

# Paleo & AIP

# SOUP

# MEAL PREP

Step-by-step instructions to make 4 delicious nutrient-dense soups at one time. Eat them this week or freeze for super quick meals later!



Michele Spring

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# RECIPES IN THIS PLAN:

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1. Carrot Ginger Soup



2. Asparagus Soup



3. Broccoli Mint Soup



4. Beet Fennel Soup



# HOW TO USE THIS PLAN:

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*Paleo & AIP Soup Plan*

This plan is slightly different than the other freezer and batch cook plans I offer in that this one shows you how to batch cook 4 different soups in one session that you can either freeze for later OR serve throughout your week OR do a combo of both.

**Each soup makes approx 4 x 1.5 cup servings. This means you'll get 16 servings out of this session - 16 already-done, ready-to-go breakfasts, lunches, or dinners!**

Options for each soup:

- Make one batch of a soup and serve it to your family for one meal
- Split it up into several meals for yourself in the coming week
- Split it up into several 1.5 cup servings and freeze in individual bags or Souper Cubes
- Split it up into several 1.5 cup servings and eat some this week and freeze the rest in individual bags

The benefit of cooking all 4 soups together is that the base of the recipes is all the same - onions, ginger, and garlic, so prepping and cooking these for all 4 soups at once cuts down on a LOT of time and cleaning.

These soups all freeze beautifully and can be thawed quickly using one of the following methods:

- Thaw in the fridge overnight and reheat in a pot on the stove or in the microwave for 1-2 minutes
- Cook directly from frozen on the stove: Place the frozen block in the pot over medium heat, then turn it occasionally until it can be broken up into pieces. Then turn the heat down to medium-low and put a lid on. Cook for 5-10 more minutes, stirring occasionally, until hot.
- Cook directly from frozen in the microwave: Cook for 1 minute in a microwave-safe bowl and then break up into small pieces. Cook for 1 more minute and then stir. Then go in 30 second intervals, cooking and stirring, until hot.

**Notes:** If cooking directly from frozen and stored in a glass jar, run cool water on the outside of the jar to start thawing so you can remove the soup. Do NOT use hot water if you don't want shards of glass everywhere.... Hot water on freezing jar means broken glass. Bring the temp of the jar up slowly :-)

If stored in a plastic bag you may have to cut the bag away from the soup with scissors or a knife. 4

## **Storing the soups:**

I highly recommend that if you're using plastic bags as your freezer container, laying your bags of soup flat on a baking sheet or baking dish in your freezer overnight until frozen, then either stacking them up like books or laying them flat in your freezer.

They take up far less room this way and can be easier to access.

If you're using glass jars or containers, make sure you do not fill the container all the way to the top so the soup will have room for expansion as it freezes.

## **Do I have to do all 4 soups at once?**

Nope. The instructions are for all 4, but simply ignore the steps you don't need. Make sure though that you only cut up enough onions, ginger, and garlic for the soups you are doing. The individual recipe page will show you that information.

Also - this plan will go fastest if you have 3 saucepans/pots and 3 burners, but if you don't it still won't be that long.

## **Can I double (or triple) the recipes?**

Definitely - just ignore the measurements in the instructions or do the math in your head.

## **How long will a session making all 4 soups take?**

The session will most likely take you between 1 - 1.5 hours to complete. If you use some shortcuts, like frozen broccoli and/or already cooked beets, it will take less.

I've given time estimates on each step, but these are estimates using all raw, fresh ingredients (like no already-cooked beets) and for taking your time.

## **Is there anything I have to prep before the session?**

Yes, you'll need to have either bought 12 cups of chicken, beef, or vegetable stock/broth or made it yourself BEFORE this session. Same thing if you make your own coconut or tigernut milk - have approximately 4 cups made BEFORE the session.

# SHOPPING LIST FOR ALL 4 SOUPS:

*Paleo & AIP Soup Plan*

The number in parenthesis "(")" represents the recipe number that it's for.

