
Squash and Ginger Soup

Ingredients:

1 - 2 Tbsp. organic, unrefined coconut oil, ghee or butter
1 acorn squash, skinned and chopped
2 medium carrots, chopped
2 medium onions, chopped
2 celery sticks, chopped
3 cloves garlic, minced
Large piece of ginger root (3 - 4 inches long), grated
Water to cover
Sea salt or Herbamare to taste
Minced parsley as garnish

1. Sauté carrots, onions, celery, and garlic in oil.
2. Add squash and ginger.
3. Cover with water.
4. Simmer for 30 minutes or pressure cook for 12 minutes.
5. Purée and adjust water to desired creaminess.
6. Add sea salt or Herbamare, and simmer at least 10 minutes more.
7. Serve garnished with parsley.

Lima Bean Cilantro Soup

Ingredients:

1 - 2 Tbsp. organic, unrefined coconut oil, ghee or butter
2 - 10 oz. packages frozen lima beans
2 large onions, minced
6 - 8 cloves garlic, minced
4 carrots, peeled and cut in half
8 cups water
2 tsp. sea salt or to taste
Pinch red pepper flakes (optional)
1 bunch cilantro, coarsely chopped

1. Sauté onion and garlic in oil for several minutes.
2. Add water, carrots, lima beans, and sea salt.
3. Simmer until vegetables are tender.
4. Remove carrots, cool, and slice into 1/4" or thin rounds.
5. Purée approx. 3/4 of soup and return to pot with carrots.
6. Adjust seasonings.
7. Add cilantro and simmer for two minutes. If cilantro is unavailable try parsley, spinach, watercress, kale.
Cook accordingly.