

# LET'S TALK SOUP: HOW TO MAKE SOUP WITHOUT A RECIPE, AND OTHER SOUP TIPS

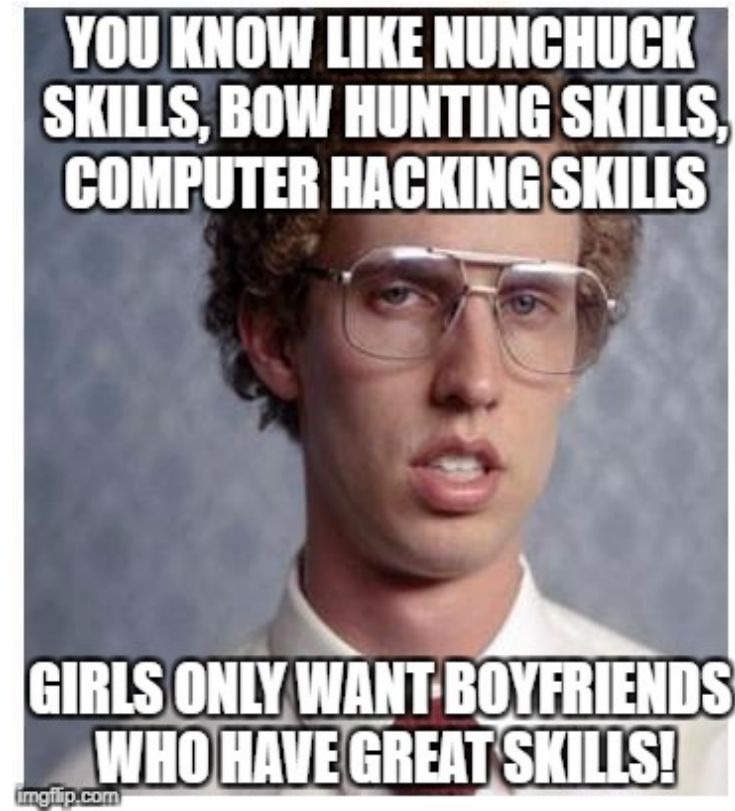
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# Why Soup?

- Soup is a nutrient dense food! And it is essential in the GAPS diet because of it's healing properties
- Variety is the key to success!
- Many people were never taught basic cooking skills, so you may find that you are starting a little behind!
- But you can become a Soup Champion!



# A Little About the Why...

- Why do we consume meat stock?
  - Collagen and gelatin
  - Amino Acids
  - Soothing, healing to a leaky gut lining
- How much meat stock should an adult consume each day? How about a child?
  - At least 1 mug per day per person for nutrition and keeping health
  - 3-6 cups for an adult, 1-3 cups for a child if healing a leaky gut
- When is it appropriate to do bone broth?
  - When the leaky gut is healed! Contains many minerals!

# Creative Ways to Drink Stock

- Drink your stock before it gets warm outside
- Drink it cool or room temperature when it is hot outside
- Fill a coffee mug or thermos and drink throughout day instead of coffee
- Freeze in an ice tray and make stock popsicles
- Poach a couple eggs in stock for your breakfast
- Drop a couple egg yolks into your hot mug of stock
- Eat it cold like jelly
- Warm up meat in a little stock and serve “soggy” to people who are refusing to drink stock
- Cook vegetables in stock for added nutrition

# Basic Components of Soup

- Stock
- Meat
- Vegetables
- Fat
- Salt
- Peppercorns
- Herbs/Spices

# Meat Stock or Bone Broth?

- Meat Stock

- 80% meat
- 20% bone with a joint
  
- Short cook time (<8 hrs)
  
- Meat stock is a meal! It's what heals a leaky gut!

- Bone Broth

- 20% meat
- 80% bones
  
- Long cook time (24-72 hrs)
  
- Bone broth is high in minerals and is great once you've sealed your leaky gut!

# Type of Meat for Stock

- Beef
- Bison/buffalo
- Elk/venison/antelope
- Guinea hen/Pheasant/Emu
- Duck
- Goose
- Chicken
- Pork
- Rabbit
- Fish
- Seafood
- Other?

# Bone with a Joint Ideas

- Bone-in pork chops
- Short ribs
- Leg shanks (knee joint)
- Chicken drumsticks
- Chicken wings
- Whole chicken, cut up
- Whole fish
- Knuckle Bone
- Other joint bones if you do your own butchering



# Steps to Making Stock

1. Choose your meat and bone with a joint
2. Add to pot after exposing joints, cover with filtered water
3. Bring to a boil, skim the scum
4. Add aromatics and vegetables
5. Simmer for appropriate time for the size of the animal
6. Remove from heat, cool and store properly

# Stock Storage Tips

- Temperature matters!
  - Cool stock or soup to room temperature before moving to the refrigerator. This prevents bacteria growth
  - Cool stock to fridge temperature before moving to the freezer. This helps prevent cracked jars or plastic exposure
- Water freezes sideways!
  - I do not recommend glass canning jars for freezing. These tend to crack from the pressure as the stock freezes. Cooling to fridge temperature before freezing may prevent this.
  - Using glass storage bowls is best, like Pyrex, or from Ikea.
  - Not ideal, but sometimes more accessible is to use BPA free plastic bags. Make sure to have the stock fully chilled before adding. And peel the bag off before thawing in another container

# A Note About Histamine

- Histamine intolerance shows that the liver is not processing toxins fast enough. GAPS diet is perfect for this condition! If there is a significant histamine reaction, however, it can be helpful to keep histamine consumption a little lower.
- The fresher meat is, the less histamine is present. People with significant histamine intolerance would do better to cook their meat and soup just before eating it (in other words, no leftovers). Extra stock should be quickly chilled and frozen, then defrosted just before use to keep the histamine levels low.
- Conversely, the opposite is true of ferments. A longer ferment time means less histamine present.

