

SHE Skin & Hormone Essentials Soup Recipe Collection

Created by The Herb Clinic Sunshine Coast



Chicken Curry Noodle Soup

11 ingredients · 25 minutes · 4 servings



Directions

1. Bring a pot of water to a boil and cook noodles according to instructions on package. Drain, rinse under cold water and set aside.
2. Heat coconut oil in a saucepan over medium-high heat. Cook ginger and garlic until fragrant, about 1-2 minutes. Add bell pepper slices and chicken, and cook for about 3-5 minutes each side.
3. Add curry paste, coconut milk and broth. Scrape any bits at the bottom of the pan. Bring to a simmer and cook for an additional 10 to 15 minutes, or until chicken is cooked through.
4. Season with salt and pepper to taste. Divide noodles and curry soup into bowls. Squeeze lime juice overtop and enjoy!

Notes

No Curry Paste

Use your desired amount of curry powder instead.

Leftovers

Refrigerate in an airtight container up to 3 days or freeze.

No Chicken Broth

Use vegetable or beef broth instead.

Vegan & Vegetarian

Use vegetable broth instead of chicken broth. Use cooked chickpeas instead of chicken thighs.

Ingredients

184 grams	Pho Noodles
2 tbsps	Coconut Oil
2 tbsps	Ginger (peeled and grated)
8	Garlic (cloves, minced)
2	Red Bell Pepper (sliced)
1/2 lb	Chicken Thighs (skinless, boneless)
1/2 cup	Yellow Curry Paste
2 cups	Organic Coconut Milk (full fat, canned)
6 cups	Organic Chicken Broth
	Sea Salt & Black Pepper (to taste)
1	Lime (juiced)

Nutrition

Calories	636	Calcium	40mg
Fat	34g	Iron	3mg
Saturated	25g	Vitamin D	4IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Thiamine	0mg
Monounsaturated	2g	Riboflavin	0mg
Carbs	59g	Niacin	5mg

Fiber	2g	Vitamin B6	1mg
Sugar	8g	Folate	31µg
Protein	22g	Vitamin B12	0µg
Cholesterol	83mg	Phosphorous	174mg
Sodium	3871mg	Magnesium	28mg
Potassium	576mg	Zinc	2mg
Vitamin A	1891IU	Selenium	18µg
Vitamin C	81mg		

Cauliflower, Kale & Lentil Detox Soup

10 ingredients · 40 minutes · 6 servings



Directions

1. Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
2. Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
3. Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

Notes

Leftovers

Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

Ingredients

2 tbsps	Extra Virgin Olive Oil
1	Yellow Onion (diced)
2 stalks	Celery (diced)
2	Carrot (medium, peeled and diced)
4	Garlic (cloves, minced)
1 head	Cauliflower (chopped into florets)
4 cups	Kale Leaves (chopped)
6 cups	Organic Vegetable Broth
2 1/4 cups	Lentils (cooked)
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	205	Calcium	118mg
Fat	5g	Iron	4mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	1g	Thiamine	0mg
Monounsaturated	3g	Riboflavin	0mg
Carbs	31g	Niacin	2mg
Fiber	10g	Vitamin B6	0mg

Sugar	7g	Folate	199µg
Protein	11g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	197mg
Sodium	748mg	Magnesium	48mg
Potassium	717mg	Zinc	1mg
Vitamin A	8374IU	Selenium	3µg
Vitamin C	59mg		

Tofu, Leek & Watercress Soup

7 ingredients · 30 minutes · 6 servings



Directions

1. Add broth to a large pot and start bringing to a boil over high heat. Add remaining ingredients.
2. Once boiling, lower the heat to a simmer and cook for 15-20 minutes.
3. Divide into bowls and enjoy!

Notes

Leftovers

Store in an airtight container up to 3 days or freeze.

More Veggies

Add grated ginger, bamboo shoots, shredded dulse and/or mushrooms.

No Watercress

Use spinach, kale or cabbage.

Serve it as a Side

Pair with our Ginger Steamed Cod Fillets, Thai Basil Turkey or Herbed Pork Roast recipes.