1. Carrot Ginger Soup
2. Asparagus Soup
3. Broccoli Mint Soup
4. Beet Fennel Soup

## Meats and Seafoods:

- 1 slice Bacon (2)

## Fresh Produce:

- 2 lb Beets (or already-cooked beets like Love Beets) (4)
- 1 large Fennel Bulb (4)
- 4 medium Yellow Onions (1, 2,3, 4)
- 4 cloves Garlic (1, 3, 4) (or 2 tsp minced)
- 3 inch piece fresh Ginger (or 3.25 tsp dried Ginger, or 3 tbsp pre-minced) (1, 3, 4)
- 1.5 lbs Carrots (or baby carrots) (1)
- 4 cups Broccoli florets - fresh or frozen (about 1 lb w/ stalks) (3)
- 1 bunch Asparagus (2)
- 1 tsp fresh Parsley (or 1/2 tsp dried Parsley) (2)
- 2 tbsp Fresh Tarragon (or 2 tsp dried Tarragon) (2)
- 1 Lemon (or 1/2 tsp dried Lemon Peel) (2)
- 1 Orange (4)
- 20 leaves fresh Mint (3)

## Herbs and Spices:

- Sea Salt
- 1/2 tsp Dried Thyme (4)

## Oils and Vinegars:

- 4 tbsp Avocado Oil

## Canned Goods:

- 3 x 13.5 oz cans Coconut Milk (OR 4 cups homemade coconut or tigernut milk) (or other dairy-free milk if Paleo)

## Misc:

- 12 cups Chicken or Beef Stock

## Materials:

- If freezing, 16 quart-sized plastic freezer bags or glass containers or Souper Cubes to freeze with and then freezer-safe containers or gallon-sized bags for long term storage

# THE BATCH COOKING INSTRUCTIONS

*The following are the directions to make all 4 soups at one time.*



## INSTRUCTIONS FOR BATCH COOKING SESSION:

This makes 1 recipe (4 x 1.5 cup servings) of all 4 soups.

### STEP 1: (10 minutes)

For this step you'll need:

- 2 lb Beets (or already cooked beets like Love Beets)
- 1 large Fennel Bulb, roughly chopped
- 2 tbsp Avocado Oil
- 1/2 tsp Dried Thyme
- Sea Salt
- 1 slice Bacon
- 1 baking sheet with parchment paper or baking dish
- Knife and cutting board

#### Directions:

Preheat the oven to 425 F. If using a baking sheet, cover with parchment paper.

If using fresh, raw beets, peel and dice them. If using already-cooked beets like Love Beets, just set aside until step 9.

Roughly chop the bulb part of the fennel into small pieces.

Place the diced beets (if using fresh, raw beets) and fennel on the baking sheet or dish and then drizzle with 2 tbsp of the avocado oil, the dried Thyme, and a pinch of sea salt. Place the piece of bacon on the baking sheet as well.

Set a timer for 15 minutes.

Go ahead to step 2, but when the timer beeps, take the bacon out and set aside (it does not need to be crispy).

Continue to keep cooking the beets and fennel for another 30 minutes. (if you're cooking JUST the fennel, check it after about 15 minutes as it will cook faster without the beets)



**STEP 2: (15 minutes)****For this step you'll need:**

- 2 tbsp Avocado Oil or other fat
- 4 medium Yellow Onions
- 1 large saucepan or stockpot
- Spatula or spoon for stirring
- 4 cloves Garlic (or 2 tsp minced)
- a 3-inch piece of fresh Ginger (or 3 tsp dried Ginger - or 3 tbsp pre-minced)
- 1.5 lb Carrots (or use baby carrots)
- 4 cups Broccoli florets (fresh or frozen) (this is about 1 lb with the stalks)
- Knife and Cutting Board
- Optional - Food Processor

**Directions:**

Peel the onion.

If using a food processor (recommended as this is FAST), chop the onions into quarters and then drop into the basin with the S-blade. Pulse until the onions are in small bits.

If just using a knife, dice the onions.

Heat the avocado oil in a large saucepan or stockpot over medium heat. Add the onions and cook, stirring occasionally, for about 10 minutes or until the onions are translucent.

While the onions are cooking:

(1) mince 4 cloves of garlic

(2) grate 3.5 tbsp of ginger (can skip this if using dried ginger)

(3) peel and roughly chop the carrots into 1-inch pieces (can skip this if using baby carrots)

(4) Roughly chop the broccoli florets into chunks, reserving the stalks for another use. (Skip this step if using frozen or already-cut florets)

**STEP 3: (5 minutes)****For this step you'll need:**

- Garlic you minced in step 2
- Ginger you grated in step 2
- Sea Salt
- 4 saucepans/stockpots with lids (or bowls to hold the onions in until you have a free pot)
- Spatula or spoon for stirring

**Directions:**

Remove 1/4 of the onions and place into a saucepan/stockpot or bowl.

