

My Top 3 Delicious & Healthy Soup Recipes *You're Gonna Love*



Lori Kampa

Certified Integrative Health Coach

www.mindfulhealthwithLORI.com

Indian-style Coconut Curry

Serves 2, with leftovers

Ingredients:

- 1 TB extra-virgin coconut oil
- 1 small yellow onion, peeled and chopped
- 1lb boneless, skinless free-range organic chicken breasts, cut into small chunks (or chickpeas)
- 1-inch piece fresh ginger, peeled and diced
- 4 garlic cloves, minced
- 2 TB curry powder
- 2 C vegetable or chicken broth
- 1 (14-oz) can full-fat coconut milk
- 3 -4 carrots, peeled and cut into ½-inch rounds
- 1 small head cauliflower, broken into florets and chopped into bite-sized pieces
- 1 C frozen peas
- 1 TB ground turmeric

Directions:

1. Heat a large soup pot or Dutch oven over medium-high heat.
2. Add olive oil, chicken, ginger and onion to the pan and cook until chicken begins to brown, then add garlic and cook for another minute.
3. Add curry powder and turmeric and stir until the chicken is coated and spices are fragrant, then pour in broth and coconut milk, and stir to combine.
4. Next, add carrots and cauliflower, bring to a simmer, cover, and cook for 15 minutes.
5. Just before serving, stir in peas. Taste and add sea salt if needed. Serve with a side of brown rice.

Vegetarian Substitution: You can also swap out a 14-oz can of rinsed and drained chickpeas for the chicken to make this a vegetarian meal. Simply add them when you add the carrots and cauliflower.

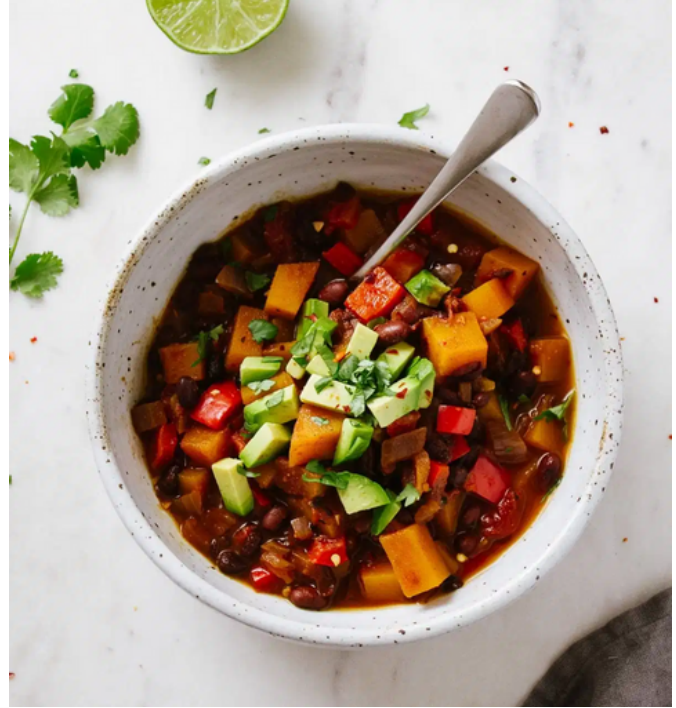
Are you making it for the family? Go lighter on the curry and turmeric, and/or additional peas and carrots.

Short on time? Add all ingredients (except peas) into a slow cooker on low all day! This curry freezes well and reheats nicely for quick meals too. Suggest making a double or triple batch to freeze for future meals.



Spicy Butternut Squash and Black Bean Chili with Steamed Greens

Serves 2



Ingredients:

- 1 TB olive oil
- ½ small butternut squash, peeled, seeded, and cut into ½ - inch chunks
- 1 medium onion, chopped
- 1 green bell pepper, seeded, cored and diced
- 1 jalapeno, seeded and diced finely (optional)
- 1 (14-oz) cans diced tomatoes
- 2 TB chili powder
- 1 tsp cumin
- 1 C broth
- 1 (14-oz) cans black beans, rinsed and drained
- 1 tsp sea salt

Directions:

1. Heat a large Dutch oven or soup pot over medium-high heat. Add little olive oil and the butternut squash and onions. Sauté for 10 minutes or until butternut squash is starting to brown.
2. Add bell pepper and jalapeno, stir and cook 3-4 minutes more.
3. Stir in the tomatoes, chili powder, cumin and broth. Bring the pot to a simmer, cover, and cook for 10-15 minutes until the butternut squash is fork-tender.
4. Add the beans and sea salt and stir gently to combine. Let heat through, about 5 minutes.
5. Serve and offer chopped green onions, diced red onion, sliced avocado, or cilantro as toppings.

Simple Minestrone

Makes 4 serving



Ingredients:

- 1 lb mild Italian chicken sausage
- 1 TB extra virgin olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 4 C vegetable or chicken broth
- 1 (14-oz) can kidney beans, rinsed and drained
- 1 (14-oz) can diced roasted tomatoes
- 1 bunch kale, washed, de-stemmed and cut into thin ribbons
- 1 tsp dried thyme
- Sea salt and pepper to taste

Directions:

1. In a large pot, sauté chicken sausage for 3-4 minutes, using a wooden spoon to break it into small pieces. Add olive oil, onion and garlic, and sauté for 5 minutes more, stirring occasionally.
2. Add broth and tomatoes, then cover and bring to a simmer, cooking for 20 minutes. Stir in kidney beans, kale, and dried thyme and simmer for 5 minutes more, then serve.

Is Health Coaching Right For You?

I love to hear from you! Please let me know what you think of these delicious and healthy soup recipes.

Are you ready to transform your life and live the healthy life you always imagined? Research has shown that individuals who work with health coaches experience positive health outcomes, reducing their risks of chronic diseases. Investing in yourself is the best investment one can make.

As a thank you for being a valued member of my community, I'm offering you a free 30-minute private breakthrough health coaching session to see if health coaching is right for you! Schedule your free session at <https://lorikampa.biz/freesession>.

Always cheering you on,

Lori Kampa

Certified Integrative Health Coach + Wellness
Educator

Cell: 612.720.1335

Facebook Page:

www.facebook.com/BMindfulHealth

Email: info@mindfulhealthwithlori.com

Web: www.mindfulhealthwithLORI.com