Ingredients

8 cups	Organic Vegetable Broth (or any type of broth)
2 cups	Water
450 grams	Tofu (cubed)
1	Leeks (trimmed and sliced)
4 cups	Watercress (roughly chopped)
1 tbsp	Tamari
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	99	Calcium	143mg
Fat	5g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0mg
Monounsaturated	0g	Riboflavin	0mg
Carbs	6g	Niacin	1mg
Fiber	1g	Vitamin B6	0mg
Sugar	2g	Folate	12µg
Protein	9g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	32mg
Sodium	1072mg	Magnesium	14mg

Potassium	164mg	Zinc	0mg
Vitamin A	1672IU	Selenium	0µg
Vitamin C	13mg		

Roasted Carrot White Bean & Tahini Soup

11 ingredients · 1 hour · 4 servings



Directions

1. Preheat your oven to 375F and line a baking sheet with parchment paper.
2. In a large bowl, toss the chopped carrots with half of the olive oil. Spread them over the baking sheet and roast for 40 minutes, tossing halfway through cooking.
3. In a large pot, heat the rest of the olive oil. Add the onion and celery, cook for 7-10 minutes or until softened. Then add the garlic and cook for 2 to 3 more minutes.
4. Add the roasted carrots, vegetable broth, white beans, turmeric, and tahini into the pot. Use an immersion blender to puree until completely smooth. Add lemon juice and salt and pepper to taste.
5. Divide between bowls and enjoy!

Notes

No Immersion Blender

Use a regular blender instead, ensuring there is a place in the lid for the steam to escape.

Carrot Tip

If using different sized carrots, aim for about 0.5 lb. of carrots per serving.

No Carrots

Use sweet potato instead.

Leftovers

Refrigerate in an airtight container up to 4 days, or freeze up to 6 months.

Add Toppings

Greek yogurt, avocado, roasted vegetables, pumpkin seeds, sesame seeds, hemp seeds, cinnamon or extra turmeric.

Ingredients

18	Carrot (medium, peeled and roughly chopped)
2 tbsps	Extra Virgin Olive Oil (divided)
1	Yellow Onion (medium, diced)
3 stalks	Celery (chopped)
4	Garlic (cloves, minced)
4 cups	Organic Vegetable Broth
2 cups	White Navy Beans (cooked, drained and rinsed)
1 tsp	Turmeric
1/4 cup	Tahini
1/2	Lemon (juiced)
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	423	Calcium	253mg
Fat	16g	Iron	5mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	5g	Thiamine	1mg
Monounsaturated	8g	Riboflavin	0mg
Carbs	61g	Niacin	4mg

Fiber	20g	Vitamin B6	1mg
Sugar	17g	Folate	209µg
Protein	14g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	358mg
Sodium	886mg	Magnesium	101mg
Potassium	1447mg	Zinc	2mg
Vitamin A	46531IU	Selenium	9µg
Vitamin C	24mg		

Creamy Cauliflower & Carrot Soup

8 ingredients · 30 minutes · 4 servings



Directions

1. Heat the olive oil in a large stock pot over medium-low heat. Add the green onions and saute until softened. Add the carrot, cauliflower, water, thyme and salt. Cover the pot and bring to a boil. Once boiling, reduce to a simmer. Let simmer for 20 minutes then add in the parsley and stir until wilted. Turn off the heat.
2. Puree the soup using a blender or handheld immersion blender. (Note: If using a regular blender, be careful. Ensure you leave a space for the steam to escape.) Taste and adjust seasoning if needed. Ladle into bowls and enjoy!

Notes

Make it Fancy

Roast up some leftover carrots and cauliflower and use as a garnish with pumpkin seeds.

Anti-Inflammatory

Add turmeric powder.

Make it a Meal

Stir in lentils, chickpeas or chicken.

Gut-Healing

Make with bone broth instead of water. Adjust sea salt accordingly if the broth is salted.

Ingredients

2 tbsps	Extra Virgin Olive Oil
6 stalks	Green Onion (chopped)
5	Carrot (medium size, chopped)
1 head	Cauliflower (chopped into florets)
6 cups	Water
2 tsp	Dried Thyme
1/2 tsp	Sea Salt
1/2 cup	Parsley

Nutrition

Calories	137	Calcium	122mg
Fat	8g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Thiamine	0mg
Monounsaturated	5g	Riboflavin	0mg
Carbs	16g	Niacin	2mg
Fiber	6g	Vitamin B6	0mg
Sugar	7g	Folate	118µg
Protein	4g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	101mg

Sodium	407mg	Magnesium	46mg
Potassium	757mg	Zinc	1mg
Vitamin A	14110IU	Selenium	1µg
Vitamin C	88mg		

Ginger Miso Soba Noodle Soup

10 ingredients · 25 minutes · 2 servings



Directions

1. Bring a medium-sized pot of water to a boil. Add the soba noodles and cook for 6-7 minutes, until done. Drain and rinse with cold water until completely cooled. Set aside.
2. In a small bowl combine miso paste with just enough water to form a paste. Add the paste to a small saucepan along with the water, ginger, tamari and sesame oil. Bring to a gentle simmer, but be careful not to boil. Miso is a probiotic food, and should not be boiled.
3. While the broth is warming, divide the cooked noodles, bok choy, carrots, and snap peas between bowls. Pour the miso soup broth over the veggies to warm everything. Squeeze lime over each bowl and enjoy!

