

Keto Soup Recipes

A top-down view of a white ceramic bowl with a blue speckled rim, filled with a creamy, light-colored soup. The soup contains shredded chicken pieces. A single slice of lemon is placed on the left side of the bowl. The soup is garnished with finely chopped green herbs, likely parsley, scattered across the surface. The bowl sits on a blue and white checkered cloth. In the bottom left corner, a whole yellow lemon is visible. In the bottom right corner, the handle of a silver spoon is partially visible.

by Harlan Kilstein Ed.D

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This collection of soup recipes is a carefully curated list of some of the most delicious soups from around the world. Soup is notoriously an effective way of keeping your diet healthy while also nourishing your body. These broth based recipes are completely keto and taste amazing without the need for grains, potatoes or cream.

A few of these recipes include a vegetable or two that you may not have cooked with before. That means you'll get the chance to peruse your local international market which will give you plenty of inspiration for your own keto recipes.

Soup is more than just easy, tasty and heartwarming, it's actively good for you. The hot broth steeps the herbs and spices drawing out their natural healing properties and making them more available to your body. Soup is amazing for weight loss because the high water content allows you to feel satisfied at a more accurate rate than a meat and vegetable entrée. Did you know that your stomach takes 20 minutes after your last bite to give you the feeling of being full? When eating soup the broth digests faster than the meat and vegetables. That helps you to accurately feel full and avoid overeating.

Soup is also an amazing way to help your kids begin to enjoy vegetables.

For a kid, eating a serving of zucchini or kale may not be all that appetizing. But, when cut into bite sized pieces and softened in the broth, veggies become just another part of the mix.

Another great thing about soup is that it gets better in the fridge. Soup is perfect for meal prep and is easily heated up in one container to stay on track on the go. Soup is also pretty forgiving in the ingredient department. If you're missing an ingredient or would like to add or substitute, the soup will taste just as good. You simply can't go wrong with soup!

Sausage and Sauerkraut Soup



Oksana Shufrych

This soup is a perfectly tangy spin on a German favorite dish. Sauerkraut is a versatile vegetable made from fermented cabbage. The amazing thing is, fermented vegetables are probiotic foods that keep the good bacteria healthy in the gut. The flavors of the sausage and sauerkraut are a delicious combination that will have you going back for seconds.

6 servings, total per serving: net carbs 5.3g, total carbs 9.6g, fiber 4.3g, fat 20.3g, protein 10.8g, calories 264

Instructions:

1. Heat a large pot to medium-high heat.
2. Add 2 tbsp olive oil to the pot and add chopped onion, minced garlic, and sausage.
3. Sauté until sausage is slightly browned on the outside.
4. Add mushrooms, sprinkle salt and pepper and sauté for another minute.
5. Remove from heat and add paprika, mix well.
6. Return pot to the stove add sauerkraut, bay leaves and chicken broth, mix well and bring to a simmer.
7. Cook covered on a medium low simmer for about 1.5 hours.
8. Serve hot.

Ingredients:

4 mild bratwurst or 1 package
beef kielbasa sausage cut into
1/2 inch thick, round slices
2 cloves garlic minced
3 cups fresh baby portobello
mushrooms
2 cups sauerkraut
2 tbsp paprika
1 tsp kosher salt
1 tsp cracked black pepper
1 small yellow onion chopped
2 tbsp olive oil
3 cups chicken broth
2 bay leaves

Lemon Greek Chicken Soup



Liliya Kandashevich

This recipe is a treat that will truly surprise your palette. it's hard to imagine lemon, egg yolks and chicken would create such an amazing flavor profile, but after tasting this lemon Greek chicken soup you'll find yourself adding a squeeze of lemon to all of your chicken soup recipes. The broth is the star. It is packed with all the nutrients found in eggs which give the broth a nice thick consistency, cut with the acidity of the lemons adding a bright contrast.

4 servings, total per serving: net carbs 4.5g, total carbs 5.5g, fiber 0.75g, fat 20.2g, protein 43.7g, calories 387

Instructions:

1. Separate and whisk egg yolks in a large bowl.
2. Heat a medium pot to medium high heat and add chicken broth and celery. Cook until celery is tender but still crisp, about 6 minutes.
3. Slowly drizzle 1 cup of hot broth into the egg yolk, whisking vigorously until egg mixture is hot to the touch.
4. Add egg mixture to the pot, cook whisking occasionally until thickened to the consistency of heavy cream. About 7 minutes and stir in lemon juice.
5. Add in the shredded chicken and cook for another few minutes until chicken is hot.
6. Season with salt and pepper and serve with a sprinkle parsley.

Ingredients:

5 cups chicken broth
6 large egg yolks
1 whole shredded rotisserie chicken taken off the bone, shred with 2 forks
1/2 cup fresh squeezed lemon juice
3 stalks celery chopped
1/2 tsp salt
1/2 tsp cracked black pepper
Fresh parsley for garnish

Italian Vegetable Soup



Mrsnstudio

This Italian vegetable soup is full of fresh winter vegetables and the perfect blend of Italian spices. The important thing to remember when cooking vegetables into a soup is to keep the vegetables firm. When zucchini is overcooked it becomes a little mushy. That's why we add the zucchini at the end. This is definitely a meal you'll want to cook for the family all winter long.

6 servings, total per serving: net carbs 4g, total carbs 8g, fiber 2.8g, fat, protein 20.3g, calories 390

Instructions:

1. Heat large pot to medium high heat, add sausage and chopped onion, brown sausage until well done. Drain excess grease from sausage onion mixture.
2. Add chicken broth, celery, tomato, and minced garlic, mix well.
3. Stir in all spices until well blended.
4. Reduce heat to a simmer and cover pot. Cook for 30 minutes, stirring every 10 minutes.
5. Add in zucchini and kale and cook for another 10-15 minutes until zucchini is cooked through but still crisp.
6. Remove from heat and serve.

Ingredients:

- 1 lb mild or spicy beef sausage
- 3 stalks chopped celery
- 3 cups chopped kale
- 1 medium yellow onion chopped
- 1 can stewed tomatoes including juice
- 1 cup chopped fresh basil leaves
- 3 cloves garlic minced
- 3 medium zucchini chopped
- 5 cups chicken broth
- 1 tbsp Italian seasoning
- 1 tsp ground oregano
- 1 tsp seasoned salt
- 1 tsp cracked black pepper

Hearty Beef Miso Soup



tab62

Miso soup is a famous palette cleansing staple in Japanese cuisine. It is traditionally offered as an opener to the main course but this soup is a full meal in its self. The earthy nori and miso preserve the flavor we all know and love about this soup. Add in the savory beef shoulder and you have a filling dish that is quick, easy and delicious.

4 servings, total per serving: net carbs 3g, total carbs 4.5 g, fiber 1.5g, fat 9.25g, protein 18g, calories 174

Instructions:

1. Bring water to a boil in a large pot.
2. Reduce to a simmer
3. Dissolve miso powder and add seaweed strips to the hot water. Reduce to low heat to keep the broth hot but not simmering.
4. Heat a separate large skillet to medium high heat, add sliced beef and sauté until medium well done. Set aside.
5. Add garlic and ginger to the pan used to cook the beef, cook for 10 seconds more. Add baby Bella mushrooms, chives, bok choy and stir fry 5 more minutes or until bok choy loses its bitter flavor and has just started to become tender. Stir beef back into the vegetable mixture.
6. Divide miso broth into 2 large bowls, add vegetable and beef mixture and serve.

Ingredients:

- 1/2 lb beef shoulder cut into thin slices about palm size
- 1 1/2 cups fresh baby bella mushrooms
- 4 cups water
- 2 tbsp shiro miso powder
- 2 sheets dried nori cut into strips
- 1/2 tsp garlic powder
- 1/2 tsp ginger powder
- 8 large bok Choy leaves chopped
- 1 oz fresh chives

Beef and Vegetable Pho



Ratov Maxim

When you think of pho the first things that usually come to mind are the fresh green vegetables and rich spicy broth. Traditionally this soup takes an entire day to create, sometimes even two! In this recipe, you'll find all of the flavor in a fraction of the time. Don't be afraid to add in as much mint, basil, and fresh bean sprout as your heart desires. The vegetables in this dish are very low carb and extremely nutrient dense. The sriracha and spices do a great job of getting the blood flowing, so say goodbye to that afternoon slump!

4 servings, total per serving: net carbs 3.7g, total carbs 5.9 g, fiber 2.2g, fat 11g, protein 21.5g, calories 218

Instructions:

1. Heat a saucepan to medium high heat, add 1 tsp of olive oil.
2. Add in garlic, ginger and red pepper, sauté until fragrant.
3. Add chicken broth, vinegar, fish sauce tamari, cabbage, bok choy, mushrooms, and eggs to be boiled, bring to a boil and reduce to simmer. Simmer for 10 minutes. After 10 minutes, remove and peel the boiled eggs, set aside.
4. Heat a skillet to medium high heat, brown beef to your desired temperature. Season with salt and pepper and set aside.
5. Separate garnish vegetables and fresh herbs into serving bowls and ladle broth on top.
6. Add beef to bowls, add some sugar free sriracha, serve and enjoy.

Ingredients:

- 1/3 lb very thinly sliced beef brisket
- 1/2 tsp kosher salt
- 1/2 tsp cracked black pepper
- 1 tsp olive oil
- 5 cups chicken stock
- 3 cloves minced garlic
- 2 tsp fresh grated ginger root
- 1 tbsp wheat free tamari
- 1 tsp fish sauce
- 1 tbsp rice wine vinegar
- 1 cup chopped red cabbage
- 1 cup baby bella mushrooms sliced
- 1/4 cup red bell pepper minced
- 2 cups bok choy sliced thin

Garnish:

- 3 eggs to be hard boiled in the soup while cooking
- 1 cup alfalfa sprouts
- 1/2 cup green onion diced
- 1/2 tsp crushed red pepper flakes
- 2 tsp sugar free sriracha
- 1 sheet dried nori cut into strips
- 1/2 cup cilantro
- 1 cup mint leaves
- 1 cup basil leaves

Beef and Cabbage Soup



Jana Kollarovn

Beef and cabbage soup is a staple in American southern and northern kitchens alike. With only a few choice ingredients that are already present in most cupboards, you can whip this dish up in 30 minutes. The flavors are tasty but subtle, making it a favorite of kids and adults alike.

6 servings, total per serving: net carbs 4.4g, total carbs 8.8g, fiber 4g, fat 11.3g, protein 26g, calories 248

Instructions:

1. Heat skillet to medium high heat.
2. Add ground beef, cook until well done, set aside. Save a little grease in the skillet.
3. Add cabbage to the greased skillet, sprinkle on salt and pepper, sauté on medium for about 1 minute.
4. Heat a large pot to medium high heat. combine cabbage, ground beef, chicken stock, and stewed tomatoes.
5. Simmer on low heat for 20 minutes. Add more salt or pepper to taste.
6. Serve and enjoy.

