



MelFit Detox Soup

(This soup is HIGH in protein)

Try to use 100% Organic ingredients for this soup if possible. If it's "off season" buy frozen organic veggies.

Servings: 8

Prep time: 15 minutes (buying pre-chopped and bagged items saves time)

Cook time: 30 minutes

Total time: 45 minutes

Ingredients:

1" piece fresh ginger root (no need to peel/grate frozen)

1" diced fresh turmeric (I buy mine at Winco/no need peel/grate frozen)

3 garlic cloves, minced

1 package Iserno's hot Italian chicken sausage (I like the hot, but you can use the plain version or sub for ground chicken or turkey as well)

1 pound organic grass fed beef (less than 10 grams of fat/the lower the better)

1 large lemon, juiced and as much lemon zest as you can get. Tip: Use a microplane grater or fine grater to zest the lemon BEFORE juicing

4 TBS Organic Apple Cider Vinegar

4 cups of chopped kale (I buy pre-chopped and bagged)

8 cups of bone broth (see MelFit Bone Broth recipe or buy organic)

2 cups filtered water

1 cup white or yellow onion, finely diced

1 cup parsley, chopped

2 large sweet potatoes, cut into cubes (these can be bought peeled and bagged in the frozen section)

2 TBS coconut oil
4 large carrots, sliced
2 cups celery, diced
2 cups broccoli, chopped into smaller florets
2 medium zucchini, sliced
1 tsp coriander
1 tsp nutmeg
1 tsp cinnamon
1 tsp cardamom
1 tsp Himalayan sea salt
1/4 tsp red pepper flakes
1/8 tsp cracked black pepper

Instructions:

1. In a large soup pot add the coconut oil, garlic, and onions and sauté over medium high heat until the onions are translucent.
2. Next add the chicken sausage and the ground beef and brown until brown on the outside. The meat will cook more while simmering, so no need to cook all the way through.
3. Next add all the veggies, seasonings, ginger, and turmeric. I didn't give the "dry" measurements on the ginger and turmeric because I want to encourage anyone who hasn't used fresh to try these and my easy method! No more tossing ginger!
4. Cook on low for 30 minutes or until the sweet potatoes and carrots are soft, not mushy.

Note: I created this soup to be made throughout the year when you feel like you need a reset and want to reduce inflammation. Fill your body with some amazing anti-inflammatory foods and herbs. Melfit Detox soup can aid in weight loss and rid your system of toxins. Melfit Detox soup also aids in digestion by providing fiber that regulates your system. Because of the meat this is a high protein meal that won't leave you feeling hungry.

This recipe is logged in My Fitness Pal as Melfit Detox Soup. If you have premium you can print and scan the barcode and easily log in My Fitness Pal. Enjoy!

Calories: 379

Carbs: 28.8 g

Fat: 11.8 g

Protein: 44.9 g