Notes

More Protein

Add a cooked salmon fillet, tofu steaks, edamame beans, or chicken.

No Soba Noodles

Use rice noodles instead.

Ingredients

100 grams	Buckwheat Soba Noodles
2 tbsps	Miso Paste
2 cups	Water
1 tbsp	Ginger (grated)
1 tbsp	Tamari
1 tbsp	Sesame Oil
1 cup	Bok Choy (quartered)
1	Carrot (medium, julienned)
1 cup	Snap Peas (or snow peas, sliced)
1/2	Lime

Nutrition

Calories	366	Calcium	93mg
Fat	9g	Iron	2mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	3g	Thiamine	0mg
Monounsaturated	3g	Riboflavin	0mg
Carbs	49g	Niacin	1mg
Fiber	5g	Vitamin B6	0mg
Sugar	6g	Folate	48µg

Protein	11g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	57mg
Sodium	1537mg	Magnesium	34mg
Potassium	335mg	Zinc	0mg
Vitamin A	7010IU	Selenium	1µg
Vitamin C	27mg		

Cream of Mushroom Soup

9 ingredients · 30 minutes · 4 servings



Directions

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

Notes

Make it Green

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

Nut-Free

Use sunflower seeds instead of cashews.

Whole Mushroom Lover

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

Storage

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

Toppings

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

Ingredients

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

Nutrition

Calories	213	Calcium	70mg
Fat	15g	Iron	2mg
Saturated	7g	Vitamin D	4IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	2g	Thiamine	0mg
Monounsaturated	5g	Riboflavin	0mg
Carbs	16g	Niacin	3mg
Fiber	3g	Vitamin B6	0mg
Sugar	6g	Folate	47µg
Protein	7g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	177mg

Sodium	811mg	Magnesium	71mg
Potassium	534mg	Zinc	1mg
Vitamin A	5235IU	Selenium	7µg
Vitamin C	7mg		

Slow Cooker Chicken Soup

8 ingredients · 6 hours · 6 servings



Directions

1. Add all ingredients to the crock pot and cook on low for 6-8 hrs.
2. Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Notes

More Carbs

Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

Leftovers

Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

Ingredients

1	Yellow Onion (diced)
4 stalks	Celery (diced)
3	Carrot (medium, chopped)
1 tbsp	Rosemary (fresh)
8 ozs	Chicken Breast (boneless, skinless)
1 lb	Chicken Thighs (boneless, skinless)
	Sea Salt & Black Pepper (to taste)
6 cups	Water (or broth)

Nutrition

Calories	216	Calcium	61mg
Fat	7g	Iron	1mg
Saturated	2g	Vitamin D	6IU
Trans	0g	Vitamin E	1mg
Polyunsaturated	2g	Thiamine	0mg
Monounsaturated	3g	Riboflavin	0mg
Carbs	6g	Niacin	10mg
Fiber	2g	Vitamin B6	1mg
Sugar	3g	Folate	19µg
Protein	31g	Vitamin B12	0µg

Cholesterol	140mg	Phosphorous	289mg
Sodium	148mg	Magnesium	43mg
Potassium	520mg	Zinc	2mg
Vitamin A	5256IU	Selenium	31µg
Vitamin C	4mg		

Roasted Red Pepper & Tomato Lentil Soup

12 ingredients · 45 minutes · 5 servings



Directions

1. Preheat oven to 425 and line a baking sheet with parchment paper. Toss the tomatoes, red peppers, onion and garlic in olive oil and place on the baking sheet. Place in the oven and bake for 30 minutes. After 30 minutes, turn the oven to broil and bake for another 5 minutes.
2. Meanwhile, add lentils and water to a stockpot. Bring to a boil. Reduce heat to medium-low and simmer uncovered for 15 to 20 minutes or until tender. Stir in vegetable broth, sea salt, black pepper and oregano in with the lentils and mix well.
3. Remove vegetables from oven. Let cool slightly. Peel away the skin from the red pepper and discard. Place vegetables in pot with your lentils.
4. Add your cashews to the bottom of your blender. Pour in contents of your stock pot. Ensure there is somewhere for the steam to escape. Blend into a puree.
5. Ladle into bowls. Drizzle with a splash of olive oil and red chilli flakes. Enjoy!