Add the garlic, ginger, and a large pinch of sea salt to the remaining onions and cook for 3 minutes, stirring occasionally.

Divide the onion/garlic/ginger mixture into 3 and place them into three separate saucepan/stockpots (use the one you used for cooking as one!) or bowls. \*\*One of these portions won't need to be heated, so you can use a bowl.

\*\*\*\*Don't think you have the energy to do a whole session?? This is a GREAT place to stop for now. Just put the garlic/ginger/onion mixture in a storage container in your fridge, the onion mixture into another, and the prepped veggies into other containers and come back to the rest of this plan later. Remember to divide your garlic/ginger/onion mixture into 3 when you start up again though.

**STEP 4: (5 minutes)****For this step you'll need:**

- the Carrots you chopped in step 2
- 3 cups Chicken or Vegetable Stock

**Directions:**

Add the carrots and stock to one of the onion/ginger/garlic mixtures, bring to a boil, and then reduce the heat to a simmer. Cover and cook for 30 minutes, until the carrots are tender and easily pierced with a fork.

**INSTRUCTIONS PAGE 4:****STEP 5: (5 minutes)****For this step you'll need:**

- 4 cups Broccoli you cut in step 2
- 3 cups Chicken or Beef Stock

**Directions:**

Add the broccoli and stock to one of the onion/ginger/garlic mixtures . Bring to a boil and then reduce the heat to a simmer, cover and cook until the vegetables are tender, about 20 minutes. (If you are going in order of this plan, the carrot soup and broccoli soup should be done around the same time)

**STEP 6: (15 minutes)****For this step you'll need:**

- 1 bunch Asparagus
- 6 cups Chicken or Beef Stock (divided)
- 1 tsp Fresh Parsley (or 1/2 tsp dried Parsley)
- 2 tbsp Fresh Tarragon (or 2 tsp dried Tarragon)
- 1.5 cups Coconut Milk or Tigernut Milk (divided)
- 1 tsp Lemon Zest (or 1/2 tsp dried Lemon Peel)
- 1/4 tsp Sea Salt
- Bacon (cooked in Step 1)
- 1 Orange

**Directions:**

Chop the tough ends off of the asparagus and then cut into small pieces.

Heat the pot with JUST the onions over medium heat, then add the asparagus and 3 cups of the stock and bring to a boil. Turn the heat down to low, cover and simmer for 10 minutes or until the asparagus is tender.

Meanwhile, prep the following:

(1) roughly chop up the parsley and tarragon.

## INSTRUCTIONS PAGE 5:

### STEP 6 CONTINUED:

(2) Into the bowl/saucepan with the remaining onion/ginger/garlic mixture, add 3 cups of stock, 1 cup of Coconut or Tigernut Milk, and the zest and juice of the orange. Set aside.

*\*If you have time before the asparagus is done, use this time to start cleaning up a bit*

After the 10 minutes is up for the asparagus soup, add the parsley, tarragon, remaining 1/2 cup of coconut milk, lemon zest, and sea salt into the pot as well. Tear the piece of bacon into a few small pieces and throw that in the pot too.

Using an immersion blender or transferring to a blender or food processor, puree the soup.

Set aside or skip ahead to Step 10 to prep it for freezing right now.

### STEP 7: (5 minutes)

**For this step you'll need:**

- 1 x 13.5 oz can Coconut Milk (or 1.75 cups of Tigernut Milk)
- 20 leaves fresh Mint
- Sea Salt to taste

**Directions:**

Remove the broccoli soup from the heat and stir in the coconut milk and mint. Then use an immersion blender to blend until smooth or transfer to a blender or food processor and blend.

Taste and stir in some salt if needed.

Set aside or skip ahead to Step 10 to prep it for freezing right now.

## INSTRUCTIONS PAGE 6:

### STEP 8: (5 minutes)

#### For this step you'll need:

- 1 cup Coconut or Tigernut Milk (or other dairy-free milk if Paleo)
- Sea Salt to Taste

#### Directions:

To the carrot soup, add the coconut or tigernut milk and a pinch of sea salt, then use an immersion blender or regular blender to puree the soup until smooth. Taste and add more salt if necessary.

Set aside or skip ahead to Step 10 to prep it for freezing right now.

### STEP 9: (5 minutes)

#### For this step you'll need:

- The bowl/pan with the onions/garlic/ginger, stock, coconut milk, and orange juice and zest
- The beets and fennel you cooked in the oven

#### Directions:

To the large bowl with the onions/garlic/ginger, stock, coconut milk, and orange juice and zest, add the already-roasted beets and fennel. If you are using already-cooked beets like Love Beets, use them here (just throw them in whole).