Ingredients:

- 1 medium head chopped cabbage
- 1 lb ground beef
- 1 can stewed tomatoes
- 2 tsp salt
- 1 tsp cracked black pepper
- 5 cups chicken stock

Egg Drop Soup



GreenArt

This traditional egg drop soup recipe has all of the salty, smooth decadence we love and none of the additives found in restaurant egg drop soup. Make sure to pay close attention to the temperature of your broth before pouring in the egg. The broth should be very hot but not bubbling at all, just to the point right before simmering. This will give you silky delicious ribbons that are just right.

2 servings, total per serving: net carbs 2g, total carbs 2g, fiber 0g, fat 11.5g, protein 13g, calories 165

Instructions:

1. Mix chicken broth, xanthan gum, sesame oil, salt, pepper, and wheat free tamari in a saucepan, bring to a boil.
2. Slowly pour egg into boiling broth while stirring gently.
3. Serve with chives.

Ingredients:

- 2 1/2 cups chicken stock
- 1 tsp wheat free tamari sauce
- 1 tsp sesame oil
- 2 eggs beaten
- 2 tsp fresh chives chopped
- 1/4 tsp salt
- 1/2 tsp ground white pepper
- 1/8 tsp xanthan gum

Hot and Sour Soup



Jonathan Park

This hot and sour soup is bursting with flavor. The tangy vinegar, aromatic spices and a tiny bit of sweetness taste wonderful with the tender chicken breast. This soup is meant to be nice, thick and silky smooth. You'll love the heat of the crushed red pepper mixed with the bright taste of the vinegar. If you like your hot and sour soup a bit spicier, turn up the heat with a little more red pepper.

4 servings, total per serving: net carbs 4.25g, total carbs 6.25g, fiber 1.75g, fat 16.75g, protein 48.2g, calories 380

Instructions:

1. Heat a large pot to medium high heat, add sliced chicken breast and olive oil, cook until well done. (About 4 minutes)
2. In the same pot add chicken broth, red pepper flakes, wheat free tamari, salt, pepper, stevia, red wine vinegar, sriracha, whole piece of ginger, bamboo, mushrooms, kale and xanthan gum. Stir and bring mixture to a simmer.
3. Simmer for 5 minutes and remove the piece of ginger. Turn off heat and slowly drizzle in whisked egg while stirring gently.
4. Serve immediately with a generous drizzle of sesame oil and green onions to each bowl.

Ingredients:

- 6 cups chicken broth
- 3 tbsp red wine vinegar
- 1 lb thin sliced chicken breast
- 1 tbsp olive oil
- 3 drops liquid stevia
- 1/2 inch piece of fresh ginger
- 2 cups chopped fresh kale
- 1/4 cup wheat free tamari sauce
- 1/2 tsp sugar free sriracha or more to taste
- 1/2 cup bamboo shoots chopped thin
- 2 eggs beaten
- 1 cup baby bella mushrooms
- 1/8 tsp xanthan gum
- 1/2 cup green onion chopped
- 1 tsp sesame oil
- 1 tsp Himalayan sea salt
- 1/2 tsp white pepper
- 1/8 tsp red pepper flakes

Corned Beef and Cabbage Soup



Charles Brutlag

Corned beef has a unique flavor unlike any other cut of meat. The seasoning blend is very important to this dish to bring out the flavors of the corned beef to perfection. I've included the corned beef seasoning blend, however, that particular cut of meat often comes pre seasoned and marinated. If that is available to you, feel free to use their seasoning blend. It is usually a universally specific mixture. The radish, peppers and celery are the perfect veggies and taste amazing with the tender beef and the cabbage absorbs the spices superbly.

8 servings, total per serving: net carbs 4.1g, total carbs 6.3g, fiber 3.1g, fat 4.8g, protein 14.1g, calories 138

Instructions:

1. Heat a skillet to medium high heat. Add olive oil, coriander, peppercorns, mustard seeds, and anise seeds, cook 2-3 minutes until fragrant.
2. Add crushed bay leaves and red pepper flakes in the last 30 seconds.
3. Pour the spice mixture into a spice mill or coffee grinder, pulse a few times but don't reduce to a powder. The spices should be course.
4. Rub corned beef with olive oil. Sprinkle and press spice mixture onto the entire corned beef roast. You should have some spice mixture leftover.
5. Turn crockpot on low setting.
6. Place corned beef roast into slow cooker fatty side up along with radish, celery, garlic and 5 cups of water.
7. Cook covered on low for 4 hours.
8. Add in cabbage, peppers, leeks, and parsley. Cook

Ingredients:

- 1 lb corned beef flat cut brisket or round roast
- 10 radishes cut into medium cubes
- 1 large head of cabbage cored and chopped
- 2 leeks chopped (whites and light greens only)
- 2 tsp olive oil
- 3 cloves garlic
- 2 yellow bell peppers chopped into small pieces
- 5 cups water
- 3 large stalks celery chopped
- 1/4 cup chopped parsley

Corned Beef Seasoning:

- 2 tbsp coriander
- 2 tsp peppercorns
- 1 tbsp mustard seeds
- 1 tsp anise seeds
- 4 large dried bay leaves crushed
- 1 tsp red pepper flakes
- 1 tsp olive oil

covered for another 2 hours.

9. Remove roast and place on a cutting board. shred into bite sized pieces and place back into the slow cooker, mix well.
10. Serve and enjoy.

African Curry Chicken Soup



Lilian Kandashevich

This dish is inspired by a Kenyan coconut chicken recipe called kuku paku. The broth is creamy and comforting thanks to the coconut milk which pairs perfectly with the smoky curry spices. Cooking the chicken on the bone slowly over 2 hours in the flavorful spices makes the meat tender and perfectly seasoned.

8 servings, total per serving: net carbs 4.8g, total carbs 6.8g, fiber 2.3g, fat 21g, protein 34.2g, calories 361

Instructions:

1. In a large pot combine chicken, chicken neck, water, chunks of onion, celery, garlic, peppercorns, bay leaf, parsley, and thyme sprigs. Bring to a boil.
2. Reduce to a simmer and cook partially covered for 1 hour.
3. Remove chicken from the pot, remove skin, remove chicken from the bone and shred with 2 forks. Place into a bowl and refrigerate.
4. Place chicken bones back into the pot, cover partially and simmer for 1 hour. Strain broth into a heat safe bowl, rinse out the pot and return broth to the pot.
5. Set burner to medium low heat and simmer until broth is reduced to 8 cups, about 30 minutes.
6. Heat a large saucepan to medium high heat. Add olive oil, thin sliced onion, ginger, tomatoes, curry powder, and tomato paste. Cook for about 7

Ingredients:

- 1 whole chicken 2-3 lbs quartered with separated neck
 - 8 cups water
 - 2 small onions (1 sliced thin, 1 in 8 large chunks)
 - 1 tsp whole peppercorns
 - 1 clove garlic smashed
 - 4 celery stalks chopped
 - 2 sprigs fresh thyme
 - 1 large fresh bay leaf
 - 6 sprigs parsley
 - 2 tbsp minced ginger
 - 1/4 cup chopped fresh cilantro
 - Himalayan sea salt
 - 2 tbsp curry powder
 - 1 tbsp tomato paste
 - 1/4 cup olive oil
 - 10 cherry tomatoes sliced in half
 - 1 cup coconut milk
- minutes.
7. Stir in broth and coconut milk and bring to a boil. Add salt to taste. Reduce heat to simmer, cook for about 30 minutes.
 8. Add in chicken and cilantro, simmer about 5 more minutes until chicken is hot.
 9. Serve and enjoy.

Stuffed Pepper Soup



Julia Sedaeva

This stuffed pepper soup is bright, colorful and oh so tasty. Traditionally, stuffed peppers include rice, but I've been making stuffed peppers for years without even cauliflower rice and found that I prefer it. This soup is inspired by a deconstructed stuffed pepper recipe where the peppers are chopped and mixed with the beef and tomato. You'll definitely be going back for a second helping of this sweet and savory soup.

8 servings, total per serving: net carbs 4g, total carbs 6.5, fiber 1.5g, fat 10.5g, protein 20g, calories 203

Instructions:

1. Heat a large pot to medium high heat. Add 1 tsp olive oil and onion. Sauté until fragrant, about 5 minutes, add garlic and cook an additional minute.
2. Add in ground beef and cook until well done. Strain out excess grease.
3. Add bell peppers, stewed tomatoes, chicken broth, Worcestershire sauce, bay leaf, basil and oregano to the pot.
4. Reduce heat to a simmer, cook covered for 20-30 minutes until vegetables are tender.
5. Serve and enjoy.

Ingredients:

- 1 lb ground beef
- 1 tsp olive oil
- 1 small diced yellow onion
- 1/2 chopped green bell pepper
- 1/2 chopped orange bell pepper
- 1/2 chopped red bell pepper
- 2 8 oz cans stewed tomato including juice
- 6 cups chicken broth
- 4 minced garlic cloves
- 1 tsp Worcestershire sauce
- 1 bay leaf
- 1/2 tsp dried basil
- 1/2 tsp dried oregano

Chili Chicken Soup



MK photograp55

Red chilis and jalapeño give this refreshing south west chicken soup the perfect spicy kick. Slow cooking the chicken in the crockpot with the chilis, garlic, and onion infuses the chicken with all of the fresh aromatic flavors of the Mexican spices. Top it all off with creamy avocado and cilantro to add a wonderful balance to the seasoning.

6 servings, total per serving: net carbs 3.8g, total carbs 11g, fiber 7g, fat 23g, protein 49g, calories 463

Instructions:

1. Set slow cooker to low.
2. Add all ingredients except for chicken, avocado, cilantro and jalapeño to the slow cooker and stir.
3. Add chicken to the slow cooker.
4. Cook for 6-8 hours.
5. Remove chicken and shred with 2 forks, then return chicken to the pot.
6. Serve topped with cilantro, avocado and sliced jalapeño.

Ingredients:

2 lb chicken breasts
1 cup coconut milk
1 medium onion chopped
1 can red chilies
1 tsp butter
1/2 tsp white pepper
1 tsp kosher salt
1 tsp garlic powder
1/2 tsp chili powder
1 tsp fresh lime juice
2 cups salsa verde
6 cups chicken broth
1/4 cup cilantro chopped
2 avocados
1 jalapeño

Thai Coconut Soup



cypcr stock

Coconut milk is the perfect base for this rich, tangy Thai dish. Kaffir lime leaves really give this soup an amazing flavor without the sugar and carbs that come with using too much lime juice. Galangal root and lemongrass polish off the unique notes with the clean taste of herbs and the spice of chili.

