

Summer Squash Soup

Serves 4-6

Ingredients

2 Tbsp. olive oil
2 medium onions, sliced
1 pound of summer squash, sliced
18 garlic cloves, roasted
2 ½ cups vegetable or chicken broth
¼ tsp lemon pepper seasoning (or salt and pepper to taste)

Directions

1. Roast garlic cloves by putting whole clove (s) into aluminum foil. Drizzle with a tablespoon (+) of olive oil and wrap in the foil. Bake at 400 for 30-35 minutes or until garlic feels soft when pressed. Let cool. Use small fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins.
2. Sautee onion and squash slices until golden brown.
3. Add broth, roasted garlic and seasoning. Cook over medium heat 5-10 minutes until tender. Cool for 5-10 minutes.
4. Put in blender and blend until smooth.

Source: Vitamix Creations Recipes Book

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Broccoli Arugula Soup

Serves 4-6

Ingredients

1 tsp ghee or olive oil
1/2 medium yellow onion, chopped
2 garlic cloves, finely chopped
1 large head broccoli, cut into medium florets
1 cup arugula
2 ½ cups low sodium vegetable broth
½ cup unsweetened coconut milk
Juice of ½ large lemon
Sea salt and finely ground pepper

Directions

1. Heat ghee or olive oil in pot over medium heat. Add onion and garlic and cook until soft, about 3 minutes.
2. Add the broccoli and arugula to the pan. Stir frequently until the broccoli is bright green and the arugula is wilted.
3. Add broth, increase heat to high, and bring soup to boil.
4. Reduce heat to low and simmer until broccoli is fully cooked. 7-10 minutes.
5. Blend in blender. Okay to let cool first.
6. Once blended, pour in coconut milk. May use refrigerator type or canned. Canned will give it a creamier texture. Also add lemon juice at this point. Okay to use 1 tbsp. of liquid lemon if you don't have fresh available.
7. Blend for another 30 seconds.
8. Taste and season with salt and pepper as needed.

Source: Mark Hyman's Sugar Detox Cookbook

Cont'd

Carrot & Ginger Soup

Serves 8

Ingredients

1 tbsp. olive oil
1-2 cloves garlic, minced
1 onion, chopped
1 tsp coriander
½ tsp cumin
¼ tsp curry
¼ tsp black pepper
4 cups chopped carrots (12-15)
2 Tbsp. ginger, minced
3 cups chicken broth
2 cups milk or cream (I use coconut milk)
Salt to taste

Directions

In stock pot, sauté garlic and onions in oil for one minute. Add spices and continue cooking until onions are soft. Add carrots, ginger and stock and simmer until carrots are tender.

Remove from heat and puree in blender or food processor. Return to pot and add milk. Season to taste.