# Meat

When adding meat to your soup, there are a few options:

- De-boned meat from your stock
- Fresh meat, cut into cubes or strips
- Ground meat, loose
- Ground meat, made into meatballs (flavored or not)
- Fish
- Shellfish

On GAPS: be sure to monitor the ratio of muscle meat to gelatinous meat, especially on the early stages of the Intro Diet.

Beginning in Intro Stage 4, the meat can be seared or fried in fat before adding to the soup to enhance the flavor.

# Vegetables

- If you are on No-Plant GAPS, avoid vegetables.
- If on GAPS, refer to the allowed/not allowed vegetables in the yellow GAPS book.
- Some vegetables are better avoided on early stages of GAPS Intro, things like celery, cauliflower and broccoli stems, and some winter squashes. This is due to the fiber and starch content. If you are not on GAPS and are tolerating them, you can add them!
- On early Intro stages, fibrous vegetables like celery can be used to flavor the stock, but should be thrown away, not eaten.

# Fat

- Healthy fats help with healing! Each person should be eating as much fat as they can tolerate and desire! In soups, just like in every food we eat, we should ask “How can I add fat to this?”
- If you are experiencing any issues with tolerating fat, including burping, nausea, lack of appetite, and headaches, things can be done to help!
- I recommend everyone over the age of two years work up to  $\frac{1}{2}$  cup of added animal fat per day. If they are pregnant, nursing, have brain or nerve symptoms, or are under stress then consider eating around 1 cup per day.
- Work up gradually!

# Types of Fat

There are a few types of fat. Animal fat provides the most building blocks for healing, but good quality plant oils are important as well. The categories of fat are:

- Animal fats
  - Lard (pig)
  - Tallow (cow, elk, sheep)
  - Duck, goose, chicken fats
  - Other rendered fats or drippings from cooking
  - Butter
  - Ghee
  - Sour cream or crème fraiche
  - Cream (full GAPS)
  - Ghee
- Plant oils
  - Olive oil and other cold-pressed, non-rancid oils
  - Avocados
  - Coconut oil
  - Palm oil, MCT oil (but watch these for high pressure processing)
- Bad fats
  - Canola oil and other rancid, poorly processed oils
  - Soy bean and peanut oil

# Salt

- Eating good salt is important. Good salt contains minerals, which are essential for our health.
- Stock can be made with or without salt, but I do recommend adding some to soup. It's best to salt on the light side, then have salt on the table for everyone to use to taste.
- A variety of sea salts is best. Rotate what you use in and on their food. Some good salts, listed from highest to lowest in mineral content, are as follows:
  - Baja gold sea salt
  - Celtic sea salt
  - Redmond's Real salt
  - Himalayan sea salt



# Peppercorns

- Peppercorns, either ground or whole are legal on GAPS as soon as they are tolerated well.
- They are usually an aromatic when making meat stock, but can be used again when making a soup recipe.
- Freshly ground or whole peppercorns are best, as the beneficial herbal properties begin to break down as soon as the peppercorn is crushed.

# Herbs/Spices

- It is important to flavor the soups well! This helps prevent soup “burnout.”
- Fresh herbs can be used even on Intro Stage 1. In this case you can treat them like any other vegetable.
- Dried herbs come in later in the Intro as intestinal symptoms clear us, and are allowed in Full GAPS.
- Dried spices are often not well tolerated until Full GAPS. You can make soups with a fresh hot pepper added as a vegetable on the Intro Diet, if tolerated.

# Let's Build the Soup!

1. Choose a flavor profile
  1. i.e. Italian, or Asian, or Greek
  2. OR
  3. What do I have in my fridge?
2. Start with a stock base
3. Add vegetables (maybe cooked in fat before adding?)
4. Add meat (maybe cooked in fat before adding?)
5. Add herbs or spices. Be bold in the flavors!
6. Add salt, lightly to taste
7. Finish up with the toppings

# Toppings options... final touches

- Freshly pressed raw garlic
- Whey
- Ferments/Fermented juice (start with a little bit!)
- More fat!
  - Avocado (stage 3+)
  - 1-2 TBS butter or other fat
  - Sour cream

# Soup Making Summary

First choose a flavor profile, then within that idea choose your:

- Stock
  - Meat
  - Vegetables
  - Fat
  - Herbs/Spices
  - Salt/pepper
- 
- Simmer for 20-30 minutes until everything is soft, well cooked and the flavors are melded together. Then add final toppings and enjoy!

# CONGRATULATIONS!

You are officially a Soup Champion!

Go forth and share your soup knowledge with the world!

And as with all skills, this needs to be practiced. Try making soups from home in different flavor profiles. Stretch yourself out of your norm. Challenge yourself to find a good recipe using up the vegetables in your fridge.

Questions?