6 servings, total per serving: net carbs 4, total carbs 5.1g, fiber 1g, fat 17.8g, protein 54.6, calories 280

Instructions:

1. Place all ingredients into instant pot except lime juice and Chile paste. (if using) Pressure cook on high for 7 minutes then release pressure naturally for 10 minutes.
2. Remove chicken breast and shred with 2 forks.
3. Add chicken back into pot and add lime juice and chile paste to taste.
4. Serve and enjoy.

Ingredients:

2 lb chicken breast
4 cups chicken broth
2 tbsp fresh lime juice
5 drops liquid stevia
2 tsp Himalayan sea salt
1/2 cup ginger sliced into disks, un-pealed
1/2 cup galangal root sliced into disks, un-pealed
5 tbsp lemongrass chopped
16 kaffir lime leaves
10 oz baby bella mushrooms sliced
1 diced red bell pepper
16 oz coconut milk
3 tbsp Chile paste or 3 fresh Thai chilies
4 tbsp fish sauce

Beef Kimchi Kale Soup



Truembie

This kimchi kale soup is the best thing for cold winter days. It's one of the most popular soup dishes in Korea. Kimchi is spicy, tangy and complements the crunchy kale perfectly. It tastes best served bubbling hot and you'll love how the tender beef just melts in your mouth. Don't be shy with the sesame oil on top, it adds a smooth nutty flavor to every bite.

6 servings, total per serving: net carbs 4.8g, total carbs 6g, fiber 1g, fat 25.6g, protein 28.1g, calories 373

Instructions:

1. Heat a large pot to medium high heat.
2. Slice beef shoulder into bite sized pieces. Sauté until medium well.
3. Using the grease from the beef shoulder, add in garlic, ginger, mushrooms and 1 tbsp apple cider vinegar. Sauté until mushrooms are tender, 3-5 minutes.
4. Add chicken broth, fish sauce and wheat free tamari, bring to a simmer.
5. Add kimchi, lime juice, stevia, salt, chili paste, and cooked beef. Mix well.
6. Add kale and mix well, simmer for about 5 more minutes until kale is tender but firm.
7. Serve topped with a generous drizzle of sesame oil, strips of nori and chopped scallions.

Ingredients:

- 1/2 lb beef shoulder
- 1 tbsp olive oil
- 2 cups baby portobello mushrooms cut into slices
- 1 tbsp chili paste
- 1 inch fresh ginger sliced into disks
- 4 drops liquid stevia
- 6 cups chicken broth
- 6 cloves garlic minced
- 2 tsp fresh lime juice
- 1 tbsp apple cider vinegar
- 1 tsp fish sauce
- 2 cups drained chopped kimchi
- 1 tbsp wheat free tamari sauce
- 3 cups chopped kale
- 1/2 cup scallions chopped
- 1/4 cup toasted sesame oil
- 1 tsp kosher salt
- 2 sheets dried nori.

Shrimp Laksa Soup



Amguy

If you like Thai food you will love this laska soup. This is one of those recipes where you'll get to enjoy perusing your local international market. Laska paste will be readily available, you just have to know where to look. Often times there will be an amazing fresh fish selection, as well as many of the other ingredients your dish calls for. The texture and flavor in this dish will have you coming back for seconds every time.

8 servings, total per serving: net carbs 4g, total carbs 5.6g, fiber 1.6g, fat 9g, protein 32g, calories 218

Instructions:

1. Heat a large pot to medium high heat, add 1 tbsp olive oil and chopped red pepper. Sauté until tender but still crispy.
2. Add in laksa paste. Sauté stirring constantly about 2- minutes until mixture deepens in color.
3. Add in chicken broth while stirring and scraping up everything stuck to the pot.
4. Add in lime leaves, zucchini, salt, and chopped kale, bring to a simmer. Cook for 5-7 minutes or until zucchini is tender.
5. Add in shrimp and cook for 3 minutes.
6. Add in coconut milk and bring back to a simmer, then turn off heat.
7. Add bean sprouts, mint and cilantro to serving bowls and ladle soup mixture on top.
8. Add lime wedges, fish sauce and chili paste to taste.
9. Serve with Thai chilis, lime wedge and fresh cilantro on top.

Ingredients:

- 2 oz Laksa paste (from the Asian market)
- 2 lbs large raw peeled shrimp
- 5 cups kale chopped
- 1 small red bell pepper chopped into cubes
- 1 tbsp olive oil
- 2 Thai red chilis sliced
- 1 tbsp olive oil
- 1 large zucchini chopped into slices
- 1 cup chives chopped
- 8 kefir lime leaves
- 3 drops liquid stevia
- 8 oz full fat coconut milk
- 3 cups chicken broth
- 1 tbsp fish sauce
- 1 tbsp chili paste
- 1 cups fresh bean sprouts
- 1 tsp Himalayan sea salt
- 1 lime sliced into wedges
- 1 cup fresh mint leaves
- 1 cup chopped fresh cilantro

Deconstructed Kofta Soup



Gabriel Georgescu

Kofta is a middle eastern meatball dish. In this recipe combines peppery arugula, turmeric, and mint to really bring out the savory flavor of the lamb. The broth contains many of the same ingredients as the meatballs themselves. The complex flavors of fresh herbs mixed right into the meat as well as being cooked in the broth create a medley of the cooked and raw taste of each fresh spice. Here's an extra tip, these meatballs are delicious in and out of the soup. You may want to whip up a batch for your next cookout or cocktail party.

6 servings, total per serving: net carbs 4.5g, total carbs 5.5g, fiber 0.8g, fat 21.3g, protein 25g, calories 317

Instructions:

1. Place ground lamb in a large mixing bowl. Add garlic, turmeric, salt, pepper, mint, and onion. Knead with your hands until mixed well. Form into 1 inch meatballs.
2. Heat skillet to medium high heat, add olive oil and meatballs. Sauté until browned on 3 sides. Set aside.
3. Heat a large pot to medium high heat, add olive oil, onion, and garlic. Sauté until fragrant and onions are translucent stirring constantly.
4. Add turmeric and mix well for another minute.
5. Add chicken broth and bring to a boil, then reduce to simmer. Simmer for 10 minutes.
6. Add meatballs to the broth and salt to taste, simmer for 5 more minutes.
7. Add in kale, arugula, 1/2 of the cilantro and 1/2 of the green onion. Simmer 5 minutes or until kale becomes slightly tender. Stir

Ingredients:

Meat:

- 1 lb ground lamb
- 1 tbsp olive oil
- 1/2 cup chopped fresh mint leaves
- 1/2 small diced yellow onion
- 4 minced garlic cloves
- 1 tsp ground turmeric
- 1 tsp Himalayan sea salt
- 1 tsp black pepper

Broth:

- 2 cups chopped kale
- 1 cup chopped arugula
- 1 tsp olive oil
- 1/2 cup fresh cilantro
- 8 cups chicken broth
- 1/2 small diced yellow onion
- 1/2 cup chopped green onion
- 1 tsp ground turmeric
- 3 minced garlic cloves
- 2 tbsp fresh lime juice
- 1 tsp Himalayan sea salt

occasionally.

8. Serve topped with more fresh cilantro, green onion and a squeeze of lime.

Spicy Chicken Chili Soup



Timon

The chili in this recipe refers to the spicy pepper. Poblano and ancho chilies roasted to perfection give this dish a smoky, spicy flavor without being too spicy in the heat department. The taste of chilies are bright and fresh, you can actually taste the difference in a red and green chili and this spicy chicken chili soup has the best of both. The small peppers used to garnish are quite spicy though, so use with care. The smooth avocado adds just the right amount of balance to this spicy dish and has a cooling effect intermingling with the smoky flavor.

10 servings, total per serving: net carbs 2.5g, total carbs 4.2g, fiber 1.6g, fat 7.9g, protein 31.4g, calories 217.5

Instructions:

1. In a large pot, bring chicken broth to a boil.
2. Slice chicken breast into 3 pieces length wise for faster cooking and add to the pot.
3. Add in onion, oregano, garlic, and peppercorns. Reduce to simmer.
4. Set oven to broil and place all peppers onto greased baking tray. Cook peppers until blackened on top then flip to cook the underside. (about 5 minutes)
5. Remove chilies from the oven, when they are cool enough to touch slice them in half and remove seeds, then chop into bite sized pieces. Add all peppers to the soup.
6. Simmer for 1 hour until chicken is cooked through.
7. Remove chicken from pot and shred with 2 forks, return shredded chicken to the pot.
8. Stir and serve with cilantro, hot chili peppers and avocado slices on top.

Ingredients:

- 2 lbs chicken breast
- 5 cups chicken broth
- 5 cloves garlic minced
- 1 small onion chopped
- 1 tbsp dried oregano
- 5 whole black peppercorns
- 3 poblano chilis (roasted, seeded and chopped)
- 2 ancho chilies (roasted, seeded and chopped)
- 1/2 cup torn cilantro
- 1 sliced avocado
- 1 sliced green and red chili pepper for garnish

Hunter's Stew



Ezume Images

This soup is a perfectly tangy spin on a German favorite dish. Sauerkraut is a versatile vegetable made from fermented cabbage. The amazing thing is, fermented vegetables are probiotic foods that keep the good bacteria healthy in the gut. The flavors of the sausage and sauerkraut are a delicious combination that will have you going back for seconds.

6 servings, total per serving: net carbs 5.3g, total carbs 9.6g, fiber 4.3g, fat 20.3g, protein 10.8g, calories 264

Instructions:

1. Heat a large pot to medium-high heat.
2. Add 2 tbsp olive oil to the pot and add chopped onion, minced garlic, and sausage.
3. Sauté until sausage is slightly browned on the outside.
4. Add mushrooms, sprinkle salt and pepper and sauté for another minute.
5. Remove from heat and add paprika, mix well.
6. Return pot to the stove add sauerkraut, bay leaves and chicken broth, mix well and bring to a simmer.
7. Cook covered on a medium low simmer for about 1.5 hours.
8. Serve hot.

Ingredients:

4 mild bratwurst or 1 package
beef kielbasa sausage cut into
1/2 inch thick, round slices
2 cloves garlic minced
3 cups fresh baby portobello
mushrooms
2 cups sauerkraut
2 tbsp paprika
1 tsp kosher salt
1 tsp cracked black pepper
1 small yellow onion chopped
2 tbsp olive oil
3 cups chicken broth
2 bay leaves

Fall Detox Soup



Food.kiro

Chicken soup has long been coveted as a purifying elixir. When crisp winds begin to replace the heat, a little kick to the immune system is just what the doctor ordered. Ginger is an important addition to any detox recipe. The body reacts to ginger by creating a heating effect from the core. This means your system is cycling at a faster rate. The carefully selected herbs and vegetables in this recipe all have their own unique effect on the body and taste amazing steaming together in the fresh broth.

