

# Healthy 5-Day Cleanse Soup Recipes

---

## Thai Curry Chicken and Spinach Soup

Makes 4 servings

### Ingredients:

- 1 tsp coconut oil
- 1-2 tsp Thai red curry paste
- ½ yellow onion, diced
- 1 bag frozen butternut squash
- 1 free-range, organic boneless, skinless chicken breast, cut into small pieces
- 1 (14-oz) can full-fat coconut milk
- 2 C chicken broth
- Juice of a lime
- 1 bag or bunch of baby spinach

### Directions:

1. Heat a large, wide pot over medium high heat. Add coconut oil. Once melted, add red curry paste and mix it so it combines well with the coconut oil.
2. Add onions and butternut squash and cook for about 10 minutes or until squash is starting to fall apart.
3. Put chicken breast in with the onions and squash and cook for about 5 minutes or until chicken starts to brown a little.
4. Pour the coconut milk and broth into the pot and bring to a gentle boil, then reduce heat, cover, and simmer for 10 minutes or until chicken is cooked through.
5. Add lime juice, stir to combine, and then gently stir in the spinach until it has wilted.

**Notes:** The spiciness of curry pastes can vary greatly depending on the bottle, so take a whiff before adding it to get a sense of how strong it will be. You may need double the amount with a mild red curry paste.

**Vegetarian Substation:** The chicken can be substituted with chickpeas, split yellow peas, lentils, cauliflower or organic non-gmo soy curls for this recipe. It depends on what kind of texture you are in the mood for. Substitute the chicken broth for vegetable broth or "Better than Bullion" as well.

**Running short on time?** Use fully cooked chicken sausage or a can of chickpeas instead.

Make a double or triple batch to freeze in single or family size servings for more healthy meals on busy nights.

# Healthy 5-Day Cleanse Soup Recipes

## French Green Lentil Stew and Blanched Greens

Serves 6

Ingredients:

- 1 TB olive oil, butter or ghee
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 tsp coriander
- 2 tsp cumin
- 1-2 tsp freshly grated ginger
- 1 tsp allspice
- 1/4 tsp cinnamon
- Dash cayenne pepper
- 3 carrots, chopped
- 3 stalks celery, sliced
- 1 parsnip, peeled and chopped
- 6 C vegetable broth or water
- 1 C French green lentils, picked over and rinsed
- 1 bunch kale or collard greens washed, de-stemmed, and cut into thin strips
- 1 TB red wine vinegar
- Salt and pepper to taste



Directions:

1. Heat oil in a large, heavy saucepan over medium-high heat. Sauté onion and garlic until translucent, then add all spices and stir for a few minutes.
2. Add celery, carrots, parsnip, lentils and broth.
3. Bring soup to a boil. Reduce heat to medium-low, cover, and simmer until lentils are tender, about 50 minutes.
4. Meanwhile, bring a pot of water to a boil. When boiling, drop kale and/or collard greens into water. Turn off heat, cover, and let sit for 2 minutes, then drain.
5. Season lentil soup with salt and pepper as needed, and add vinegar if desired.
6. Serve soup over a pile of the cooked greens.

**Note:** This soup freezes well, especially when you cook the greens separately and keep them out of the frozen soup. It's super simple to cook a fresh set of greens while you are re-heating the frozen soup. Although this soup might seem like a lot of work, you're eating it for 2 lunches of your detox, and you'll have leftovers to put in the freezer for later. This could also be made in a slow cooker on low all day.

# Healthy 5-Day Cleanse Soup Recipes

## Simple Minestrone

Makes 3-4 servings

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.

## Miso Soup

Serves 1

Ingredients:

- 2 cups water, vegetable broth or chicken broth
- 1-2 TB miso paste
- ½ cup grated carrot, celery root, parsnip and/or turnip
- 1 TB dried wakame seaweed, reconstituted per package instructions, then drained
- 1 green onion, chopped
- Fresh ginger, grated



Directions:

1. In a small saucepan, bring water/broth to a boil and then turn off heat. Add grated vegetables and green onion, and put a lid on for 2-3 minutes to allow veggies to cook a little.
2. Whisk in miso and add the wakame (drain first). Grate fresh ginger over the top and serve.
3. Add wheat free tamari or hot sauce if you want a little more flavor.

