

HEALTHY FREE LIFE

Eating & Living... for the Glory of God

Soup

Created by Healthy Free Life



Soup

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Warm your soul with our collection of soups, brimming with proteins and a rich variety of vegetables. Each recipe is a harmonious blend of flavor and nutrition, crafted to offer satisfaction and health in every spoonful. Whether you're seeking a light broth or a hearty stew, our soups are perfect for any season, providing a wholesome meal that's as delicious as it is nourishing.



BIG BATCH, 4 SERVINGS

SOUP FORMULA

- 1 TBSP COCONUT, AVOCADO, OR OLIVE OIL, OR GHEE**
- 1 YELLOW ONION, CHOPPED**
- 2 GARLIC CLOVES, MINCED**

1 POUND MEAT CUT INTO 1-INCH CHUNCKS OR USE GROUND MEAT

- skinless, boneless chicken breasts or thighs
- beef, like stew meat
- ground chicken, turkey or beef

2 LARGE CARROTS, CHOPPED (ABOUT 1 CUP)

3 CELERY STALKS, CHOPPED (ABOUT 1 CUP)

4 SPRIGS OF FRESH THYME (OR 1 TSP DRIED THYME)

4 CUPS WATER

2 TSP SALT

1 TSP BLACK PEPPER

1-2+ CUPS CHOPPED VEGGIES OF CHOICE

- green beans, fresh or frozen
- zucchini (added towards end)
- etc.
- frozen veggie medley
- cherry tomatoes, halved

2+ HANDFULS ROUGH CHOPPED GREENS

- kale
- baby spinach
- etc
- collards
- swish chard

Instructions:

1. In a large stockpot, melt the oil over medium heat and gently saute the onion, garlic, and meat for about 5 minutes, until the onion is tender and the meat is starting to lose its pink color.
2. Add in the carrots, celery, and veggie of choice, thyme, 2 teaspoons of salt, a few grinds of black pepper, and 4 cups of water. Bring the water to a boil, then lower the heat and cover the pot with a lid. Let the soup simmer until the meat is cooked through and the vegetables are tender, about 20 to 25 minutes.
3. Add greens. Season with additional salt and pepper to taste. Cook until greens wilt.

Leftover soup can be stored in an airtight container in the fridge for up to a week.

Turkey & Vegetable Soup *

11 ingredients · 50 minutes · 4 servings



Directions

1. Heat the oil in a large pot over medium heat.
2. Add the onion and cook until it begins to soften, about 5 minutes. Add in the garlic, thyme and salt and continue cooking for one minute more.
3. Add the sweet potato, carrots, celery and turkey. Stir to combine then add the chicken broth to the pot along with the parsley.
4. Bring soup to a gentle boil then reduce the heat to low and cover with a lid. Simmer for 40 to 45 minutes or until the vegetables are very tender. Season with additional salt if needed. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of soup.

More Flavor

Add a bay leaf or some red pepper flakes.

No Turkey

Use chicken breast instead.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 **tsp** Dried Thyme
- 1 **tsp** Sea Salt
- 3 Sweet Potato (peeled, cut into 1/2-inch cubes)
- 1 Carrot (peeled, chopped)
- 2 **stalks** Celery (chopped)
- 1 **lb** Turkey Breast, Cooked (or chicken breast, roughly chopped)
- 6 **cups** Chicken Broth
- 1 **cup** Parsley (chopped)

Nutrition

Amount per serving

Calories	350	Sugar	9g
Fat	10g	Protein	39g
Carbs	28g	Sodium	2195mg
Fiber	5g		

Moroccan Chicken Stew *

12 ingredients · 30 minutes · 4 servings



Directions

1. Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
2. Stir in tomatoes, half the parsley, honey and raisins. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
3. Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

Notes

Serve it With

Crusty bread, brown or white rice, quinoa, brown rice tortillas, roasted squash, sweet potato, or our Paleo Tabbouleh recipe.

Storage

Refrigerate in an airtight container up to 3 days, or freeze if longer.

Make it Vegan or Vegetarian

Use chickpeas instead of chicken and maple syrup instead of honey.

Ingredients

- 1/4 cup Coconut Oil
- 1 lb Chicken Breast (skinless, boneless, diced into chunks)
- 2 Yellow Onion (medium, diced)
- 1 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsps Sea Salt
- 3 Tomato (large, diced)
- 1/2 cup Parsley (finely chopped and divided)
- 1 tbsp Raw Honey
- 1/3 cup Raisins

Nutrition

Amount per serving

Calories	357	Sugar	18g
Fat	17g	Protein	28g
Carbs	25g	Sodium	981mg
Fiber	4g		

Creamy Chicken Noodle Soup

10 ingredients · 35 minutes · 4 servings



Directions

1. Add the butter to a large pot over medium-high heat. Once melted, add the celery, carrots, and onions. Cook for five to seven minutes.
2. Add the flour and cook for one more minute, stirring.
3. Add the chicken broth and stir. Add the chicken breast, thyme, and cream. Bring to a boil, then reduce to a simmer. Cover and cook for 10 minutes.
4. Stir in the noodles, cover, and cook for an additional six to eight minutes, or until the pasta is just al dente and the chicken is cooked through.
5. Remove the chicken, chop in bite sizes, then add it back. Adjust consistency with more broth as needed. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add garlic, salt and pepper.

