each: allspice, cinnamon and nutmeg
- 1 cup Greek yogurt (plant-based)

For the pesto:

- ½ cup green olives, pitted and chopped
- 2 packed cups spinach
- 3 tablespoons flaxseed meal
- 2 tablespoons olive oil
- 2 tablespoons water
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper

Chop carrots into rounds, slice celery into half moons, and mince garlic.

In a soup pot, heat 2 tablespoons of olive oil over medium-low heat. Add the garlic and sauté briefly. Add the ground turkey and cook, stirring continuously, until cooked through – about 5 minutes. Remove from the pot and set aside.

Add 2 more tablespoons of olive oil to the pot. Add chopped carrots and celery and sauté 5 minutes.

Add chicken broth, bring to a boil, reduce to simmer, and cook for 25 minutes, or until carrots are tender.

As the soup is cooking, prepare the pesto by combining all ingredients in a food processor or blender. Pulse until pesto reaches desired consistency.

Turn off the soup and add yogurt. Blend well with a hand blender or in a blender. Add cooked turkey and garlic and mix to incorporate.

Serve a bowl of soup with a garnish of pesto.

## **Carrot soup with tahini crème**

*Makes 4 servings*

For the soup:

6 medium carrots, chopped  
2 tablespoons olive oil  
2 cups chicken stock  
1 inch kombu seaweed  
1/2 teaspoon each: cumin, coriander  
1/4 teaspoon each: turmeric, cinnamon, nutmeg  
Salt and freshly ground pepper to taste

For the tahini crème:

¼ cup tahini  
2 tablespoons water  
1 teaspoon lemon juice  
pinch salt  
1 handful fresh parsley, minced  
1 handful fresh basil, minced

For the soup: Put carrots, oil, water, kombu and spices into a medium pot and bring to a simmer over medium heat. Reduce heat to medium-low and simmer until liquid has evaporated and carrots are very soft, about 1/2 hour.

Purée carrot mixture with immersion blender and season to taste with salt and pepper. Serve with tahini crème.

For the crème:

Mix all ingredients together in a blender or food processor. Serve a spoonful as garnish in each bowl of soup.



## 'Creamy' broccoli soup

*Makes 4 servings*

You will need:

- 2 tablespoons olive oil
- 2 garlic cloves, thinly sliced
- 1 head broccoli (1 pound), chopped
- one 3 x 3 inch piece of wakame, kelp or kombu seaweed
- ½ cup unsweetened yogurt
- 2 cups chicken stock
- 1 teaspoon each: salt and freshly ground black pepper

Heat oil in a medium pot over medium heat.

Sauté garlic until translucent, about 2 minutes.

Add broccoli and sauté 5 more minutes.

Remove a few broccoli florets to use as garnish.

Add all the rest of the ingredients EXCEPT yogurt and simmer for 15 minutes.

Remove from heat, add yogurt, purée with an immersion blender, and add broccoli garnish.

Serve with ½ cup quinoa if you like.



## **Cauliflower soup**

*Makes 4 servings*

You will need:

- 1 head of cauliflower
- 4 stalks of celery without leaves
- 4 cloves of garlic diced
- 1 tablespoon sea salt
- one 3 by 3 inch piece of wakame or kombu seaweed
- 4 cups chicken stock
- 1/2 cup parsley
- 2 tablespoons olive oil

Begin by boiling the water and chopping the veggies up.

Place all ingredients in water except basil/parsley and oil.

Once the water is boiling, cover and turn down heat to medium and simmer for twenty minutes.

After twenty minutes, blend hot soup in blender in two batches and add parsley and oil.

Enjoy with kasha biscuits and leftover roasted chicken.

## Tagine

*Makes 4 servings*

You will need:

3 tablespoons olive oil

1 onion, chopped

½ teaspoon each: cumin, coriander, turmeric

¼ teaspoon each: cinnamon, fenugreek, black pepper, salt

½ cup dried red lentils

3 cups chicken broth

1 inch chopped kombu or wakame seaweed

1 large sweet potato (about 1 pound), peeled and cut into 1/2-inch pieces

1 tablespoon lemon juice

Soak lentils for 30 minutes. Drain the water, rinse, and place in a stock pot with 4 cups water. Do not add salt – this causes flatulence and stomach pain. Simmer for 20 minutes or until they are soft. Drain off any excess water and set aside.

Heat olive oil in a soup pot over medium heat until hot.

Add onions and sauté briefly.

Stir in 1/3 cup broth and continue to cook 4 to 5 minutes longer or until very tender.

Stir in spices. Cook 1 minute, stirring. Add remaining broth, seaweed, sweet potato, lentils, and lemon juice.