6 servings, total per serving: net carbs 4.5g, total carbs 9.8g, fiber 4.3g, fat 15.8g, protein 31.8g, calories 316

Instructions:

1. Separate the chicken into legs, thighs, and breasts. Set aside.
2. Heat a large pot to medium high heat and add olive oil.
3. Add chopped onion and red pepper, sauté for 3-4 minutes.
4. Add minced garlic and grated ginger to the pot and sauté for another minute.
5. Pour in chicken broth, rosemary, cayenne pepper, salt, black pepper, vinegar, radishes, and thyme, stir well.
6. Bring to a boil then reduce to simmer for 10 minutes.
7. Add in chicken, broccoli, cabbage, cauliflower, and kale, stir and simmer for about 15 minutes until broccoli is tender but still crisp.
8. Just before serving add in cilantro and lemon juice, mix well.
9. Place into bowls and serve with 3 slices of avocado on top.

Ingredients:

- 1 pre made rotisserie chicken quartered
- 2 quarts chicken broth
- 8 radishes chopped into fourths
- 1 medium onion chopped
- 1/4 red pepper chopped
- 1 tbsp olive oil
- 1 inch piece of grated ginger
- 2 cups broccoli chopped into florets
- 2 cups cauliflower chopped into florets
- 1/2 head chopped purple cabbage
- 4 cups chopped fresh kale
- 1/2 tsp cayenne pepper
- 4 cloves minced garlic
- 1 tbsp apple cider vinegar
- 1 tsp Himalayan sea salt
- 1 tsp cracked black pepper
- 2 sprigs fresh thyme
- 1 tsp dried Rosemary
- 1/2 cup cilantro
- 1 whole lemon juice
- 1 whole avocado sliced

Thai Chicken Curry Soup



Natalia Hanin

Green curry is a popular dish in central Thailand. Green curry has a brighter more fresh taste than its red curry counterpart. The vibrant green broth is delicious with most meats, but chicken breast allows the effervescence of the curry and vegetables to shine. This dish is spicy, so be sure to taste the curry paste for your desired heat. If it is too hot for your taste, add 1 tbsp to a food processor and a large bunch of coriander with some lime juice and pulse. This will create a more mild paste while preserving the delicious green curry flavors.

6 servings, total per serving: net carbs 6.5g, total carbs 8.1g, fiber 1.6g, fat 16.6g, protein 30.3g, calories 303

Instructions:

1. Heat a large pot to medium high heat. Add olive oil and onion. Sauté about 3 minutes until fragrant.
2. Add sliced chicken to the pot and cook through, stirring occasionally.
3. Add garlic and curry paste, sauté 1 minute stirring constantly.
4. Then add chicken broth, coconut milk and fish sauce, red pepper, stir and bring to a boil.
5. Reduce to a simmer and cook uncovered until peppers are softened but still crisp, about 10 minutes.
6. Stir in lime juice and cilantro, add salt to taste.
7. Serve with chopped red chilis on top and enjoy.

Ingredients:

- 1 lb boneless skinless chicken breast cut into bite sized pieces.
- 8 oz can coconut milk
- 6 cups chicken broth
- 1 small chopped yellow onion
- 1 tbsp olive oil
- 2 tbsp green curry paste
- 3 cloves minced garlic
- 1 tbsp fish sauce
- 2 small chopped red bell peppers
- 2 chopped red chilis
- 1 cup chopped cilantro
- 1 tbsp fresh lime juice

Turkey Mulligatawny



Stockcreations

Mulligatawny has roots in India as well as Britain. The British were accustomed to being served soup before a meal. As a result, Indian chefs adapted some recipes to accommodate this. Traditionally making this soup would be an all day affair, however, we will be using ready made broth to speed up the process. The smoky red curry infuses the meat of the turkey perfectly, and will be so tender it falls right off the bone.

8 servings, total per serving: net carbs 4.5g, total carbs 6.3g, fiber 1.75g, fat 18.75g, protein 64g, calories 469

Instructions:

1. Heat a large saucepan to high heat, add in turkey leg and thigh.
2. Add in chicken broth, 1 diced onion, garlic, and ginger, bring to a boil then reduce to simmer.
3. Simmer gently for 2 hours.
4. Stir in bay leaves, anise, mustard seed, chili powder, curry paste, cumin, pepper, turmeric, and sliced ginger. Simmer for 30 additional minutes.
5. Remove turkey from the pot, take meat from the bones and discard the bones and skin. Cut turkey meat into bite sized pieces.
6. Heat a separate skillet to medium high heat, add olive oil and the second diced onion, sauté until fragrant.
7. Add in turkey, 1 tsp salt and sauté for 1-2 minutes, add turkey and onion back to the

Ingredients:

- large turkey thigh and leg quarter separated about 2 lbs
 - 10 cups chicken broth
 - 2 small onions diced
 - 1 tbsp olive oil
 - 1/8 c sliced ginger about 1 inch
 - 4 cloves minced garlic
 - 1 tsp turmeric
 - 1/2 tsp cracked black pepper
 - 1/2 tsp cumin
 - 1/2 tsp chili powder
 - 1 tsp red curry paste
 - 1/2 tsp ground mustard seed
 - 1/4 tsp whole anise
 - 2 bay leaves
 - 2 tsp Himalayan sea salt
 - 1/4 cup lemon juice
 - 1 tsp paprika
- broth.
8. Simmer 10 more minutes and add lemon juice.
 9. Serve with a sprinkle of paprika.

Beef Tip Market Soup



MariaKovaleva

This market soup features an impressive spread of colorful, tasty, low carb vegetables. Most of these are available year round at your local grocery store and they all come together perfectly in this dish. Don't forget to keep your veggies crisp to preserve the taste and nutrients.

4 servings, total per serving: net carbs 5.5g, total carbs 8.8 g, fiber 3.25g, fat 24.2g, protein 39.25g, calories 427g

Instructions:

1. Heat a large pot to medium high heat, add 1 tbsp olive oil, beef, celery, and red pepper. Sauté until beef is cooked medium rare.
2. Add fennel, garlic and thyme, splash with white wine and sauté another 5 minutes.
3. Add zucchini, cabbage, beef broth, lemon juice bay leaves, salt, cayenne pepper, and Italian seasoning, mix well.
4. Simmer covered 10-15 minutes.
5. Serve with a drizzle of the leftover olive oil and salt if needed.

Ingredients:

- 1 lb beef shoulder cut into bite sized pieces
- 1 red bell pepper
- 2 tbsp olive oil
- 1 cup diced purple cabbage
- 1 small diced onion
- 2 large stalks chopped celery
- 1 cup diced fennel bulb
- 2 cups diced zucchini
- 4 cloves garlic chopped
- 6 cups beef broth
- 2 tbsp white wine (optional)
- 1 tbsp fresh thyme
- 1 tbsp Italian seasoning
- 2 bay leaves
- 1 tsp kosher salt
- 1/8 tsp cayenne pepper
- 1 tsp fresh lemon juice

Burgundy Beef Stew



Rocharibeiro

This burgundy beef stew combines the flavors of dry rich cabernet sauvignon with tender beef shoulder to create the perfect broth. The radish in this dish adds a welcome amount of substance and texture. The herbs accompany the delicious broth quite well while thickening to perfection revealing a hearty beef and vegetable stew.

8 servings, total per serving: net carbs 2.75g, total carbs 3.5g, fiber 0.6g, fat 32.5g, protein 29.7g, calories 452

Instructions:

1. Heat large pot to medium high heat, add olive oil.
2. Season beef with paprika, 1 tsp salt, and pepper, place beef into the pot. Turn and brown each piece until all sides are seared medium rare. You may need to cook the beef in 2 batches, set aside.
3. Add onion and garlic to the pot, sauté until onion is fragrant.
4. Add wine and stir, scraping all brown bits from the bottom of the pot.
5. Add in beef broth, xanthan gum, Worcestershire, Italian seasoning and teaspoon of salt, mix well. and add beef back to the pot and stir.
6. Simmer 30 minutes, add tomatoes and kale, cook an additional 15 minutes until beef is well done, stirring occasionally.
7. Serve with a sprinkle of parsley and chopped scallions.

Ingredients:

- 2 lbs beef chuck roast sliced into 1 inch pieces
- 1/8 tsp xanthan gum
- 1 small onion diced
- 4 garlic cloves minced
- 10 cherry tomatoes whole
- 3 cups chopped kale
- 2 tbsp olive oil
- 1 tsp paprika
- 1 tbsp Italian seasoning
- 2 tsp kosher salt
- 1 tsp cracked black pepper
- 5 cups beef broth
- 1 cup Cabernet Sauvignon
- 1 tbsp Worcestershire sauce
- 3 tbsp fresh parsley
- 1/4 cup scallions for garnish

Lemon Chicken Zoodle Soup



Superschwarz

As mentioned in the Greek chicken soup recipe, lemon makes any chicken soup better. The great thing about this recipe is that your chicken will already be seasoned and perfectly roasted before you add it to your soup. These spices add to the flavor of the onion, mushroom, and celery. Zucchini noodles are an amazing addition. When cooked al dente, zoodles are light and firm in the soup and make the best "noodles".

6 servings, total per serving: net carbs 4g, total carbs 5.5g, fiber 1.3g, fat 16.1g, protein 49.3g, calories 374

Instructions:

1. Remove chicken from the bone and cut into bite sized pieces, set aside.
2. Place zucchini into the spiralizer to make your zoodles, set aside.
3. Heat a large pot to medium high heat and add olive oil.
4. Add onion and sauté until fragrant, add garlic and mushrooms, cook for one additional minute.
5. Pour in chicken broth, add celery, chicken, and salt. Cook for 5 minutes or until celery is softened but still crisp.
6. Add in zoodles and cook for 2-3 minutes. Make sure not to overcook them.
7. Squeeze lemon juice into the pot just before serving.
8. Enjoy!

Ingredients:

- 1 whole pre made rotisserie chicken about 2 lbs
- 1 medium yellow onion chopped
- 2 cloves garlic minced
- 1 cup baby bella mushrooms chopped
- 1 tbsp olive oil.
- 4 large stalks celery chopped
- 2 medium zucchini
- 5 cups chicken broth
- Juice from one lemon
- 2 tsp Himalayan sea salt

Mexican Meatball Soup



Elena Harmova

This Mexican meatball soup is inspired by the traditional dish *abondigas*. The meatballs feature a mix of spices, as well as notoriously absorbent coconut flour. The coconut flour helps the meat to absorb all of the wonderful spicy flavors in this hearty soup. The meatballs are cooked right in the broth making them especially tender and juicy. Plus, everything is made in one pot, so there's very little clean up.