Ingredients

- 2 **tbps** Butter
- 2 **stalks** Celery (diced)
- 2 **Carrot** (medium, diced)
- 1/2 **Yellow Onion** (large, chopped)
- 2 **ozs** Unbleached All Purpose Flour
- 4 **cups** Chicken Broth (plus more as needed)
- 1 **lb** Chicken Breast
- 1/4 **tsp** Thyme (fresh)
- 1 **cup** Cream, Half & Half
- 2 **cups** Egg Noodles

Nutrition

Amount per serving

Calories	426	Sugar	7g
Fat	17g	Protein	34g
Carbs	33g	Sodium	1054mg
Fiber	3g		

Pressure Cooker Chili Bean-Free

11 ingredients · 50 minutes · 4 servings



Directions

1. Turn your pressure cooker onto sauté mode. Cook the beef, breaking it up as it cooks until it's no longer pink. Remove the meat from the pot and drain any excess drippings.
2. Add ghee to the pressure cooker and when melted add the onion, pepper and garlic. Saute for 5 minutes or until the onions are translucent. Add the tomato paste, chili powder, cumin and salt. Cook for another minute. Add the tomatoes, broth and cooked meat to the pressure cooker and stir to combine.
3. Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 20 minutes and let the steam release naturally for 5 to 10 minutes. Release the rest of the steam manually.
4. Divide between bowls and enjoy!

Notes

KID FRIENDLY SUGGESTION:

Decrease the chili powder and serve this with organic tortilla chips, plain yogurt, and grated cheese for your little ones.

Optional Toppings

Diced avocado, sliced jalapenos, fresh lime juice, sliced green onion and/or chopped cilantro.

No Ground Beef

Use ground turkey or chicken instead.

More Flavor

Add smoked paprika, chipotle chili powder, ground cayenne, ground coriander, black pepper or dried oregano.

Tomato Options

Use cherry tomatoes, Roma tomato, field tomatoes or drained diced tomatoes from the can.

No Ghee

Use extra virgin olive oil or avocado oil instead.

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsp Ghee
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 3 Garlic (clove, minced)
- 2 tbsps Tomato Paste
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 Tomato (chopped)
- 1 cup Organic Chicken Broth

Nutrition

Amount per serving

Calories	287	Sugar	5g
Fat	16g	Protein	25g
Carbs	11g	Sodium	763mg
Fiber	4g		

Leftovers

Store in an airtight container in the fridge for up to three days. Freeze for up to three months.

Serving Size

One serving is equal to approximately one cup of chili.

Curried Chicken Crockpot Stew MR

10 ingredients · 6 hours · 6 servings



Directions

1. Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
2. After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
3. Serve the stew on it's own or over brown rice. Add sea salt if needed. Enjoy!

Notes

Turn it Into a Soup

Double up on the broth.

More Green Veggies

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

Add a Starchy Carb (amount for 1 serving)

Serve over 1/2 cup cooked brown rice.

Ingredients

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Organic Vegetable Broth (or any type of broth)
- 1 1/2 lbs Chicken Breast
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	311	Sugar	5g
Fat	5g	Protein	41g
Carbs	26g	Sodium	304mg
Fiber	6g		

Pressure Cooker Tuscan Soup *

10 ingredients · 35 minutes · 4 servings



Directions

1. Turn the pressure cooker to "sauté" mode. Add the oil, onion, garlic, and sausage. Cook, breaking up the meat, until lightly browned, about three to five minutes.
2. Stir in the oregano, potatoes, and chicken broth. Season with salt and pepper.
3. Close the lid and set to "sealing". Press manual/pressure cooker and cook for 10 minutes on high pressure.
4. Once the cooking time is complete, allow the pressure to naturally release for 10 minutes, then carefully quick release any remaining pressure. Stir in the kale and cream. Continue to stir until the kale is wilted, one to two minutes.
5. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to three months.

More Flavor

Add cooked white navy beans.

Dairy-Free

Omit or swap the cream for a dairy-free milk.