Bring to a boil over medium-high heat. Reduce heat to low, cover and simmer about 20 minutes or until sweet potato is tender.



## Red lentil and squash soup

*Makes 4 servings*

You will need:

2 tablespoons olive oil

1 yellow onion, diced

1 teaspoon salt

2 carrots, diced

2 celery stalks, diced

1 medium delicata squash, peeled, seeded, and cut into 1/2-inch cubes

1 teaspoon each: cumin and coriander

½ teaspoon each: turmeric and cinnamon

1 cup red lentils, rinsed well

8 cups chicken or vegetable broth

1 cup chopped kale

1 inch chopped kombu or wakame seaweed

Soak lentils for 30 minutes. Drain the water, rinse, and place in a stock pot with 4 cups water. Do not add salt – this causes flatulence and stomach pain. Simmer for 20 minutes or until they are soft. Drain off any excess water and set aside.

Heat the olive oil in a soup pot over medium heat. Add the onion and a pinch of salt and sauté until translucent, about 5 minutes.

Add the carrots, celery, delicata squash, and another pinch of salt and sauté until all of the vegetables are just tender, about 5 minutes.

Add the spices and lentils and stir to coat.

Pour in 1/2 cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the pot, and cook until the liquid is reduced by half.

Add the rest of the broth.

Increase the heat to high and bring to a boil.

Decrease the heat to low and add the kale.

Cover and simmer 15 minutes.

Enjoy immediately.

## Moroccan-style pumpkin stew

*Makes 6 servings*

You will need:

2 tablespoons coconut oil

1 onion, chopped

2 garlic cloves, chopped

1 teaspoon each: cumin, coriander, cinnamon, turmeric, paprika, cardamom

½ teaspoon nutmeg

¼ teaspoon cloves

1 cup amaranth

1 large sweet potato, cubed

1 pumpkin, baked and de-seeded OR 1 can organic pumpkin purée

3 cups bone broth

¼ teaspoon sea salt

½ cup raisins

1 cup almonds

sea salt and freshly ground black pepper

**Bake pumpkin:**

Place whole pumpkin in a baking dish and bake at 400 degrees for 1 hour. Cut open and allow to cool for 5 minutes. Scoop out seeds, then scoop out flesh and set aside.

**Prepare the stew:**

Gently heat the oil in a large pan. Add the onion, garlic, and spices, and sweat over low heat for 5 minutes.

Meanwhile, put the amaranth into a pan with 2 cups water. Bring to a boil, then simmer for 20 minutes. Take off the heat and allow any remaining water to be absorbed.

Add the chopped sweet potato and pumpkin to the pan containing the onions, garlic and spices.

Add bone broth, cover, and simmer for 15 minutes. Stir thoroughly, then add the salt and raisins and simmer for another 5 minutes.

Season the amaranth to taste and stir in three-quarters of the almonds.

Serve with the pumpkin stew, garnished with the remaining almonds.

## Tuscan ribollita soup

*Makes 4-5 servings*

You will need:

- 3 garlic cloves, minced
- 2 onions, peeled and chopped into crescents
- 3 carrots, chopped into cubes
- 1 celery stalk, chopped
- ½ cup olive oil
- 1 cup stock or water
- ½ pound chicken, boneless
- 1 sprig fresh rosemary OR 2 Tablespoons dried rosemary
- 1 bunch kale, roughly chopped

Chop the celery, onions and carrots.

In a large pot, sauté the garlic, onion, celery, carrot and chicken in 2 tablespoons of olive oil over medium heat for about 5 minutes.

Stir occasionally with a metal spatula to be sure that meat is cooked. Wash the spatula after using it.

Once meat is cooked through, add the broth and rosemary. Add 3 cups water.

Bring to a boil, reduce heat, then simmer, covered, for about half an hour.

Add the kale. Bring to a boil, reduce heat and simmer for 20 more minutes.

## Zucchini coconut soup

*Makes 4 servings*

You will need:

2 Tablespoons olive oil  
1 inch fresh, chopped ginger root  
Salt and pepper to taste (1 teaspoon each)  
1 teaspoon each: turmeric, coriander, cumin  
¼ teaspoon each: nutmeg and cinnamon  
4 large zucchini, chopped into crescents  
1 can coconut milk (organic, full fat)  
3 cups chicken stock / bone broth  
1 inch chopped kombu or wakame seaweed  
1 bunch fresh basil

In a stock pot, add oil, ginger, and spices.

Add zucchini and seaweed. Cover with chicken stock and coconut milk.

Cook for 30 minutes on low heat.

Wash and chop 1 bunch basil. Reserve a few leaves as garnish then add the rest to the soup. Stir, turn off heat, and blend with immersion blender or in food processor.

