

SOUPS

Soups are a great way of consuming lots of veggies like Gaspachos and I recommend as evening meals especially on cold winter nights. You may want to add quality gluten free grains like brown rice, quinoa, millet and for children and sportsmen only.

PUMPKIN SOUP WITH LEAK AND CELERY

- ¼ of big celery root or ½ of small one chopped into small cubes 1cm
- 1 bowl of pumpkin cut into larger cubes
- 1 medium leek chopped
- 1.5l of water
- Sea salt

In a medium saucepan over medium-high heat, combine all ingredients. Bring to boil and reduce heat. Cover and let it simmer for at least 10 min. Mix in a mixer, pour back into the pan and reheat if necessary. Serve with sprinkled parsley or coriander or spring onion or dry sea weed.

BROCOLI AND COURGETTE SOUP

This is by far the quickest and simplest soup. My kids love it. It takes less than 10 min to do.

- 1 small broccoli whole**
- 2 medium courgettes
- 1l of water
- 2TBS of vegetable stock
- Ume-su vinegar

In a medium saucepan over medium-high heat, combine broccoli, courgettes and water. Bring to a boil. Reduce heat to medium, and cook for 5 minutes. Mix and serve with a fillet of ume-su vinegar or few drops of lemon (optional). You can always sprinkle with some herb to give it a kick.

** Do not throw away the broccoli stem it is just as nutritious. Peel it a little if it is a big broccoli and cut into small cubes so that it cooks within 5 min.

CLASSIC CHICKEN or MEAT BROTH

- 1 chicken carcass + 2 chicken wings
- OR 750g of Beef or lamb bones
- 5l of water
- 1 onion cut in 4
- Black pepper grains
- Sea salt to taste (optional)
- 2 stalks of celery
- 2 carrots
- Juice of ½ or lemon

Put everything in the pan. Bring to boil and reduce heat. Take off the black foam that has floated to the top. Add vegetables. Cover and let it simmer for 2-4h. Take out the carcass and the vegetables. Make sure you leave all the soft bits as well as the bone marrow.

I highly recommend this broth (min 1 cup) on a daily basis for osteoporosis, mineral loss and gut healing.

You can use it as a base for other soups or stir in an egg yolk while soup is still boiling or drink it as it is.

The acid from the lemon will extract the calcium from the bones and therefore make this broth very rich in calcium.

EVA'S FAVORITE CHICKEN SOUP

- 1l of chicken broth
- 2 carrots cut in half and then into 3cm sticks
- ½ small onion
- Sprinkle with parsley just before serving
- Gluten free pasta or rice vermicelli

Add chopped carrot and onion and small pasta or rice vermicelli. Bring to boil and simmer for 10 min. Instead of pasta you can also beat an egg and slowly drip it in while soup is boiling while stirring the soup with a fork at the same time.

As an alternative to pasta or vermicelli, you can also beat an egg and pour it slowly into boiling broth at the end while mixing at the same time. Let it simmer for 1-2 min).

This soup is great when you are sick with a flu or an stomach flue. In this case do not add pasta, vermicelli or egg as you need to keep the digestion light while having lots of liquids.

PUMPKIN SOUP

- ½ Red Kurri squash
- 6 small carrots
- 1 clove of garlic crushed
- 1 TBS of vegetable stock*
- 1l of water
- ½ bunch of coriander chopped
- Salt and ground black pepper

Put everything into a pan, bring to boil and simmer for 15 min or until the squash is cooked. Add salt and ground black pepper to taste and sprinkle with chopped coriander. In the winter you can heat up the garlic and fry the squash and carrots for 2-3 minutes before adding water. This will give your body the necessary heat during the cold winter days.

BASIC MISO SOUP

Serves 4

- 1l of vegetable stock or pure water
- 125g of tofu cut into 1cm cubes**
- 3 TBS of light rice miso
- 2 strips of wakame sea weed chopped***
- 1TBS of vegetable stock or dashi granules *****
- 2 spring onions sliced diagonally into ½-1cm
- Salt to taste (optional)

In a medium saucepan over medium-high heat, combine dashi granules or vegetable stock and water. Bring to a boil. Reduce heat to medium, and whisk in the miso paste that you have diluted in a bowl with few spoons of that hot stock. Stir in tofu. Separate the layers of the green onions, and add them to the soup. Simmer gently for 1-2 minutes before serving. Do not let it boil as this destroys the benefits of miso.

ELABORATED MISO SOUP

In this soup you will cook any vegetables that you have or like (such as pumpkin, squash, courgettes, broccoli, cauliflower etc..) in the vegetable stock 5-10min and then proceed as with the basic miso soup.

LENTIL SOUP

- 1 cup of red lentils
- ½ cup of celery root
- 2 carrots
- 1 clove of garlic
- 2 courgettes
- 1TBS of vegetable stock (optional)**
- 2 strips of wakame seaweed (optional) ***

***I like to add seaweed to the mixed soups due to their high content in minerals and trace elements.

Wakame is very rich in proteins and minerals. Its content in calcium is 6-7x more than milk! 1300mg/100g

SPINACH and SEA WEED FLAKES SOUP

- 1 courgette
- 1 celery stalk
- ½ small hot peper
- 1 TBS of olive oil
- ¼ of dulse or other sea weed flakes
- 2 cups spinach leaves
- 4 cups water
- Salt and pepper to taste.

Put everything except sea weed flakes to boil and reduce heat and let it simmer for 3min. Serve and sprinkle with sea weed.

If you wish to make a gaspacho of this just add ½ avocado and wiz everything in the blender.