Notes

Add Some Greens

Top with chopped baby spinach.

Ingredients

2	Tomato (cut in half)
3	Red Bell Pepper (halved and seeds removed)
1	Sweet Onion (coarsley chopped)
3	Garlic (cloves)
1 tbsp	Extra Virgin Olive Oil
1 cup	Dry Red Lentils (uncooked)
3 cups	Water
3 cups	Organic Vegetable Broth
1 tsp	Sea Salt
1/2 tsp	Black Pepper
1 tsp	Oregano
1/4 cup	Cashews (raw, unsalted)

Nutrition

Calories	273	Calcium	65mg
Fat	7g	Iron	3mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Thiamine	0mg
Monounsaturated	4g	Riboflavin	0mg
Carbs	41g	Niacin	1mg

Fiber	14g	Vitamin B6	0mg
Sugar	8g	Folate	99µg
Protein	14g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	225mg
Sodium	896mg	Magnesium	74mg
Potassium	904mg	Zinc	3mg
Vitamin A	3275IU	Selenium	2µg
Vitamin C	103mg		

Slow Cooker Burrito Soup

16 ingredients · 4 hours · 6 servings



Directions

1. Add all ingredients except kale, avocado and salsa to slow cooker. Cover and cook on high for at least 4 hours. Cook up to 8 hours, depending on how thick you like your soup.
2. About 10 minutes before serving, remove the lid and set kale leaves on top. Cover with lid and let sit for 10 minutes.
3. After 10 minutes, stir to mix in kale evenly throughout. Ladle into bowls and top with a spoonful of organic salsa and avocado. Enjoy!

Ingredients

2 cups	Black Beans (cooked, drained and rinsed)
3 cups	Diced Tomatoes
1	Sweet Onion (diced)
1 cup	Frozen Corn
1/2	Green Bell Pepper (diced)
2	Jalapeno Pepper (de-seeded and diced)
2 tbsps	Chili Powder
2 tsps	Cumin
1 tsp	Oregano
1/2 tsp	Black Pepper
2 tsps	Sea Salt
1 cup	Brown Rice (uncooked)
4 cups	Water
4 cups	Kale Leaves (chopped)
1	Avocado (peeled and diced)
1/4 cup	Organic Salsa

Nutrition

Calories	349	Calcium	145mg
Fat	7g	Iron	5mg
Saturated	1g	Vitamin D	0IU

Trans	0g	Vitamin E	3mg
Polyunsaturated	1g	Thiamine	0mg
Monounsaturated	4g	Riboflavin	0mg
Carbs	61g	Niacin	4mg
Fiber	13g	Vitamin B6	0mg
Sugar	8g	Folate	145µg
Protein	12g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	245mg
Sodium	982mg	Magnesium	111mg
Potassium	671mg	Zinc	2mg
Vitamin A	6031IU	Selenium	7µg
Vitamin C	41mg		

Slow Cooker Cabbage Roll Soup

14 ingredients · 4 hours · 6 servings



Directions

1. Use a food processor to pulse your cauliflower into rice.
2. Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on low for 7 to 8 hours or on high for 4 hours (or until meat is fully cooked through).
3. Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley. Enjoy!

Notes

Storage

Refrigerate in an air-tight container up to 5 days, or freeze up to a year.

No Ground Turkey

Use any type of ground meat.

Vegan & Vegetarians

Replace the meat with 1 can of lentils, chickpeas or kidney beans.

Ingredients

1 head	Cauliflower (processed into rice)
4 cups	Green Cabbage (roughly chopped)
1	Yellow Onion (diced)
4	Garlic (cloves, minced)
3 cups	Crushed Tomatoes
2 tbsps	Extra Virgin Olive Oil
1 tbsp	Italian Seasoning
1/2 tsp	Red Pepper Flakes (optional)
1 tsp	Sea Salt
1 tsp	Black Pepper
1 cup	Water
1 lb	Extra Lean Ground Turkey (or chicken)
4 cups	Baby Spinach (optional)
1/3 cup	Parsley (chopped, optional)

Nutrition

Calories	249	Calcium	143mg
Fat	12g	Iron	4mg
Saturated	2g	Vitamin D	11IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	3g	Thiamine	0mg

Monounsaturated	6g	Riboflavin	0mg
Carbs	21g	Niacin	6mg
Fiber	7g	Vitamin B6	1mg
Sugar	11g	Folate	146µg
Protein	20g	Vitamin B12	1µg
Cholesterol	56mg	Phosphorous	260mg
Sodium	791mg	Magnesium	82mg
Potassium	1055mg	Zinc	3mg
Vitamin A	2594IU	Selenium	16µg
Vitamin C	92mg		

Cream of Broccoli Soup

10 ingredients · 30 minutes · 4 servings



Directions

1. Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
2. In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
3. Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

Notes

Make it Paleo

Omit the lentils.