Sausage

Can use pork sausage if desired.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (large, thinly diced)
- 3 Garlic (clove, chopped)
- 1 **lb** Chicken Sausage (casing removed)
- 1/2 **tsp** Oregano (dried)
- 2 Russet Potato (large, peeled and chopped)
- 6 **cups** Chicken Broth
- Sea Salt & Black Pepper (to taste)
- 4 **cups** Kale Leaves (chopped)
- 1 **cup** Cream, Half & Half

Nutrition

Amount per serving

Calories	481	Sugar	10g
Fat	28g	Protein	23g
Carbs	36g	Sodium	2620mg
Fiber	4g		

Turkey, Cabbage & Pumpkin Soup

10 ingredients · 40 minutes · 2 servings



Directions

1. Heat the oil in a pot over medium heat. Once hot, add the turkey. Cook, stirring often until the turkey is cooked through, about ten minutes. Add the cabbage, carrots, and turmeric. Stir and cook for another five minutes.
2. Add the broth and pumpkin purée. Stir and bring to simmer. Turn the heat down, cover the pot with a lid, and simmer for about 15 minutes.
3. Uncover the pot, add the coconut milk, and simmer for another five minutes.
4. Divide the soup between serving bowls. Top with parsley and lime juice. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add garlic and onion powder.

No Bone Broth

Use broth of choice.

Ingredients

- 1 tsp Avocado Oil
- 10 ozs Extra Lean Ground Turkey
- 1 1/2 cups Green Cabbage (thinly sliced)
- 2 Carrot (medium, julienned)
- 1 1/2 tsps Turmeric
- 12 fl ozs Bone Broth
- 1/2 cup Pureed Pumpkin
- 1 cup Canned Coconut Milk (full fat)
- 1/4 cup Parsley (optional for garnish)
- 1/2 Lime (juiced)

Nutrition

Amount per serving

Calories	610	Sugar	10g
Fat	41g	Protein	37g
Carbs	24g	Sodium	482mg
Fiber	7g		

Coconut Shredded Chicken Soup

13 ingredients · 40 minutes · 4 servings



Directions

1. In a shallow dish, add the chicken and season with thyme, onion powder, half the sea salt and half the avocado oil.
2. In a dutch oven, over medium heat, add the remaining avocado oil along with the onion and celery and cook for 5 minutes. Add the garlic and cook for 1 minute more. Add the chicken to the pot and brown on all sides, about 5 to 7 minutes.
3. Add the broth and lower the heat to medium-low and let it simmer for about 10 minutes. Remove the chicken and shred it using two forks. Return to the pot along with the coconut milk, lime juice and remaining sea salt and stir to combine.
4. Divide the chicken into bowls and top with arugula and avocado. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/2 cups.

More Flavor

Add mushroom powder to season the chicken. Top with chili flakes for more spice.

Additional Toppings

Serve with tortilla chips for dipping.

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/3 tsp Dried Thyme
- 1/2 tsp Onion Powder
- 1/2 tsp Sea Salt (divided)
- 2 tsps Avocado Oil (divided)
- 1/2 Yellow Onion (chopped)
- 2 stalks Celery (chopped)
- 2 Garlic (cloves, minced)
- 1 1/4 cups Chicken Broth
- 1 1/4 cups Canned Coconut Milk (full fat)
- 2 tbsps Lime Juice
- 2 cups Arugula
- 1 Avocado (sliced)

Nutrition

Amount per serving

Calories	392	Sugar	3g
Fat	28g	Protein	25g
Carbs	10g	Sodium	734mg
Fiber	4g		

Lentil, Fennel & Turkey Meatball Soup *

10 ingredients · 45 minutes · 4 servings



Directions

1. Heat the oil in a pot over medium-high heat. Add the onion and fennel. Stir and sauté for about 10 minutes or until soft. Add half of the garlic and sauté for two to three minutes.
2. Add the broth and season with salt and pepper. Stir, bring the soup to a simmer, and turn the heat down to low.
3. Meanwhile, in a bowl, mix together the turkey, the remaining garlic, salt, and pepper. Roll the turkey mixture into small meatballs. Add the meatballs to the pot, cover with lid, and simmer for about 15 minutes.
4. Remove the lid. Add in the lentils and cream. Stir and simmer uncovered for another 10 minutes. Adjust the seasoning to your taste and add more broth if needed.
5. Remove from the heat and stir in the parsley. Divide between serving bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

More Flavor

Add carrot and celery.

Dairy-Free

Use coconut cream instead.

Lentils

Buy canned lentils, or make your own. Can substitute small white navy beans if desired.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (small, sliced)
- 1 **bulb** Fennel (medium, sliced)
- 4 Garlic (clove, minced, divided)
- 4 **cups** Vegetable Broth, Low Sodium (or Chicken Broth)
- Sea Salt & Black Pepper (to taste)
- 1 **lb** Extra Lean Ground Turkey
- 1 **1/2 cups** Lentils (cooked)
- 1 **cup** Cream, Half & Half
- 1/4 **cup** Parsley (chopped)

Nutrition

Amount per serving

Calories	410	Sugar	10g
Fat	20g	Protein	31g
Carbs	28g	Sodium	261mg
Fiber	9g		