Add basil garnish and any other fresh herbs you have.

This soup is delicious with brown rice or wild rice.



## Lemony turkey stew

*Makes 4 servings*

You will need:

- 2 tablespoons olive oil
- 1 tablespoon apple cider vinegar
- 1 pound organic ground turkey
- 2 stalks celery, chopped
- 2 carrots, chopped
- 1 inch fresh ginger root, chopped
- 2 cups purple cabbage, chopped
- 1 teaspoon each: coriander, cumin, oregano and salt
- 1 bunch kale
- 1 inch chopped kombu or wakame seaweed
- 3 cups chicken stock
- juice of 1 lemon to finish

In a soup pot, sauté turkey on medium high heat with vinegar, stirring constantly with a metal spatula, until chicken is cooked through - about 25 minutes depending on the cut.

Add the celery, carrots, ginger, cabbage, seaweed and spices. Stir well. Add the kale and water. Bring to a boil.

Reduce to simmer, cook for 15 minutes, and stir in lemon juice. Serve and enjoy!

## Cleansing leek soup

*Makes 4 servings*

*This is a great soup to have the day after a heavy meal.*

You will need:

- 2 teaspoons olive oil
- 5 stalks celery, chopped
- 2 large leeks, rinsed and chopped
- 2 large zucchini, sliced
- 1 bunch chard, chopped
- 1 cup artichoke hearts
- 3 cups water
- 1 inch kombu seaweed
- 1 teaspoon each: salt and freshly ground black pepper
- 1 bunch fresh basil

In a large soup pot, heat the olive oil over low heat. Add the leeks and celery. Cook, covered, until these are soft and translucent, about 10 minutes.

Add zucchini and sauté for 5 more minutes.

Add the chard and artichoke hearts.

Add the water and kombu and bring to a boil. Reduce the heat and simmer, uncovered, for 15 minutes.

Add the basil. Remove from heat and purée with an immersion blender.



## Lentil soup

*Makes 6 servings*

You will need:

2 cups chicken or vegetable broth  
1 teaspoon each: cumin and coriander  
½ teaspoon each: cinnamon, turmeric, and salt  
1 tablespoon freshly grated ginger  
coconut oil for cooking  
1 ½ cups red lentils  
1 onion, finely chopped  
2 carrots, chopped  
3 stalks celery, chopped  
1 cup green beans, fresh or frozen  
1 cup spinach  
juice of 1 lime  
1 cup cilantro, finely chopped

Soak lentils for 30 minutes. Drain the water, rinse, and place in a stock pot with 4 cups water. Do not add salt – this causes flatulence and stomach pain. Simmer for 20 minutes or until they are soft. Drain off any excess water and set aside.

Heat 2 tablespoons coconut oil in a pan over a medium heat for 1 minute. Put the onions into the pan. Sauté them for 5 minutes with a pinch of salt. Add the carrots and celery and stir-fry for 5 minutes.

Then, add the broth, cooked lentils, green beans and spinach and cook for another 10 minutes.

Serve and enjoy with quinoa.

You can garnish with fresh lime and cilantro if you like.

## Lemon cayenne green soup

*Makes 4 servings*

*This is a great soup for metabolic acceleration.*

You will need:

- 2 tablespoons olive oil
- 2 large yellow onions, chopped
- 1 teaspoon salt, divided
- 2 tablespoons plus 3 cups water, divided
- 1 large bunch kale or green chard, preferably organic (about 1 pound)
- 8 cups gently packed spinach and/or baby cooking greens
- 1 inch kombu seaweed, chopped
- 4 cups chicken broth
- ¼ teaspoon cayenne pepper
- 1 tablespoon lemon juice, or more to taste

Chop kale and chard.

Heat 2 tablespoons oil in a large skillet over medium-high heat. Add onions and ¼ teaspoon salt. Cook, stirring frequently, until the onions begin to brown, about 5 minutes.

Reduce the heat to low, add 2 tablespoons water and cover the skillet. Cook until the onions are greatly reduced and have a deep caramel color – about 20 minutes. Stir frequently while the pan is still hot and occasionally once the pan has cooled down (always recover the pan after stirring).

When the onions are caramelized, stir a little of the simmering liquid into them. Then add the greens, seaweed, broth and cayenne. Return to a simmer, cover and cook, stirring once, until the spinach and baby greens are tender but still bright green, about 5 minutes more.

Puree the soup in the pot with an immersion blender until perfectly smooth, or in a regular blender in batches (never fill your blender past the maximum fill line, and be careful with hot soup).

