

GLUTEN-FREE & SOUPS



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8 Simple Gluten-Free Soup Recipes

Soup is one of my absolute favorite real food meals. Here's why...

- **Soup recipes are forgiving.** It's easy to adapt soup recipes to whatever you have on hand.
- **Soup recipes are easily multiplied.** Hello, leftovers!
- **Soup recipes involve homemade bone broth.** Bone broth is one of the most nutritious foods you can eat.
- **Soup recipes require one pot only.** Soup is a one pot meal with easy cleanup!
- **Soup recipes disguise vegetables.** Seriously. My kids won't eat tomatoes, radishes, turnips, or onions. But they'll eat them in soup! #momwin
- **Soup recipes are easy.** You don't have to be a gourmet chef to whip up a tasty soup.

I want you to love soup as much as I do, and I want your family to love soup like mine does. So here are a few of our favorite, simple, real food soup recipes.



NOTES

- All 8 recipes are gluten-free.
- Recipes #1-7 are Paleo.
- Recipe #8 uses GF oats.

8 REAL FOOD SOUP RECIPES

Chicken

1. Chicken Tortilla Soup
2. White Chicken Chili
3. Chicken Zoodle Soup

Sausage

4. Sausage & Sweet Potato Soup with Spinach

Beef

5. Beef & Veggie Soup with Sweet Potatoes
6. Hamburger Soup with Beef & Veggies

Meat-free

7. Creamy Tomato Soup
8. Irish Soup

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CHICKEN TORTILLA SOUP

Serves 4-6

A simple, nourishing soup with Tex Mex flair. Ready in 30 minutes.

INGREDIENTS

- 1 LARGE ONION, CHOPPED
- 1 TB GROUND CUMIN (OR MORE)
- APPROX 28 OZ HOMEMADE CHICKEN BROTH
- 1 28-OZ. CAN ORGANIC FIRE-ROASTED DICED TOMATOES (OR EQUIVALENT FRESH)
- ABOUT 4 CUPS SHREDDED, COOKED CHICKEN
- 1-2 CUPS FROZEN CORN (FOR GRAIN-FREE, USE DICED OR SHREDDED ZUCCHINI)
- 2 4-OZ. CANS DICED GREEN CHILES (OR EQUIVALENT FRESH)
- CILANTRO, TO TASTE
- UNREFINED SEA SALT, TO TASTE
- OPTIONAL TOPPINGS: SOUR CREAM, SHREDDED CHEESE, AVOCADO, ETC.

INSTRUCTIONS

1. Sauté onions & cumin in butter or coconut oil.
2. When onions are tender, add all remaining ingredients and cook for 15-30 minutes.
3. Serve with any combination of sour cream, shredded raw cheddar and diced avocados.

NOTES

You can also make this in the crockpot. Combine all ingredients in a large crockpot, adding zucchini during the last 30 minutes of cook time. Cook all day on low.



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WHITE CHICKEN CHILI

Serves 8

This chicken chili requires a bit more prep time than the other soup recipes listed here, but it's well worth the effort. The cumin, cilantro and lime juice are key players here. The bell peppers add sweetness, too. So don't skip those!

INGREDIENTS

- 1 12-OZ. BAG FROZEN CHOPPED ONIONS (OR EQUIVALENT FRESH)
- 2 4-OZ. CANS DICED GREEN CHILES
- ABOUT ½ SWEET BELL PEPPER, FINELY DICED
- 4 CLOVES OF GARLIC, MINCED
- 1 TB CHILI POWDER
- 2 TSP DRIED OREGANO
- DASH (OR MORE) CAYENNE PEPPER
- 1 TSP UNREFINED SEA SALT
- 1 TB CUMIN
- ½ TSP GROUND BLACK PEPPER
- ABOUT 4 CANS WHITE BEANS OR THE EQUIVALENT OF SOAKED, COOKED BEANS
- ABOUT 4 TO 6 CUPS CHICKEN BROTH
- 2 TB FRESH LIME JUICE
- 2 TO 4 CUPS CHOPPED COOKED CHICKEN
- ABOUT ¼ CUP CHOPPED FRESH CILANTRO
- 1-2 CUPS SHREDDED ZUCCHINI

INSTRUCTIONS

1. Heat a large pot over medium-high heat.
2. Add butter.
3. When butter melts, add diced veggies and stir to coat with butter.
4. Reduce heat to low and cover. Cook until veggies begin to soften.
5. Add chicken, broth, and parsley.
6. Bring to a boil, then reduce heat to low.
7. Add zucchini and simmer for about 15 minutes, then season with salt and pepper.



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CHICKEN ZOODLE SOUP

Serves 6-8

Delicious, nutritious, and you'll never miss the noodles.