Ingredients

1	Sweet Onion (chopped)
1	Carrot (chopped)
3 stalks	Celery (chopped)
5 cups	Broccoli (chopped, incl. stalks)
6 cups	Water
1 tsp	Dried Basil
1 tsp	Sea Salt
1 cup	Cashews
2 cups	Green Lentils (cooked, drained and rinsed)
2 cups	Baby Spinach (packed)

Nutrition

Calories	392	Calcium	177mg
Fat	17g	Iron	7mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	3g	Thiamine	0mg
Monounsaturated	9g	Riboflavin	0mg
Carbs	48g	Niacin	3mg
Fiber	14g	Vitamin B6	1mg
Sugar	11g	Folate	336µg

Protein	19g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	464mg
Sodium	696mg	Magnesium	181mg
Potassium	1232mg	Zinc	4mg
Vitamin A	4808IU	Selenium	10µg
Vitamin C	113mg		

Spider Web Pumpkin Soup

11 ingredients · 20 minutes · 4 servings



Directions

1. In a large pot, heat coconut oil over medium heat. Stir in pumpkin, broth, almond milk, ginger, sage, maple syrup, salt and pepper.
2. Bring to a boil and let simmer for about 10 minutes. Divide the pumpkin soup into separate bowls.
3. Meanwhile, slice your black olives and set aside for garnish.
4. Put the coconut milk into a squeeze bottle and draw a spiral in each bowl of soup. Use a toothpick to draw straight lines from the center of each spiral to the outer edges.
5. Garnish soup with olive slices in the form of spiders. Enjoy!

Notes

No Coconut Milk

Use Greek yogurt.

No Squeeze Bottle

Place coconut milk in one end of a small plastic sandwich bag and make a very small cut in the corner. Gently squeeze the milk out of the bag to draw your spiderwebs.

Storage

Store in the fridge up to 3-4 days or freezer up to 6 months in an air-tight container. If storing in mason jars, use wide-mouth jars and leave at least 1 inch of space at the top to allow the fluid to expand.

Serve it With

Toasted organic bread and our Grilled Cherry Salad.

Ingredients

2 tbsps	Coconut Oil
2 1/4 cups	Pureed Pumpkin
2 cups	Organic Vegetable Broth
1/2 cup	Unsweetened Almond Milk
1 tsp	Ground Ginger
1 tsp	Ground Sage
1 1/2 tps	Maple Syrup
1/2 tsp	Sea Salt
1/4 tsp	Black Pepper
1/4 cup	Organic Coconut Milk (optional)
1/4 cup	Black Olives (pitted and sliced)

Nutrition

Calories	160	Calcium	97mg
Fat	11g	Iron	2mg
Saturated	8g	Vitamin D	13IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Thiamine	0mg
Monounsaturated	1g	Riboflavin	0mg
Carbs	14g	Niacin	0mg
Fiber	6g	Vitamin B6	0mg
Sugar	7g	Folate	1µg

Protein	3g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	5mg
Sodium	714mg	Magnesium	6mg
Potassium	64mg	Zinc	0mg
Vitamin A	17240IU	Selenium	0µg
Vitamin C	2mg		

Slow Cooker Black Bean Soup

11 ingredients · 4 hours · 6 servings



Directions

1. Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
2. Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Notes

Toppings

Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

Stove Top

If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

Ingredients

2 tbsps	Extra Virgin Olive Oil
1	Yellow Onion (finely diced)
2 stalks	Celery (diced)
1	Carrot (large, chopped)
6	Garlic (cloves, minced)
1 tbsps	Cumin
1/2 tsp	Cayenne Pepper
6 cups	Black Beans (cooked, drained and rinsed)
3 cups	Diced Tomatoes
2 cups	Water
2	Lime (juiced)

Nutrition

Calories	318	Calcium	108mg
Fat	6g	Iron	5mg
Saturated	1g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	1g	Thiamine	0mg
Monounsaturated	4g	Riboflavin	0mg
Carbs	51g	Niacin	1mg
Fiber	17g	Vitamin B6	0mg

Sugar	6g	Folate	264µg
Protein	17g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	260mg
Sodium	46mg	Magnesium	131mg
Potassium	729mg	Zinc	2mg
Vitamin A	2389IU	Selenium	3µg
Vitamin C	21mg		