6 servings, total per serving: net carbs 4.8g, total carbs 7.1g, fiber 2.3g, fat 14.5g, protein 24.5g, calories 260

Instructions:

1. Heat a large pot to medium high heat, add olive oil.
2. Add in red bell pepper, sauté 3 minutes.
3. Add chopped onion and minced garlic, cook until onion is translucent and fragrant.
4. Stir in water, broth and tomato paste, bring to a boil then reduce to simmer.
5. Combine ground beef, egg, chili powder, coconut flour, salt and cilantro using your hands or a fork.
6. Return broth to boiling.
7. Form 1 inch meatballs, drop each meatball into the simmering soup as you make them.
8. When all meatballs are added reduce to simmer.
9. Simmer for 30 minutes or until all meatballs are cooked through.
10. Serve with sliced jalapeño on top.

Ingredients:

- 1 lb ground beef
- 3 tbsp coconut flour
- 1 small onion chopped
- 3 cloves garlic minced
- 2 tbsp olive oil
- 5 cups water
- 20 oz condensed beef broth
- 1/4 cup tomato paste
- 1 tsp Himalayan sea salt
- 1/2 tsp chili powder
- 1/4 cup finely chopped cilantro
- 1 egg beaten
- 1 large red bell pepper chopped
- 1 jalapeño pepper sliced

Salsa Verde Chicken Soup



Ezume Images

There is so much green in this soup you could almost call it a super food in its self. Crisp, fresh kale and zucchini along with the spicy salsa verde give this dish a brilliant color and even better flavor. This is another super easy, one pot soup where your chicken is already ready to go, and all that's left to do is simmer the herbs and spices into the tender meat.

6 servings, total per serving: net carbs 4.8g, total carbs 8.3g, fiber 3.5g, fat 17.8g, protein 27.8g, calories 310

Instructions:

1. Heat a large pot to medium high heat.
2. Add chicken broth, shredded chicken, salsa verde, red pepper and all spices to the pot. Simmer for 15 minutes or until pepper is softened but still crisp.
3. Add zucchini and kale to the pot and cook for another 10 minutes or until zucchini is softened but still crisp.
4. Serve with sliced radish, avocado, sprinkle of cilantro and drizzle of olive oil.

Ingredients:

4 cups chicken broth
1 pre made 2 lb rotisserie chicken removed from the bone and shredded
3 cups chopped kale
2 cups salsa verde
1 red bell pepper
2 medium zucchini chopped
2 tsp chili powder
1 tsp smoked paprika
1 tsp cumin
1/2 cup chopped cilantro
1/4 cup olive oil
Radish and avocado for garnish

Berbera Chicken Soup



Augustcindy

Berbera is a traditional Ethiopian dish which inspired this flavorful and hearty soup. You'll experience all of the deep, smoky goodness of the spices without the carbs. Cooking a whole chicken on the bone in the herb infused broth is one of the best ways to ensure it falls right off the bone and delivers excellent flavor. This soup will surely become a new favorite in your home.

6 servings, total per serving: net carbs 6.g, total carbs 8.1g, fiber 2g, fat 12.8g, protein 27.6g, calories 260

Instructions:

1. Heat a large pot to medium high heat and add 1 tbsp olive oil, chopped onion, and garlic, sauté until fragrant.
2. Place chicken into the pot and cover with chicken broth. Add radishes and bring to a boil then reduce to simmer. Cook for 1 hour.
3. Meanwhile, slice Serrano chilies length wise and remove the seeds, chop into 1/2 inch slices.
4. slice cherry tomatoes in half
5. Add chilies to sauté in a skillet with 1 tbsp olive oil over medium high heat for 3 minutes then add tomato and sauté for another minute. Set mixture aside.
6. Once the chicken has cooked for 1 hour transfer chicken to a cutting board, remove skin and discard. Remove all meat from the bone and chop into large bite sized pieces, then return chicken, tomato, and chilies to

Ingredients:

- 1 whole chicken about 2 lbs
 - 5 cups chicken broth
 - 2 cups chopped cilantro
 - 1/2 medium head red cabbage chopped
 - 10 radishes cut in half
 - 10 cherry tomatoes
 - 1 small yellow onion chopped
 - 3 Serrano chilies
 - 4 cloves garlic minced
 - 2 tsp ground coriander
 - 1 tbsp green chili sauce
 - 2 tsp Himalayan sea salt
 - 1 tsp white pepper
 - 3 tbsp olive oil
 - 2 tbsp lemon juice
- the pot.
7. Add chili sauce, coriander, salt, and pepper to the pot and stir.
 8. Add cabbage to the pot and stir, simmer for 15 minutes more until cabbage is tender.
 9. Add 1 cup cilantro and simmer for 3 minutes.
 10. Serve with a generous drizzle of the leftover olive oil and sprinkle the remaining cilantro on top.

Chicken and Kale Feel Better Soup



Kckatello

There is some real truth to the old wives tale that chicken soup is best when you're sick. The warm broth helps to drain congestion and even breathing in the steam can relieve the feeling of blockage in the nose. The salty broth does wonders to soothe a sore throat. Not to mention chickens natural anti-inflammatory powers. This soup is filling, light on seasoning and is just what the doctor ordered on a sick day.

6 servings, total per serving: net carbs 1.8g, total carbs 2.5g, fiber 0.5g, fat 15.3g, protein 54.3g, calories 337

Instructions:

1. Heat a large pot to medium high heat and add olive oil.
2. Slice chicken breasts into 2-3 pieces for faster cooking and add to the pot.
3. Brown the outside of the chicken, about 1 minute per side, then add chicken broth.
4. Add radishes and all spices.
5. If chicken broth doesn't cover 2 inches above the chicken and vegetables, add water to cover and bring to a boil, then reduce to simmer. Cook for 30 minutes
6. Check chicken after 30 minutes to see if it's cooked through, if not cook for another 10-15 minutes. Remove chicken from the pot and cut into bite sized pieces and return to pot.
7. Add kale and stir, cover to simmer for 5 minutes more.
8. Serve and enjoy.

Ingredients:

- 2 lbs chicken breast
- 2 tbsp olive oil
- 4 cups chopped kale, about 1 bunch
- 12 radishes cut into fourths
- 8 cups chicken broth
- 1 tbsp dried oregano
- 1 tsp dried basil
- 1 tsp garlic powder
- 1 tsp kosher salt or more to taste
- 1/2 tsp white pepper

Beef and Peppers Soup



Dustin Dennis

This dish is easy, hearty and is filled with the mild, spicy and sweet flavors of several different types of peppers. The dry red wine brings out the flavor in the tender beef as well as the vegetables. Browning the beef is a very important step. There's no need to cook the beef through, browning the meat adds a lot of extra flavor to the broth and texture to the chuck roast.

8 servings, total per serving: net carbs 5.2g, total carbs 7.8g, fiber 2.5g, fat 33.3g, protein 29.2g, calories 446

Instructions:

1. Heat a large pot to medium high heat and add olive oil, celery, onion, and garlic, sauté about 5 minutes.
2. Add beef and brown on all sides for a total of about 15 minutes. Then add cherry tomatoes and mushrooms, allow to cook for 1-2 minutes more.
3. Stir in wine, broth, xanthan gum, dried peppers and all spices except cilantro, scraping up all brown bits from the pot. Bring to a boil and reduce to simmer. Simmer for 1 hour partially covered stirring occasionally.
4. Add chopped peppers and simmer 15 minutes more until peppers are tender but still crispy.
5. Serve with cilantro on top.

Ingredients:

- 2 lb beef chuck roast cut into 1 inch pieces
- 2 tbsp olive oil
- 10 cherry tomatoes
- 1 medium yellow onion cut into medium sized wedges
- 3 stalks celery chopped
- 6 cloves garlic minced
- 8 dried Arbol chilies
- 14 oz beef broth
- 1/8 tsp xanthan gum
- 1/2 cup Cabernet Sauvignon (optional)
- 2 bay leaves
- 2 tbsp Hungarian paprika
- 1/2 tsp white pepper
- 2 tbsp apple cider vinegar
- 2 cups sliced baby bella mushrooms
- 1 cup roasted red peppers cut into 1 inch pieces
- 1 red bell pepper chopped
- 1 orange bell pepper chopped
- 1/2 cup chopped cilantro

Chicken Fajita Stew



Alex A Martinez

Think of this dish as hot, sizzling chicken and veggies, grilled to perfection all in one pot! Fajitas are very close to authentic Mexican cuisine as the meat and vegetables are the star. There is no way you'll even miss the tortillas when you taste the spicy broth, slow cooked tender chicken and fresh, crisp peppers and onions. With the help of your crock pot, you can set it and forget it for a few hours and come back to the intoxicating aroma of slow cooked fajitas. Don't forget to top your bowl with plenty of fresh cilantro.

6 servings, total per serving: net carbs 4.6g, total carbs 6.1g, fiber 1.5g, fat 9.5g, protein 52.1g, calories 330

Instructions:

1. Set crockpot to low.
2. Combine all ingredients and stir. Make sure chicken broth covers all ingredients, if not add water.
3. Cook on low for 6 to 8 hours
4. Remove chicken from the pot and shred with 2 forks then return to the pot and stir.
5. Serve hot topped with fresh cilantro and lemon.

Ingredients:

2 large chicken breasts about 2 lbs
1 red bell pepper chopped
1 green pepper chopped
1 small white onion chopped
1/8 tsp xanthan gum
1 tsp chili powder
1 tsp garlic powder
1/4 tsp cayenne pepper
1/2 tsp cumin
1/2 tsp kosher salt
1/2 tsp white pepper
5 cups chicken broth
3 tbsp tomato paste
1/2 cup chopped cilantro
Lemon slices for garnish

Beef Egg Roll Soup



Ton Wanniwat, Tirachard Kumtanom

The best parts of an egg roll are all on the inside. The crunchy cabbage, beef, and spices are mixed to perfection in this deconstructed egg roll soup. Red bell pepper adds a bit of a sweet taste while the wheat free tamari keeps the salty flavor prominently at the forefront. Enjoy this soup as an appetizer or as your main meal.

6 servings, total per serving: net carbs 5.1g, total carbs 8.6, fiber 3.5g, fat 16g, protein 28.1g, calories 305

Instructions:

1. Heat a large pot to medium high heat, brown ground beef until well done then drain excess grease.
2. Add onion, ginger, garlic, and red pepper to the pot, sauté until onion is fragrant and begin turning translucent.
3. Add broth, wheat free tamari, cabbage, mushroom, and dry spices, mix well.
4. Bring to a boil then reduce to simmer, simmer for 15-20 minutes.
5. Serve with scallions on top and a drizzle of sesame oil.