# Healthy 5-Day Cleanse Soup Recipes

## 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
- 1 TB ground turmeric
- 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



### Directions:

1. Heat a large soup pot or Dutch oven over medium-high heat.
2. Add olive oil, chicken, ginger and onion to 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 let 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.

**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 to make a double or triple batch to freeze for future meals.

# Healthy 5-Day Cleanse Soup Recipes



## Tuscan Vegetable Stew

Makes 6 servings

Ingredients:

- 1 TB olive oil
- ½ yellow onion, chopped
- 1 zucchini, cut in half lengthwise and sliced
- 1 yellow squash, cut in half lengthwise and sliced
- 4 oz cremini mushrooms, wiped clean, tip of foot cut off and cut in quarters
- 3 garlic cloves, minced
- 1 jar or can diced tomatoes, with their juices
- 4-6 C vegetable or chicken broth
- 1 small bunch escarole or lacinato kale, washed, dried and cut into thin strips
- 1 sprig fresh oregano or 1 tsp dried
- 2 (14-oz) cans white kidney beans/navy beans/cannellini beans, rinsed & drained
- Freshly ground pepper



Directions:

1. Heat a large pot to medium high. Add olive oil and onion and cook until onion is fragrant, 4-5 minutes.
2. Add zucchini, yellow squash and mushrooms and sauté for 10 minutes. Add garlic cloves and stir for about a minute.
3. Add tomatoes, broth and oregano. Bring to a low boil, reduce heat and then simmer for 15 minutes. Gently stir the beans and escarole/kale into soup and cook for another 5 minutes or until beans are heated through and greens are wilted. Serve with freshly ground pepper on top.

# Healthy 5-Day Cleanse Soup Recipes

---

## Lentil, Butternut Squash & Swiss Chard Soup

Serves 2

Ingredients:

- 2 tsp olive oil
- 1 small yellow onion, diced
- 4 garlic cloves, chopped
- 1 C French green lentils or brown lentils, rinsed and picked through
- 6 C broth
- 1 bag frozen butternut squash or 1 small butternut squash, peeled, seeded and cut into small chunks
- 1 bunch Swiss or rainbow chard, cleaned and cut into thin ribbons
- 1 tsp cumin
- 1 tsp curry powder
- Dash cayenne pepper (optional)
- Sea salt and pepper

Directions:

1. In a large Dutch oven, sauté onion and garlic cloves until they are fragrant. Add lentils and stir to combine. Pour broth in, bring to a low boil, then cover and simmer for about 15 minutes.
2. Stir in butternut squash and bring back to a low simmer. Cook for another 15 minutes or until lentils are cooked and squash is tender.
3. Add Swiss chard, cumin, curry powder, cayenne pepper, sea salt and pepper and stir to combine. Simmer five minutes more or until the Swiss chard has wilted slightly, then serve.



# Healthy 5-Day Cleanse Soup Recipes

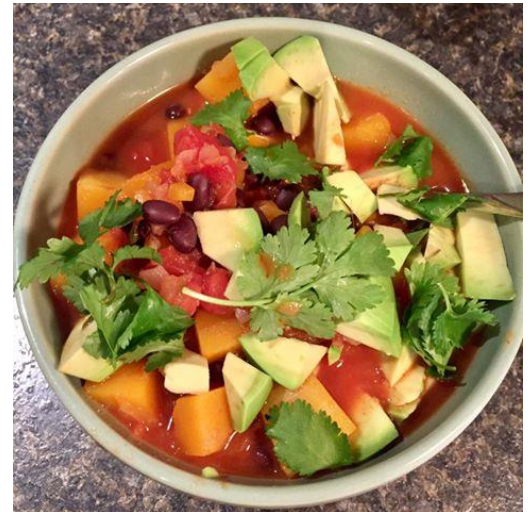


## Spicy Butternut Squash and Black Bean Chili with Steamed Greens

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 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.