Using an immersion blender or transferring to a blender, blend the soup until smooth. Taste and add more salt if necessary.

Go to Step 10 to prep it for freezing.

## INSTRUCTIONS PAGE 7:

**STEP 10:** *\*Only if you're freezing any - otherwise just store as you need for the week (15 minutes)*

For this step you'll need:

- The soups you made
- Quart-sized plastic freezer bags, glass freezer containers, or Souper Cubes
- Ladle
- Measuring cup

**Directions:**

Using a ladle and measuring cup, measure out 1.5 cups of one soup. Label a bag or jar with either permanent marker or one of the attached labels. Pour the soup into the bag/jar.

If using a bag, lay flat on a baking sheet or in a baking dish.

Continue to do this with all of the soups until no more remains. One serving may be a bit larger than the others. (If one is short, you can add a bit more stock to make it a full serving).

Freeze until solid, then remove the bags and stack or lay flat in your freezer

\*Remember if using glass jars to make sure there is room for expansion when freezing.

Alternatively, you can pour the soups into Souper Cubes, freezer for at least 8 hours, and then pop out and store in a freezer safe container or bag for long term storage.



# THE RECIPES

*The following are the individual recipes for the soups. You'll notice the directions are slightly different for some of these than they are in the batch cooking instructions, and that's just to account for the ability to make them together. They still all taste the same - it's just easier to do it one way when in batch and another way if just making that soup.*

# CARROT GINGER SOUP

*Paleo & AIP Soup Plan*

**Serves:** 4

## Ingredients

- 1 tbsp Coconut Oil or other fat
- 1 medium Yellow Onion, diced
- 1 clove Garlic, minced
- 1 tbsp freshly grated Ginger (or 1 tsp dried Ginger)
- 1.5 lb Carrots, peeled and roughly chopped (you can also use baby carrots)
- 3 cups Chicken or Vegetable Stock
- 1 cup Coconut or Tigernut Milk (or other dairy-free milk if Paleo)
- Sea Salt to Taste



## Directions for making ONLY this soup:

Melt the coconut oil in a large saucepan or stockpot over medium heat. Add the onions, garlic, and ginger and cook, stirring occasionally, for about 10 minutes or until the onion is translucent.

Add the carrots and stock, bring to a boil, and then reduce the heat to a simmer. Cover and cook for 30 minutes, until the carrots are tender and easily pierced with a fork.

Add the coconut or tiger nut milk and a pinch of sea salt, then use an immersion blender or regular blender to puree the soup until smooth. Taste and add more salt if necessary.

Serve immediately, refrigerate for up to a week, or freeze in 1.5-2 cup portions in quart-sized freezer bags and lay flat in your freezer.



# ASPARAGUS SOUP

*Paleo & AIP Soup Plan*

**Serves:** 4

## Ingredients

- 2 tbsp Coconut Oil or other cooking fat
- 1 slice Bacon, diced
- 1 medium Yellow Onion, diced
- 1 bunch Asparagus, cut into small pieces
- 3 cups Chicken or Beef Stock
- 1 tsp Fresh Parsley, chopped
- 2 tbsp Fresh Tarragon, chopped
- 1/2 cup Coconut Milk or Tigernut Milk (or other dairy-free milk if Paleo)
- 1 tsp Lemon Zest
- 1/4 tsp Sea Salt



## Directions for making ONLY this soup:

In a large pot, melt the coconut oil. Add the onion and bacon, and cook, stirring occasionally, until the onion is translucent, about 6-8 minutes.

Add the asparagus and stir for 1 minute.

Add stock and cover. Simmer on low for 10 minutes or until the asparagus is tender.

Add the parsley, tarragon, coconut milk, lemon zest, and sea salt.

Using an immersion blender or working in batches and transferring to a blender or food processor, puree the soup.

Return to the pot and warm thoroughly. Season with more salt if desired.

You can freeze the soup at this point for later, serve immediately, or keep in the fridge for up to a week. Simply reheat on the stove or in the microwave.