Ingredients:

- 1 lb ground beef
- 6 cups chicken broth
- 1 small head green cabbage shredded
- 1 red bell pepper diced thin
- 1 small white onion diced fine
- 4 minced garlic cloves
- 1 tbsp grated ginger
- 1 cup baby bella mushrooms chopped
- 1 tbsp wheat free tamari
- 2 tbsp sesame oil
- 1/2 tsp Himalayan sea salt
- 1/2 tsp cracked black pepper
- 1/4 cup scallions chopped

Beef and Mushroom Soup



Lena Ivanovo

Beef, mushrooms, and onion are the main ingredients in this dish and they complement each other so well that they are all you need. Searing the beef brings out its delicious, savory flavor and adds a depth to the broth. This dish is quick, easy to make and keeps well in the freezer for up to 6 months.

6 servings, total per serving: net carbs 3.6g, total carbs 4g, fiber 0.3g, fat 8.6, protein 51.6g, calories 301

Instructions:

1. Heat a large pot to medium high heat. Add butter, onion, and garlic, sauté until onion is fragrant.
2. Add beef and cook for 2-3 minutes, searing the outside.
3. Add mushr4. Pour in beef broth, add salt, pepper, and basil, bring to a boil then reduce to simmer.
5. Simmer 1 hour or until beef is falling apart and tender.
6. Serve and enjoy.

Ingredients:

- 2 lbs beef round roast cut into 1 inch pieces
- 4 cups sliced baby bella mushrooms
- 5 cloves garlic minced
- 1 small yellow onion
- 2 tbsp butter
- 6 cups beef broth
- 1 tsp kosher salt
- 1 tsp cracked black pepper
- 1 tsp dried basil

Italian Wedding Soup



Janet Moore

Italian wedding soup is named for the blending of its ingredients. The old tale that it is a dish traditionally served at a wedding to give the bride and groom nourishment and energy for the wedding is just that, a tale. It is the "marriage" of meat and vegetables coming together so perfectly in the clear broth that won this dish the name "wedding soup". The meatballs are cooked right in the broth in this recipe, they will be juicy and hold all the flavors of the fresh Italian seasoning. You'll love the kale adding color and crunch to the delicious, light broth.

4 servings, total per serving: net carbs 4.25g, total carbs 7.75g, fiber 3.25g, fat 24.5g, protein 37.2g, calories 412

Instructions:

1. In a large bowl mix together ground beef, 1/2 garlic powder, 1/2 salt, 1/2 pepper, 1/2 Italian seasoning, and 1/2 paprika. Form mixture into 1 inch meat balls and set aside.
2. Heat a large pot to medium high heat, add butter, onion, garlic, celery, and pepper, sauté stirring about 3 minutes until peppers are softened but still crisp.
3. Pour in chicken broth, the rest of the dry spices and bring to a light boil.
4. Drop in meat balls one at a time then reduce to simmer and add riced cauliflower. Simmer about 10 minutes until meat balls are cooked through.
5. Add kale and simmer while stirring gently about 2 more minutes.
6. Serve and enjoy.

Ingredients:

- 1 lb ground beef
- 1 small white onion diced
- 3 cloves garlic minced
- 3 stalks celery chopped
- 1/2 red bell pepper diced
- 3 cups chopped kale
- 1 tsp kosher salt
- 1/ tsp garlic powder
- 1 tsp cracked black pepper
- 1 tsp smoked paprika
- 1 tsp Italian seasoning
- 3 tbsp butter
- 4 cups chicken broth
- 1 cup riced cauliflower

White Fish Stew



Hlphoto

When creating fish stew we love using fish that has a mild flavor to really allow the broth to shine through with all the smoothness of the coconut milk and the bite of chardonnay.

This soup is hearty and thick, with plenty of clams, cod, shrimp and fragrant spices. This is the perfect meal for the whole family on a chilly night.

6 servings, total per serving: net carbs 5.5g, total carbs 6.5g, fiber 1g, fat 13.8g, protein 25g, calories 268

Instructions:

1. Heat a large pot to medium high heat, add olive oil, and onion, sauté 3 minutes.
2. Add minced garlic, cook for 1 minute.
3. Stir in cilantro and saute for 1 minute then add diced tomato and allow to cook for 8-10 minutes stirring consistently.
4. Pour in coconut milk, clam juice, wine, and all dry spices. add fish, shrimp, and clams, bring to a boil then reduce to simmer. Cook about 5 minutes until fish is flaking apart.
5. Serve and enjoy.

Ingredients:

1/4 lb cod cut into 2 inch pieces
1/2 lb peeled shrimp
1 cup clams de-shelled
4 tbsp olive oil
4 oz clam juice
4 oz coconut milk
1 small white onion diced
14 oz canned diced tomatoes
4 garlic cloves minced
1/2 cup Chardonnay (optional)
2/3 cup chopped cilantro
1/2 tsp dried basil
1/2 tsp dried thyme
1 tsp kosher salt
1/2 tsp cracked black pepper
1/8 tsp crushed red pepper flakes

Keto Gumbo



Hlphoto

Gumbo is a famous southern comfort dish that can be made in many different ways, with almost any meat you happen to have on hand. In this recipe we have included the three most popular gumbo staples, chicken, sausage and shrimp. The flavor is spicy and rich with just the right amount of kick. This stew is always a big hit at gatherings and we love to make extra to save in the freezer for a rainy day.

8 servings, total per serving: net carbs 5.1g, total carbs 6.6g, fiber 1.5g, fat 21g, protein 32.8g, calories 356

Instructions:

1. Heat slow cooker to the low setting.
2. Add in chicken, shrimp, and sausage.
3. Add red pepper, celery, onion, and garlic.
4. Pour in crushed tomato, tomato paste, and chicken broth.
5. Add all dry spices including xanthan gum and mix well.
6. Latch slow cooker and allow to cook 6 hours (2-4 hours on the high setting).
7. Serve with a generous sprinkle of fresh parsley on top.

Ingredients:

- 1 lb chicken thighs without the bone
- 1 lb beef kielbasa sausage sliced into 1/2 inch thick disks
- 1/2 lb peeled shrimp
- 4 cups chicken broth
- 1 large red bell pepper chopped
- 1 small yellow onion chopped
- 4 stalks celery chopped
- 6 cloves garlic chopped
- 3 tbs tomato paste
- 5 oz canned crushed tomato with juice
- 1 tbsp Cajun seasoning
- 1/4 tsp cayenne pepper
- 1 tsp thyme
- 1/2 tsp oregano
- 1 tsp Himalayan sea salt
- 1/8 tsp xanthan gum
- 1/4 cup fresh parsley chopped

Creamy Zucchini and Avocado Soup



MilaCroft

This blended zucchini soup is so creamy and smooth you'll forget it's made purely from fresh veggies. Zucchini is one of the most versatile vegetables we have in our arsenal when eating completely keto. Feel free to peel the zucchini before cooking, however, in this recipe it isn't necessary as the peel adds plenty of fiber and blends well in the mixer. The avocado makes this soup silky and decadent while adding plenty of good fat and nutrients. Enjoy this soup as an appetizer or as your full meal.

2 servings, total per serving: net carbs 4g, total carbs 10.5g, fiber 6.5g, fat 39.5g, protein 6g, calories 422

Instructions:

1. Heat a saucepan to medium high heat and add 2 tbsp olive oil.
2. Add chopped onion, sauté 1 minute.
3. Add zucchini and all dry spices except bullion cubes, sauté 6-8 minutes or until zucchini is softened.
4. Pour zucchini and onion mixture into a bullet blender along with one avocado, blend on high until 5-8 seconds.
5. Add chicken broth and bullion cubes to the saucepan and bring to a boil then reduce to simmer. Stir until bullion cubes are dissolved.
6. Pour broth into blender and pulse until smooth and mixed well.
7. Serve and enjoy hot with a drizzle of olive oil.

Ingredients:

- 2 cups zucchini chopped
- 1 ripe avocado
- 4 tbsp olive oil
- 1/2 small yellow onion diced
- 2 chicken bullion cubes
- 1 cup chicken broth
- 1/2 tsp kosher salt
- 1/4 tsp thyme
- 1/4 tsp cracked black pepper

Short Rib Stew



Huntograph

This spicy, rich bourbon short rib stew was inspired by a Korean recipe we love, where of course the slow roasted beef is the star. We wanted all of the tender goodness of the slow roasted short ribs with more of a beef stew flavor. Bourbon, red pepper and stevia create a slightly sweet and spicy, thick broth that melds perfectly with the savory beef. Perfect for a chilly winter evening in front of the fire.

5 servings, total per serving: net carbs 4g, total carbs 5.4g, fiber 1.2g, fat 33.8g, protein 31.8g, calories 561

Instructions:

1. Heat a large Dutch oven on the stove top to medium high heat and add olive oil.
2. Add in onion, peppers, and celery, sauté until onion is fragrant and translucent, about 3-4 minutes.
3. Add garlic and cook for another minute. Transfer vegetables to a separate bowl and set aside.
4. Preheat oven to 350.
5. Increase heat to high on the stove top and place ribs in the Dutch oven. Brown ribs on both sides, about 1 minute per side. Transfer ribs to the bowl with the vegetables.
6. Reduce heat to medium, pour in bourbon or 1 cup chicken broth and scrape up remaining brown bits.
7. Add chicken broth, liquid stevia, Worcestershire, tamari, xanthan gum, Dijon mustard, and all dry herbs.
8. Add ribs and vegetables back into the Dutch oven.
9. Cover and place in the

Ingredients:

- 10 bone-in beef short ribs
 - 2 tbsp olive oil
 - 1 small white onion diced
 - 1/2 green pepper chopped
 - 1/2 yellow pepper chopped
 - 4 cloves garlic minced
 - 4 celery stalks chopped
 - 1 tbsp Worcestershire
 - 1 cup bourbon (optional)
 - 4 cups chicken broth
 - 2 tbsp wheat free tamari
 - 11 drops liquid stevia
 - 1/8 tsp xanthan gum
 - 1 tsp kosher salt
 - 1 tsp black pepper
 - 1/8 tsp crushed red pepper flakes
 - 1 tsp Dijon mustard
- middle rack of the oven. Cook a 350 for 2 hours then reduce oven heat to 325, cook for an additional 30-45 minutes.
10. Remove from the oven and allow to rest on counter top for 20 minutes before serving.
 11. Serve and enjoy.

Chicken and Mushroom Soup



SMarina

This soup is light, mild in flavor and really allows the earthy notes of the mushrooms to shine through. Making this dish is quick and easy, using ready made rotisserie chicken and white mushrooms that absorb the flavor of the broth.

8 servings, total per serving: net carbs 4.25g, total carbs 6g, fiber 1.5g, fat 9.3g, protein 24.6g, calories 218

Instructions:

1. Heat a large pot to medium high heat and add butter.
2. Add celery, onion, garlic, and leeks, sauté until onion is translucent and fragrant.
3. Add in mushrooms, salt, pepper and sauté 1-2 minutes until slightly reduced.
4. Add in chicken stock, shredded chicken and thyme, bring to a boil then reduce to a low simmer. Cook for 30 minutes.
5. Serve with parsley, salt, and pepper to taste and enjoy.