Short on time? Add all ingredients into a slow cooker on low all day! This chili freezes well and reheats nicely for quick meals too.

## Steamed Greens

Directions:

1. Bring ½-1 cup water to a boil in a small saucepan.
2. Wash and de-stem one bunch of green (kale, collard greens etc.) and tear into 1-inch size pieces.

# Healthy 5-Day Cleanse Soup Recipes

---

## Pumpkin Curry Soup

Serves 4

Ingredients:

- 1 onion
- 1 TB olive oil
- 2 C pumpkin, cooked or canned
- 4 C broth
- 2 bay leaves
- 1 tsp curry powder
- ¼ tsp nutmeg
- 1 (14 oz) can full fat coconut milk
- 1 pinch salt
- 1 pinch black pepper



**Garnish:** Toasted pumpkin seeds, chopped chives, and/or the cream from the top of the coconut milk (see directions below)

Directions:

1. For an optional garnish topping, chill the coconut milk for at least 15 minutes up to overnight. Remove the lid and scrape out a few TB of the thick cream. Reserve for a garnish at the end. Use the rest of the coconut milk in the recipe.
2. Sauté the onions in the olive oil until golden brown. Add the pumpkin, ½ of the broth, bay leaf, curry powder, and nutmeg. Simmer uncovered for 15 minutes, stirring periodically.
3. Let the soup cool slightly and then purée the soup by transferring to a blender or using an immersion blender. DO NOT try to blend the soup in a blender when it is very hot. Add some of the cool broth when blending as needed. Return the soup to the pan and add the rest of the broth, the rest of the coconut milk, salt and pepper. Simmer for 5-10 min.
4. Top with a sprinkle of toasted pumpkin seeds, chopped chives and/or the reserved coconut cream.



# Healthy 5-Day Cleanse Soup Recipes

## Coconut Yam Soup

Makes enough for 3 lunches

Ingredients:

- 2 large or 3 small garnet yams, peeled and cut into chunks
- 1 onion, diced
- 5 garlic cloves, minced
- 1 TB extra virgin olive oil
- 2 C vegetable or chicken broth
- 1 (14-oz) can full-fat coconut milk
- 1 TB wheat-free tamari
- 1 tsp grated fresh ginger
- 1 tsp dried thyme
- Sea salt and pepper to taste



Directions:

1. Preheat oven to 375 degrees. Place yams or sweet potatoes on a baking sheet and bake until soft, about 40 minutes. Remove from oven and allow to cool.
2. Meanwhile, heat a skillet over medium high heat and sauté garlic and onions in olive oil until the onions are soft and translucent.
3. Place all ingredients in a large blender and turn on low. Gradually blend until smooth, adding water by the TB if you need more liquid.
4. To reheat, place in pot and warm slowly over medium-low heat, stirring until warmed through.

Note: It's very important to place a towel between the blender and the lid if the sweet potatoes are still hot to prevent the lid blowing off when blending. Heat expands in blenders and can create so much pressure that the lid can come off and spray hot soup all over you and your kitchen.

**All recipes are compliant with the 5-Day Whole Foods Cleanse.**

**Want more recipes?** Check out [www.mindfulhealthwithlori.com/resources](http://www.mindfulhealthwithlori.com/resources) and scroll down to the recipes.

### Contact:

Lori Kearney, Certified Integrative Health Coach + Wellness Educator

Cell: 612.720.1335

Facebook Page: [www.facebook.com/BMindfulHealth](http://www.facebook.com/BMindfulHealth)

Email: [info@mindfulhealthwithlori.com](mailto:info@mindfulhealthwithlori.com)

Web: [www.mindfulhealthwithLORI.com](http://www.mindfulhealthwithLORI.com)

