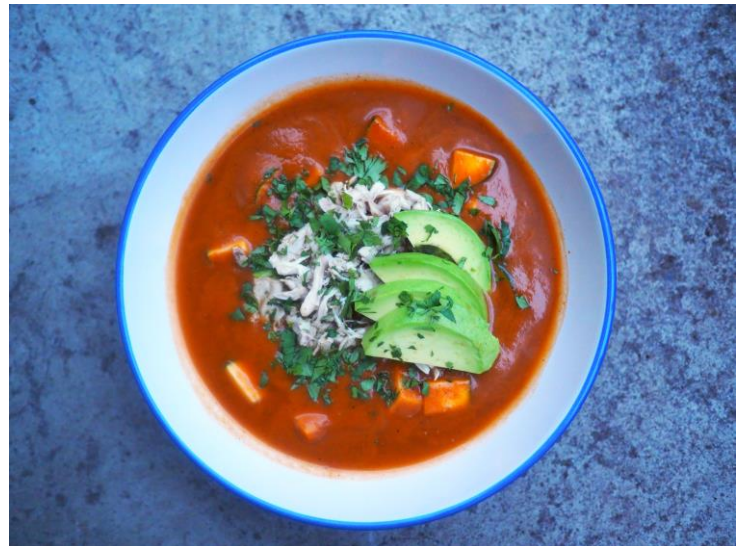


HEALING TORTILLA-LESS SOUP

Ingredients:

- 2 tbsp. coconut oil
- ½ cup onion, diced
- 3-4 garlic cloves
- ½ cup red pepper, diced
- ½ cup carrot, diced
- ½ cup celery, diced
- 1 poblano pepper, roasted and diced
- ½ tsp. salt
- ½ tsp. pepper
- 2 tsp. cumin
- 2 tsp. ground coriander
- 1 tsp. paprika
- ½ tsp. chipotle powder
- 1 ¾ cups tomatoes, roasted and chopped
- ¼ cup tomato paste
- 4 cups bone broth, homemade if possible
- 6 – 4 oz chicken breasts, cooked and shredded
- 2 cups zucchini, chopped
- 2 cups greens (optional) – kale, spinach, chard etc.
- ¼ cup cilantro for garnish
- Avocado for garnish



Serves: Serves 6

Directions:

Start by roasting your tomatoes & poblano. Leave them whole and put them under the broiler in the oven for about 10 minutes a side (or until blistering) checking and rotating them with tongs every couple minutes. In a large pot, melt oil and cook onion until translucent. Add garlic and cook for another minute or so. Add peppers, carrots, celery, poblano and seasonings. Stir until well combined. Add tomatoes, tomato paste, and bone broth, allow to simmer for 20 mins. Add everything to a blender and combine. Add it back into the pot and add chopped zucchini, greens if using them, and shredded chicken. Warm through. Serve and garnish with avocado & fresh cilantro.

Nourishing Tip

Soup has many benefits for your digestion and overall health. Unfortunately most store bought, canned or packaged soups do not have the same health benefits. Soups made at home with whole ingredients like bone broth and whole vegetables is a way to boost your immune system, nourish your skin, improve digestion and is an easy way to sneak in extra vegetables through pureeing the base.