Ingredients:

1 whole rotisserie chicken, meat removed from the bone and shredded
3 stalks celery chopped
1 small white onion chopped
3 cloves garlic chopped
1 cup chopped leeks
2 tsp fresh thyme
1 tsp Himalayan sea salt
1 tsp cracked black pepper
1 lb baby bella mushrooms cut in half
1 lb white button mushrooms cut into fourths
6 cups chicken broth
2 tbsp butter
Parsley for garnish

Sausage and Kale Soup



Ezume Images

One of our favorite quick healthy keto meals is sautéed kale and sausage, so why not create an amazing soup out of this simple dish. Browning the sausage in the pot, in the beginning, brings out the smoky flavor and leaves some nice flavorful bits to be mixed into the broth. Crispy kale and tender mushrooms accompany the sausage perfectly and make this an easy, filling meal the whole family will love.

4 servings, total per serving: net carbs 2.7g, total carbs 2.7g, fiber 0, fat 34.7g, protein 26.7g, calories 438

Instructions:

1. Heat a large pot to medium high heat and add sausage, sauté until browned on 2 sides, about 3 minutes.
2. Add all spices, chicken broth and mushrooms, bring to a simmer and allow to cook for 30 minutes.
3. Add in chopped kale and simmer another 30 minutes.
4. Serve and enjoy.

Ingredients:

- 1 lb beef sausage cut into 1 inch pieces
- 4 cups chicken broth
- 6 oz kale chopped
- 1 cup sliced baby bella mushrooms
- 4 cloves garlic minced
- 1 tsp kosher salt
- 1/2 tsp white pepper
- 1/2 tsp thyme
- 1 tsp parsley

Chicken and Poached Egg Soup



NPvancheng

Soup is one of the best ways to make and eat poached eggs. The smooth yolk creates a creamy flavorful texture in the broth and helps to bring out the flavor of the chicken. This is a dish that is wonderful for days when you have allergies or a bit of congestion. The ginger simmered into the broth does wonders to clear up a cold.

6 servings, total per serving: net carbs 4.5g, total carbs 6.0g, fiber 1.5g, fat 25.1g, protein 38g, calories 411

Instructions:

1. Heat a large pot to medium high heat and add butter.
2. Add garlic, celery, onion, and spices except parsley and kale. Sauté 2-4 minutes until onion is fragrant.
3. Pour in chicken broth, add shredded chicken, parsley and kale. Simmer for 30 minutes.
4. In the meantime poach your eggs. Heat medium sauce pan to medium high heat filled 3/4 with water and bring to a low boil.
5. Crack eggs one by one and slowly drop into the boiling water. Reduce to low heat and cover, allow to cook about 5 minutes. Remove with a slotted spoon and set aside.
6. Serve hot with a drizzle of olive oil and one egg per bowl of soup.

Ingredients:

- 1 whole rotisserie chicken about 1 lb, meat removed from the bone and shredded
- 8 eggs
- 1 1/2 inch fresh ginger sliced thin
- 3 cups chopped kale
- 1 small onion chopped
- 5 stalks celery chopped
- 2 cloves garlic minced
- 8 cups chicken broth
- 2 tbsp fresh chopped parsley
- 1 tsp fresh thyme leaves
- 2 tbsp olive oil
- 2 tbsp butter
- 1/2 tsp kosher salt
- 1/2 tsp cracked black pepper

Spicy Lime Jalapeño Chicken Soup



Ezume Images

This soup embodies the perfect mixture of mild spice and fresh herbs. Slow cooking an entire chicken on the bone gives the soup an amazing flavor. Most of the chicken served in Mexico is slow cooked, bone in for good reason. This method allows for maximum flavor and tenderness. This soup has everything we love about Mexican food in one pot. Your family is sure to love it.

4 servings, total per serving: net carbs 4.5g, total carbs 5.5g, fiber 0.75g, fat 31.7g, protein 29.7g, calories 428

Instructions:

1. Heat a large pot to medium high heat and add olive oil, garlic, jalapeño, and onion. Sauté for about 5 minutes.
2. Add chicken and chicken broth, salt, and pepper to the pot, cover and reduce to medium low heat to simmer. Cook for 1 hour.
3. Remove chicken from the pot and remove all meat from the bone, discard skin. Shred into large chunks with 2 forks and place chicken back into the pot and stir.
4. Serve with fresh cilantro and lime.

Ingredients:

- 1 whole uncooked chicken 1 lb
- 3 tbsp olive oil
- 4 cloves garlic minced
- 2 regular sized jalapeños, sliced and seeds removed
- 1 cup chopped cilantro
- 1 small white onion
- 1 lime sliced into wedges
- 6 cups chicken broth
- 1 tsp Himalayan sea salt
- 1/2 tsp white pepper
- 1/2 tsp chili powder

Cilantro Shrimp Stew



Ezume Images

This stew is refreshingly spicy and hearty. All of the ingredients are easily found at your local grocery store. You can use fresh or frozen shrimp, however, fresh and uncooked shrimp from the market will have a far better texture and flavor. There are no high heat peppers in this recipe, so feel free to adjust the heat with the dry spices. The broth in this dish is absolutely amazing and you'll be surprised at the flavor boost the shrimp peels add.

4servings, total per serving: net carbs 4g, total carbs 8g, fiber 4g, fat 15.7g, protein 34.5g, calories 312

Instructions:

1. Heat a sauce pan to medium high heat and preheat oven to 450.
2. Add in 5 cups water, shrimp shells, bay leaf, and 2 cloves garlic. Bring to boil then reduce to simmer, cook for 6 minutes and set aside.
3. Cover a baking sheet with baking paper and add whole tomatoes, 2 garlic cloves, chipotle pepper, and onion. Bake for 10-15 minutes, turning half way through until browned on both sides.
4. Once the vegetables are done, chop into smaller pieces and place them into the food processor or bullet style blender. Pulse until smooth and set aside.
5. Heat a medium pot heat 2 tbsp olive oil to medium high heat, add in peeled shrimp and sauté 1-2 minutes and set aside.
6. Pour in the tomato blend, xanthan gum, chili powder, cumin and shrimp shell broth using a strainer and bring to

Ingredients:

- 1/8 tsp xanthan gum
- 4 cloves garlic
- 1 small yellow onion chopped into wedges
- 1 fresh chipotle pepper sliced and remove seeds
- 1/4 cup chopped coriander
- 1 tsp cumin
- 1 tsp chili powder
- 4 cups chicken broth
- 5 cups water
- 1 cup chopped cilantro
- 3 Roma tomatoes
- 1 lb shrimp peeled (save the peels)
- 1 Bay leaf
- 2 tbsp olive oil
- 1 tsp kosher salt
- 1/ tsp black pepper
- 1 lime cut into disks
- 1 avocado cut into cubes
- 1 jalapeño sliced

simmer. Add in salt, pepper, coriander, 1/2 of the cilantro. Simmer for 10 minutes.

7. Add shrimp back into the pot and simmer another 3 minutes.
8. Serve with cilantro, lime, jalapeño, and avocado.

Shurpa soup



Hewitt Dimyadi

Shurpa soup is a middle eastern beef or lamb soup. The ingredients are simple and can be found in most kitchens. The peppers add a bit of natural sweetness to the broth without being overpowering. Feel free to swap out the beef with lamb in this dish, they are both equally amazing.

6 servings, total per serving: net carbs 4g, total carbs 4.8g, fiber 0.8g, fat 16g, protein 25g, calories 266

Instructions:

1. Heat a large pot to medium high heat, add olive oil, onion and bell pepper, saute 2-3 minutes.
- 2 Add beef and brown for 2 minutes, then add garlic and cook for one minute more.
3. Pour in beef broth, add bay leaf, diced tomato, and all spices.
4. Bring to a simmer and allow to cook for 45 minutes.
5. Serve with a sprinkle of parsley and jalapeño slices

Ingredients:

- 1 lb beef shoulder cut into 1 inch cubes
- 1 bay leaf
- 5 cups beef broth
- 1/4 cup fresh parsley chopped
- 1/4 orange bell pepper chopped
- 1/4 yellow bell pepper chopped
- 1 small onion chopped
- 1 cup diced tomato
- 5 cloves garlic
- 1 tsp paprika
- 1 tbsp white pepper
- 1 tsp kosher salt
- 2 tbsp olive oil
- 1 jalapeño sliced

Panasian Meatball Soup



Nickola_Chi

Meatballs in soup can seem a bit daunting, however, the bubbling broth cooks the meatballs perfectly. This way of cooking meatballs infuses them with the flavors of the broth. This dish includes all of the beautiful, fresh herbs you could want. Basil and mint pair perfectly with the spicy chili paste.

4 servings, total per serving: net carbs 3g, total carbs 3.75g, fiber 0.75g, fat 30g, protein 3g, calories 437

Instructions:

1. Mix 1/2 tsp salt and 1/2 tbsp pepper into turkey meat. Form 1 inch wide meatballs.
2. Heat a large pot to medium high heat, add olive oil and place meatballs into the pot. Cook for 2-3 minutes turning meatballs until browned on 2 sides.
3. Add in chicken broth, bok choy, chili paste, tamari, the remainder of the salt and pepper and bring to boil. Reduce to simmer and allow to cook for 30 minutes.
4. Serve with fresh mint, fresh basil and jalapeño slices.

Ingredients:

- 1 lb ground turkey
- 1/2 cup fresh mint
- 1/2 cup fresh basil
- 1 tbsp wheat free tamari
- 1 cups bok choy
- 5 cups chicken broth
- 1 tsp Himalayan sea salt
- 1 tsp cracked black pepper
- 1 jalapeño sliced
- 1 tbsp Chili paste
- 2 tbsp olive oil

Galbi - Tang Short Rib Soup



Sunsu Han

This soup is inspired by a traditional Korean short rib dish. When serving galbi there are many small bowls of delicious vegetables along side the short ribs. It's like your own mini buffet. This soup combines many of those unique flavors into one bowl.

6 servings, total per serving: net carbs 3.6g, total carbs 4.8g, fiber 1g, fat 32g, protein 18.1g, calories 396

Instructions:

1. Soak short ribs in a large mixing bowl filled with water for a minimum of 2 hours, a maximum of 6 hours. Rinse each piece under cold water after soaking.
2. Place short ribs into a large pot and cover with water. Bring to a boil and reduce to simmer, simmer for 5 minutes. Drain water from pot and rinse again with cold water and drain leaving ribs in the bottom of the pot.
3. Layer garlic, kimchi, onion, wine, salt, and pepper in the pot. Cover with water, about 6-8 cups. Bring to a boil then lower heat to simmer, cook for 30 minutes.
4. Add stevia, red pepper flakes, vinegar, and 3 whole red chilis in the pot and continue to simmer for an additional 30 minutes.
5. Serve immediately with fresh mint, tamari, scallions, and basil on top.