Stir in 1 tablespoon lemon juice. Taste and add more lemon juice, sea salt or cayenne pepper, if desired. Garnish each bowl of soup with a drizzle of olive oil.

## Lentil soup with tangy yogurt sauce

*Makes 4 servings*

For the soup:

- 1 cup cooked green lentils
- 1 yellow onion, diced
- 4 Tbsp. olive oil
- ½ teaspoon each: cumin, coriander, salt
- 1 cup fresh cilantro, roughly chopped
- ¼ cup fresh parsley, minced
- 12 firmly packed cups of chard, spinach, and/or beet greens

For the sauce:

- 1 cup unsweetened cashew or almond yogurt
- ¼ teaspoon each: salt and nutmeg
- Freshly ground black pepper to taste
- 1 teaspoon lemon juice

Rinse the lentils, cover them with water in a stock pot and bring to a boil. Turn off heat, cover, and let stand for 30 minutes.

Meanwhile, heat the oil in a soup pot. Add the onion and sauté for 15 minutes. Add the spices and sauté another 5 minutes. Add the greens, stir, and add 8 cups water or stock. Bring to a boil, lower the heat, cover the pan, and simmer for 20 minutes.

Rinse and drain the lentils, return them to the stock pot, cover again with water and bring them to a boil. Reduce heat to medium high and cook, uncovered, until tender – about 20 minutes.

Add lentils to the soup, taste for salt, and turn off the heat. You can purée the soup with an immersion blender or in an upright blender if you like.

In a serving bowl, mix the yogurt sauce.

Serve soup with a dollop of yogurt sauce and enjoy!

## Chicken and vegetable soup

*Makes 5-6 servings*

You will need:

- 2 large yellow onions
- 4 stalks celery
- ½ inch fresh ginger root
- 1 medium zucchini
- 1 bunch collard greens
- 2 Tablespoons olive oil
- 1 teaspoon coriander seed powder
- ½ teaspoon each: cumin seed powder and turmeric root powder
- Salt and pepper to taste
- 1 pound boneless chicken drumsticks

Wash and slice all the vegetables thinly.

Heat the oil in a large stock pot.

Add the onions and cook, covered, on medium heat for 10 minutes.

Add the spices and the rest of the vegetables. Cook, covered, for 10 more minutes on medium heat.

Stir every couple of minutes to ensure that the veggies do not stick. If they do, add a few drops of water and stir.

Add 4 cups water, bring to a boil, and reduce to low.

Simmer for ½ hour.

Meanwhile, poach chicken in a stock pot with water until cooked through, about 15 minutes.

Add to vegetables at the end of cooking, add chicken, and enjoy!

## Vegetable ragout

*Makes 4 servings*

You will need:

- 2 large yellow onions
- 1/2 inch ginger root, chopped
- 1 bunch kale or collards, chopped
- 2 zucchini, chopped
- 1 cup green beans, chopped in half
- 2 tablespoons coconut oil
- 2 Tablespoons lime or lemon juice
- ½ teaspoon each: turmeric, cumin, coriander
- ¼ teaspoon cinnamon
- ½ teaspoon salt
- 2 cups chicken broth
- 2 heaping spoonfuls tahini

Chop onions.

Heat coconut oil in large skillet.

Add the spices, stir and sauté on low heat for 2 minutes.

Add onions, stir, and raise heat to high for 2 minutes.

Add lime / lemon juice, cover and reduce heat to low. Simmer for 10 minutes.

Chop greens, zucchini, beans and ginger. Add to skillet. Add water if onions are sticking to the bottom.

Add ½ cup water, chicken broth and tahini. Cover and cook for ½ hour more.

## **Meatball, sweet potato and kale stew**

*Makes 4 servings*

For the meatballs:

- 1 pound ground turkey
- 1 tablespoon arrowroot powder
- ½ teaspoon each: salt, cumin, coriander, oregano
- 1 tablespoon olive oil

For the soup:

- 2 stalks celery, chopped
- 2 small sweet potatoes, cut into cubes
- 1 teaspoon each: salt and black pepper
- 1 teaspoon oregano
- 4 cups chicken broth
- 2 cups kale, chopped
- 1 cup unsweetened yogurt (plant-based)

For the meatballs:

Mix all ingredients together in a large bowl.

Bring a pot with 4 cups water to a boil.

Shape meatballs and add to boiling water. Reduce heat to simmer and cook for 10 minutes. Set aside to cool and store in a container in the fridge until you're ready to serve the soup.

For the soup:

Mix all ingredients EXCEPT yogurt and kale in a soup pot. Simmer for 1 hour.

Add kale. Simmer for 15 more minutes.

Add meatballs and simmer for 5 minutes.

Turn off the heat, add yogurt, and enjoy.