*NOTE: Serve garnished with tarragon or parsley.*

# BROCCOLI MINT SOUP

*Paleo & AIP Soup Plan*

Serves: 4

## Ingredients

- 1 tbsp Coconut Oil or other cooking fat
- 1 medium Yellow Onion, diced
- 2 cloves Garlic, minced
- 2 tbsp freshly grated Ginger (or 2 tsp dried Ginger)
- 4 cups Broccoli (fresh, with stalks included) OR Frozen Florets
- 3 cups Chicken or Beef Stock
- 1 x 13.5 oz can Coconut Milk (or 1.5 cups of Tigernut Milk) (or other dairy-free milk if Paleo)
- 20 leaves fresh Mint
- Sea Salt to taste



## Directions for making ONLY this soup:

In a large saucepan or pot, heat the oil over medium heat. Add the onion, garlic, and ginger and a pinch of salt and saute for about 10 minutes, or until the onion is soft and translucent.

Add the broccoli and stock. Bring to a boil and then reduce the heat to a simmer until the vegetables are tender, about 20 minutes.

Remove from the heat and stir in the coconut milk and mint. Then use an immersion blender to blend until smooth (or transfer in batches to a blender or food processor and blend).

Taste and stir in some salt if needed.

You can freeze the soup at this point for later, serve immediately, or keep in the fridge for up to a week. Simply reheat on the stove or in the microwave.

*NOTE: This soup tastes great if you add some crunch to it - I love crumbled bacon and slices of red cabbage (as seen in the picture).*

# BEET FENNEL SOUP

**Serves:** 4

## Ingredients

- 2 lb Beets, peeled and diced
- 1 large Fennel Bulb, roughly chopped
- 4 tbsp, Avocado Oil, divided
- 1/2 tsp Dried Thyme
- Sea Salt
- 1 medium Yellow Onion, diced
- 1 clove Garlic, minced
- 1 tsp freshly grated Ginger (or 1/4 tsp dried Ginger)
- 3 cups Chicken or Vegetable Stock
- 1 Orange (juice and zest of)
- 1 cup Coconut or Tigernut Milk (or other dairy-free milk if Paleo)



## Directions for making ONLY this soup:

Preheat the oven to 425 F. Cover a baking sheet with parchment paper.

Place the beets and fennel on the baking sheet and then drizzle with 2 tbsp of the avocado oil, the dried Thyme, and a pinch of sea salt. Roast for 45 minutes.

Meanwhile, heat the remaining 2 tbsp of avocado oil in a large saucepan or stockpot over medium heat. Add the onion, garlic, and ginger and saute until the onion is translucent, about 10 minutes.

When the beets and fennel are done, add them to the saucepan along with the chicken or vegetable stock. Simmer for 10 minutes. Add the orange juice, zest, and coconut (or tigernut) milk and simmer for 3 more minutes.

Using an immersion blender or working in batches with a stand blender, blend the soup until smooth. Taste and add more salt if necessary.





Serve immediately, refrigerate for up to a week, or freeze in 1.5-2 cup portions in quart-sized freezer bags and lay flat in your freezer.





# THE LABELS





*The following are printable labels to add to your soups. There are 4 labels for each soup.*





*Print these out on regular paper and use clear packing tape to stick to bag. You can alternatively print these out on sticker paper and adhere as well (though this doesn't always seem to stick as well once frozen)*

# LABELS

<p><b>Paleo AIP Carrot Ginger Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN	<p><b>Paleo AIP Carrot Ginger Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN
<p><b>Paleo AIP Carrot Ginger Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN	<p><b>Paleo AIP Carrot Ginger Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN

<p><b>Paleo AIP Beet Fennel Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN	<p><b>Paleo AIP Beet Fennel Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN
<p><b>Paleo AIP Beet Fennel Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN	<p><b>Paleo AIP Beet Fennel Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN

<p><b>Paleo AIP Broccoli Mint Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN	<p><b>Paleo AIP Broccoli Mint Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN
<p><b>Paleo AIP Broccoli Mint Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN	<p><b>Paleo AIP Broccoli Mint Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN

<p><b>Paleo AIP Asparagus Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN	<p><b>Paleo AIP Asparagus Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN
<p><b>Paleo AIP Asparagus Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN	<p><b>Paleo AIP Asparagus Soup</b></p> <p>1 serving - 1.5 cups</p> <p>DATE MADE:</p>	 Thriving On Paleo Paleo & AIP SOUP PLAN

If you like this plan and want more like it, check out **The Autoimmune Collective** - my signature program for holistic autoimmune health. Paleo and AIP recipes, step-by-step meal prep plans just like this, guidance and coaching on autoimmune health subjects, and the tools to continue your health after you've got your diet dialed in!

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