Ingredients:

- 2 lb beef short ribs
- 1/2 cup scallions diced
- 3 red chilis whole for flavor
- 3 cups Kimchi
- 1/2 small white onion chopped into half moons
- 5 cloves garlic whole
- 2 tbsp wheat free tamari sauce
- 1/2 cup fresh chopped basil
- 1 tsp kosher salt
- 1/2 tsp cracked black pepper
- 1 tsp apple cider vinegar
- 1/8 tsp red pepper flakes
- 1/2 tsp granulated stevia
- 1/2 cup chardonnay

Spicy Lamb Shank Soup



NinaM

This soup has very few spices because all of the flavor comes from the core ingredients. Wine and red meat are a match made in heaven when it comes to creating a fragrant broth. The acidity in the wine has an effect of drawing out the flavors in the lamb as well as making it especially tender. Don't worry, your soup won't taste at all like wine at all, but you will notice the dark notes bringing out the amazing flavor of the lamb. Browning your meat in the beginning is an especially important step. You'll want to scrape up all of the good stuff left at the bottom to help flavor your broth. Enjoy this soup with a generous sprinkle of fresh parsley and jalapeño slices on top. If you'd prefer less spice, skip the crushed red pepper, this dish is equally delicious with a mild broth.

6 servings, total per serving: net carbs 5.1g, total carbs 7.1g, fiber 1.6g, fat 15.1g, protein 34g, calories 327

Instructions:

1. Heat a large pot to medium high heat and add olive oil.
2. Place pieces of lamb into the pot leaving a little room in between each piece, sprinkle with salt and pepper and brown on all sides. No need to cook through, we are just looking for a bit of color. Set aside.
3. Add pepper, onion and garlic cloves to the pot. Add a little olive oil if needed and stir continuously, scraping up all of the leftover bits from cooking the lamb. Cook for 5-7 minutes.
4. Add tomato paste to the pot and mix well for about a minute. Add wine and bring a boil, allow to cook at a low boil until the mixture is reduced.
5. Add lamb back to the pot along with the chicken broth red pepper flakes and lemon zest. Reduce to low heat and cover. Add water to cover

Ingredients:

- 3 lbs lamb shank, each cut into several pieces
- 1 tbsp olive oil
- 1 small red bell pepper chopped
- 1 jalapeño pepper sliced
- 6 cloves garlic whole
- 5 celery stalks chopped
- 1 small yellow onion diced
- 2 tbsp tomato paste
- 3 cups chicken broth
- 1 cup Cabernet Sauvignon
- 1/4 cup parsley chopped
- 2 tsp lemon zest
- 1 tsp Himalayan sea salt or more to taste
- 1 tsp cracked black pepper
- 1/8 tsp crushed red pepper

the lamb if needed. Cook for 3 hours turning your lamb intermittently. Meat should be falling off the bone.

6. Serve with parsley and jalapeño slices.

Fisherman's Shrimp and Kale Soup



Akira Kaelyn

This dish is simple, filling and packed with nutrients. Kale is the perfect choice of vegetable to accompany the salty flavor of old bay and the bright notes of vinegar. Be sure not to overcook the shrimp. You want to see a nice pink color and a firm but not dry texture. In this dish the peels are removed from the shrimp but feel free to leave the peel on to lock in a little extra flavor until serving and peeling.

4 servings, total per serving: net carbs 3.5g, total carbs 5.25g, fiber 1.75g, fat 3g, protein 33.2g, calorie175

Instructions:

1. In a large sealable bag combine shrimp and old bay seasoning. Shake to coat the shrimp and allow to marinate for 20 minutes.
2. Heat a large pot to medium high heat, add in all kale and peppers, then pour in chicken broth and vinegar. Sauté stirring consistently until kale is reduced, about 2 minutes.
3. Separate kale and peppers into 4 bowls and leave the broth in the pot.
4. Add shrimp to the pot and simmer in the broth for 2-3 minutes until shrimp is pink but not tough.
5. Divide shrimp into the 4 bowls and pour remaining broth over separating evenly.
6. Serve and enjoy.

Ingredients:

- 16 oz chopped kale
- 1 lb shelled shrimp
- 2 tbsp old bay seasoning
- 6 small red chili peppers to flavor the broth
- 1 tbsp malt vinegar
- 3 cups chicken broth

Soto Ayam Soup



Aris Setya

Soto is an Indonesian version of chicken soup. The unique spice blend is toasted in a skillet with oil to deepen the flavors before seasoning the broth. There is just enough tomato in this dish to enhance the spices, yet not enough to overpower. The vegetables are chosen carefully to be dense in contrast to the tender chicken which falls right off the bone.

6 servings, total per serving: net carbs 3.3g, total carbs 4.1g, fiber 0.8g, fat 16.1g, protein 27.1g, calories 274

Instructions:

1. Place chicken in a large pot, add 2 quarts of water and bring to a boil then reduce to simmer, cover and cook 45 minutes. When chicken is tender, remove from pot to cool. Remove skin and bone and shred with 2 forks.
2. While chicken is cooking combine shallots, garlic, ginger, cumin, turmeric, coriander and pepper in a food processor. Pulse into a paste.
3. Heat oil in a small pan and add spice mixture, stir cooking for about 5 minutes on medium to medium low heat. Do not burn the spices.
4. Transfer spice mixture and shredded chicken back into the pot of broth. Add broccoli stalks, tomato and eggs still in the shell to be hard boiled with the soup.
5. Simmer 12 minutes and remove eggs, peel and halve them.

Ingredients:

- 2 lb whole chicken
 - 10 cherry tomatoes halved
 - 1 cup bean sprouts
 - 4 eggs
 - 2 cups broccoli stalks
 - 5 shallots halved
 - 1 tsp turmeric
 - 2 tbsp minced ginger
 - 2 tsp ground cumin
 - 1 tsp ground coriander
 - 3 cloves garlic
 - 3 tbsp sesame oil
 - 2 tbsp chopped mint leaves
 - 1 tsp kosher salt
 - 1 tsp cracked black pepper
 - 1 tbsp chili sauce
-
6. Serve with fresh mint, bean sprouts, egg and chili sauce, add salt and pepper to taste.

Tomato and Cod Soup



As Food Studio

Cod is one of the best fish to enjoy in soup. It is light tasting, flakey and does a great job of absorbing the flavors around it. This recipe uses fish stock as opposed to water or chicken broth to bring out the fresh flavor of the cod. However, if you'd like a lighter flavor, feel free to use chicken broth or water. The onion and chardonnay contrast the light cod, making this dish one of the best for warming up on a cold day.

6 servings, total per serving: net carbs 4.1g, total carbs 5.1g, fiber 1g, fat 6.8g, protein 38g, calories 252

Instructions:

1. Heat a large pot to medium high heat and add olive oil and onion. Sauté 2 minutes or until onion is tender, add garlic and sauté an additional minute.
2. Add in all spices and mix well, sauté for 2 minutes, then add wine and sauté until wine is reduced by half.
3. Add in fish sauce, tomatoes and tomato paste, mix well then stir in fish stock. Reduce to simmer and cook for 10 minutes.
4. Add in cod gently and raise heat to medium. Allow cod to cook for 3 minutes until tender and flakey. Avoid stirring so you don't break the fish.
5. Serve immediately and enjoy.

Ingredients:

- 2 lbs fresh cod
- 2 firm Roma tomatoes sliced
- 2 tbsp tomato paste
- 1 small onion
- 4 cloves garlic minced
- 2 tbsp fresh thyme
- 2 tbsp fresh oregano
- 1 tsp kosher salt
- 1 tsp white pepper
- 4 cups fish stock
- 3 tbsp olive oil
- 1/4 cup chardonnay
- 1 tbsp fish sauce

Moqueca Spicy Salmon Soup



Shaiith

Salmon is rich and full of good fat with an accompanying rich, savory flavor. This dish keeps it simple with peppery dill which is a favorite spice for any fish. Chili peppers add just the right amount of fresh, clean spice.

10 servings, total per serving: net carbs 3.6g, total carbs 4.7g, fiber 1g, fat 19.6g, protein 16.2g, calories 256

Instructions:

1. Marinade the salmon.

Mix together the marinade ingredients and rub the paste over the top of the salmon, place in a bowl and allow to marinate for 2 hours in the fridge.

2. After the salmon has marinated, heat a large pot to medium high heat and add all fresh ingredients and spices to the bottom of the pot, mix well.

3. Place marinated salmon pieces on top of the mixture and pour coconut milk on top and drizzle with olive oil. Bring to a boil then reduce to simmer, cover and allow to cook for 30 minutes to an hour until your salmon is at your desired temperature.

4. Serve hot with a slice of lemon and be careful to keep your salmon pieces in tact when serving.

Ingredients:**Marinade:**

2 tbsp olive oil

2 tbsp fresh lime juice

3/4 tsp Himalayan sea salt

1 tbsp paprika

2 1/2 tsp ground cumin

1 tsp cracked black pepper

4 cloves garlic minced

1.5 or 2 lb raw salmon cut into 2 inch pieces

Soup:

1/2 cup fresh cilantro

3 red chili peppers whole for flavor

1 small green pepper chopped

1/4 cup scallions chopped

1 lemon sliced serving

1 small onion diced

14 oz coconut milk

1 tsp Himalayan sea salt

1 tsp white pepper

Lamb and Onion Soup



Lonni

This savory dish is inspired by the flavors and texture of French onion soup. The lamb is the perfect meat to balance out the thick broth. Cooking this soup in a crock pot allows the spices to season the meat perfectly. If you have a bit leftover, it keeps well in the freezer for up to 6 months and is also great for meal prep.

10 servings, total per serving: net carbs 1.4g, total carbs 2.2g, fiber 0.6g, fat 15g, protein 26.8g, calories 256

Instructions:

1. Heat slow cooker to high, add olive oil, chopped onion, and lamb. Brown lamb pieces on all sides then reduce to low heat and add celery.
2. Mix all dry spices together and sprinkle over the lamb and onion and stir.
3. Pour chicken broth over the lamb, cover and cook on low for 4-6 hours.
4. Stir before serving.

Ingredients:

- 2 lb lamb shank cut into several pieces
- 1 tbsp olive oil
- 1 small white onion chopped
- 5 cups chicken broth
- 5 stalks celery chopped
- 1 tsp kosher salt
- 1 tsp cracked black pepper
- 1 tsp dried onion flakes
- 1 tsp beef bouillon powder
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1 tsp dried parsley
- 1/4 tsp celery salt