INGREDIENTS

- 2-4 TB BUTTER OR COCONUT OIL
- 1 ½ CUPS CELERY, DICED
- 1 ½ CUPS ONION, DICED
- 3-4 CUPS CARROTS, DICED
- 4 CUPS COOKED, SHREDDED CHICKEN
- 10 CUPS CHICKEN BROTH (HOMEMADE IS BEST)
- 2 TB FRESH PARSLEY, CHOPPED
- UNREFINED SEA SALT & GROUND BLACK PEPPER, TO TASTE.
- 1 CUP DRIED ZUCCHINI NOODLES (OR SHREDDED FRESH ZUCCHINI)

INSTRUCTIONS

1. Heat a large pot over medium-high heat.
2. Add butter.
3. When butter melts, add diced veggies and stir to coat with butter.
4. Reduce heat to low and cover. Cook until veggies begin to soften.
5. Add chicken, broth, and parsley.
6. Bring to a boil, then reduce heat to low.
7. Add zucchini and simmer for about 15 minutes, then season with salt and pepper.



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SAUSAGE & SWEET POTATO SOUP WITH SPINACH

Serves 6-8

Simple ingredients with amazing flavor. Feel free to use any greens you have on hand: spinach, kale, chard, beet greens, etc.

INGREDIENTS

- 1 LB BULK SAUSAGE
- 1 TB ITALIAN SEASONING (OR 1 TSP BASIL, 1 TSP PARSLEY, ½ TSP OREGANO, ½ TSP ROSEMARY, AND ¼ TSP THYME)
- 1 LARGE ONION, CHOPPED (ABOUT 1 CUP)
- 1 TSP UNREFINED SEA SALT
- ½ TSP GROUND BLACK PEPPER
- 4 GARLIC CLOVES, MINCED
- 2 LARGE SWEET POTATOES, CHOPPED (2-3 CUPS)
- 4-5 CUPS HOMEMADE CHICKEN BROTH
- 1 BAY LEAF
- 1-2 CUPS SPINACH LEAVES



INSTRUCTIONS

1. Brown sausage in a large pot, breaking up clumps. I prefer my cast iron dutch oven for this recipe.
2. When the sausage is almost cooked through, add Italian seasoning.
3. Stir to combine and cook sausage until traces of pink are gone.
4. Add chopped onion and cook about 5 minutes, until onions are tender.
5. Add salt, pepper, and garlic. Stir well and cook about 30 seconds.
6. Add sweet potatoes, broth, and bay leaf, and stir well.
7. Bring to a boil, then reduce heat to low and simmer for 20-30 minutes until potatoes are tender.
8. Just before serving, remove bay leaf and toss in the spinach. Stir well.
9. Serve with almond flour biscuits or onion nut dehydrator crackers.



8 Simple Gluten-Free Soup Recipes

BEEF & VEGGIE SOUP WITH SWEET POTATOES

Serves 5

Leftover pot roast or steak makes this recipe a cinch to prepare, but the soup tastes better the longer it simmers.

INGREDIENTS

- 2 CUPS LEFTOVER POT ROAST OR STEAK
- COCONUT OIL
- 1 12-OZ. BAG MIREPOIX (OR 1.5 CUP DICED ONION, CELERY & CARROT)
- 2 TB TOMATO PASTE
- 4 GARLIC CLOVES, MINCED
- ½ CUP RED WINE
- APPROX. 6 CUPS BEEF BROTH
- 1 MEDIUM SWEET POTATO, PEELED AND DICED
- 1 SMALL GRANNY SMITH APPLE, DICED
- 1 BAY LEAF
- 1 TSP THYME
- 1 TSP OREGANO
- 1 TSP DRIED PARSLEY
- ¾ TSP* TO 1 TSP UNREFINED SEA SALT
- ½ TSP GROUND BLACK PEPPER

INSTRUCTIONS

1. Heat 2 TB coconut oil in a large soup pot over medium-high heat.
2. Saute mirepoix until tender, then remove and set aside.
3. Turn the heat to low and add a bit more coconut oil plus the garlic.
4. Cook for about 30 seconds, then add tomato paste and beef. Stir to combine.
5. Add the wine and continue to cook and stir for a few minutes.
6. When the wine is absorbed, add the warm mirepoix back to the pot.
7. Add the broth and all remaining ingredients.
8. Bring soup to a boil, then lower heat and cover.
9. Simmer, covered, for at least 30 minutes and up to several hours.
10. Remove bay leaf and serve with Almond Flour Biscuits.



8 Simple Gluten-Free Soup Recipes

HAMBURGER SOUP WITH BEEF & VEGGIES

Serves 8

A delicious way to use up leftover or frozen veggies.

INGREDIENTS

- 1 LB. GROUND BEEF (PREFERABLY GRASS FED)
- 1 LARGE ONION, CHOPPED
- 2 TB COCONUT OIL
- 1 CLOVE GARLIC, MINCED
- UNREFINED SEA SALT, TO TASTE—ABOUT ½--1 TSP
- GROUND BLACK PEPPER, TO TASTE
- BASIL—ABOUT 1 TB DRIED OR ½ CUP FRESH, CHOPPED
- PARSLEY--ABOUT 1 TB DRIED
- 1 CAN (14 OZ.) STEWED TOMATOES (OR EQUIVALENT FRESH CHOPPED)
- 32 OZ. BEEF BROTH (HOMEMADE IS BEST!)
- 1 BAY LEAF
- 1-2 10-OZ. BAGS FROZEN VEGETABLE SOUP BLEND (NOT TOMATO-BASED KIND), OR WHATEVER VEGGIES YOU HAVE ON HAND: FROZEN OR LEFTOVERS, ETC. FAVORITE VEGGIES TO ADD TO THIS SOUP INCLUDE: ROASTED BUTTERNUT SQUASH, ROASTED RED PEPPERS, FRESH CHOPPED OR FROZEN SHREDDED ZUCCHINI, GREEN BEANS.



INSTRUCTIONS

1. Sauté chopped onion in coconut oil.
2. Add garlic and sauté briefly.
3. Add ground beef and brown.
4. Add seasonings—salt, pepper, basil, and parsley--and stir.
5. Add tomatoes, beef broth, and bay leaf.
6. Bring to a boil, then simmer about 15 minutes.
7. Add vegetables. Cook for at least 30 minutes, until vegetables are soft. Simmering longer will produce more flavorful results.
8. Discard bay leaf before serving.

8 Simple Gluten-Free Soup Recipes



CREAMY TOMATO SOUP {DAIRY-FREE}

Serves 4

This soup is your answer to "it's 5:00 pm and I forgot to make plans for dinner!"

INGREDIENTS

- 1 TB COCONUT OIL
- 1/2 CUP CHOPPED FROZEN ONION
- 3 GARLIC CLOVES, MINCED
- 1 CAN (26 OZ) ORGANIC, FIRE ROASTED, DICED TOMATOES
- 1 CAN (14 OZ) FULL FAT COCONUT MILK
- 1 TSP UNREFINED SEA SALT
- 1 TSP DRIED THYME
- GROUND BLACK PEPPER, TO TASTE



INSTRUCTIONS

1. In a large saucepan, saute onions in coconut oil until soft.
2. Add minced garlic and continue to saute.
3. Place tomatoes (and juice—everything in the can), onions and garlic in a high powered blender (like the Vitamix) and blend until smooth.
4. Pour tomato mixture back into the soup pot.
5. Add coconut milk and remaining ingredients. Stir well.
6. Heat to boiling, then reduce heat to low.
7. Serve and enjoy!

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IRISH SOUP

Serves 6

What if there was a recipe for a soup that is thick, hearty, nourishing, meatless, dairy-free, gluten-free, made with real food, quick and easy to prepare? Yep, it's this soup.

INGREDIENTS

- 4 TB COCONUT OIL
- 12 OZ BAG OF FROZEN MIREPOIX (OR EQUIVALENT FINELY CHOPPED ONION, CELERY & CARROT)
- 1-2 TB RICE FLOUR
- 7-8 CUPS CHICKEN BROTH (HOMEMADE IS BEST)
- 1/2 CUP GLUTEN-FREE STEEL CUT OATS
- 1 CUP FROZEN CHOPPED SPINACH
- 4 TB COCONUT CREAM* (OR REAL CREAM)
- UNREFINED SEA SALT, TO TASTE (I START WITH ABOUT 1/2 TSP)
- GROUND BLACK PEPPER, TO TASTE (I START WITH ABOUT 1/4 TSP)

*Coconut cream is found at the top of a can of cold coconut milk—the cream solidifies at the top. If you keep cans of coconut milk in a very warm spot, you may need to place one can in the fridge before preparing this recipe. In my experience, most cans of coconut milk separate automatically.

INSTRUCTIONS

1. In a large saucepan, saute onions in coconut oil until soft.
2. Add minced garlic and continue to saute.
3. Place tomatoes (and juice—everything in the can), onions and garlic in a high powered blender (like the Vitamix) and blend until smooth.
4. Pour tomato mixture back into the soup pot.
5. Add coconut milk and remaining ingredients. Stir well.
6. Heat to boiling, then reduce heat to low.
7. Serve and enjoy!

