ladle
paleo and gluten-free comfort soup recipes

by Michelle Fagone
of CavegirlCuisine.com
ladle. paleo and gluten-free comfort soups

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fresh broths
fresh broths

I firmly believe and stand behind that the secret to a great soup, stew, or bisque is the broth, the very base of the recipe. It is the foundation to build on all of the other flavors. Broths can be easily made and are an inexpensive delicacy that you will oftentimes see steaming in a large stock pot in the kitchens of most fancy restaurants. Although soups and stews are the obvious use, broths can be excellent additions in sauces, a base liquid for steaming vegetables, adding in vegetable mashes instead of milk, and in braising liquids for meats.

I roast a chicken each Sunday (well, okay, some Sundays), which is my prep day. Then I peel the meat off of the carcass and refrigerate the chicken. Next, I make my broth from the chicken bones. I not only have chicken already prepared to be eaten straight out of the container or to be used in a recipe, but I also have fresh broth to make a soup that week. Between the recipe using the chicken, the soup, and some leftovers, our family of four can get 3–5 meals out of this. It is healthy, quick, and good! On a side note, you can transform the chicken a thousand different ways and pretty much come up with that many soup combinations as well. So, if your family likes variety, it can be accomplished easily.

My recipes are merely guidelines. If you do not have celery in the refrigerator, make the broth anyway. It will work just fine. Also, there is no need to discard those vegetable ends during the week. When chopping bell peppers, carrots, celery, and onions, there are always those odd ends that generally get thrown away. Keep a bag in your refrigerator. These can be used in preparing your broth at the end of the week.

Directions:

For the broths, simply place ingredients in a stock pot or Dutch oven. Add 6 cups of water (plus a few extra tablespoons to allow for steaming). Bring to boil. Reduce heat and simmer covered for 2–3 hours. Remove from heat and let cool. Strain liquid and discard the rest. This should yield six cups. Broth is good refrigerated for about 3 days or freeze up to 6 months.
**Beef Broth**

1 pound beef soup bones (ask your butcher if the bones are not already wrapped up in the meat section), 1 small diced onion, 1 chopped carrot, 2 chopped celery stalks, 2 cloves of garlic, 1 bouquet garni*

**Chicken Broth**

Carcass/bones from 1 whole chicken, 1 small diced onion, 2 chopped carrots, 1 chopped celery stalk, 2–3 cloves of garlic, 1 bouquet garni*, 8 peppercorns

**Mushroom Broth**

1 small diced onion, 1 celery stalk, 2 cups mushrooms (any variety), 2 bay leaves, 2 sprigs of oregano

**Turkey Broth**

Don’t forget to save those turkey bones around the holidays! Turkey broth is a once-a-year treat that my family enjoys. Prepare as you would the chicken broth. I also like to throw in a few sage leaves.

**Veggie Broth**

1 small diced onion, 2 chopped carrots, 2 chopped celery stalks, 3–4 cloves of garlic, 1 bouquet garni*

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*What is a bouquet garni? A bouquet garni is a gathering or bouquet of fresh herbs. Traditionally it is a combination of thyme, parsley, and a bay leaf, but you make it whatever your taste buds call for! There are many ways to gather the herbs. You can simply tie a piece of twine around the bundle. Some people prefer to tie it up in a piece of cheesecloth and then secure the top with a piece of string or twine. There is always the option to purchase a bouquet garni already assembled as some specialty stores have them prepared for you in the spice section.
Slow Cooker Beef Bone Broth

Bone broth is different than traditional broths because you cook it longer to really pull out the minerals and collagen from the bones. You can purchase beef bones from most butchers. If the bones are not prepackaged, just ask. Homemade bone broth is a popular item these days, and you are not the first to ask for these bones. Your butcher will know exactly what you want.

What do you do with bone broth?

Bone broth can be sipped right out of the cup on its own. Heck, it is even served at many trendy restaurants these days. It will come out of the refrigerator in a gelatinous state, but heat some up and enjoy the restorative qualities. You can also use bone broth in simple broth-based soups, starters for sauces, or when steaming vegetables.

Can I add other flavors to my bone broth?

Absolutely! Change up the herbs for your different moods or even add a knob of ginger to the pot if your tummy needs some mending. Exclude the garlic if you are not a fan. The important parts of this recipe are the bones, the vinegar (it helps extract minerals from the bones), the water, and the slow-low cooking. After that, it is your baby.

Ingredients

- 3 pounds beef soup bones
- 1 medium carrot, chopped
- 2 celery stalks, chopped
- 1 large onion, chopped
- 4 cloves of garlic, peeled and quartered
- 1 tablespoon black peppercorns
- 1 bouquet garni of preferred herbs
- 2 tablespoons apple cider vinegar
- 1 teaspoon sea salt (I prefer to keep the salt on the light side so I can properly adjust it when using the broth in other recipes)

Directions

Place ingredients in a 6-quart slow cooker. Fill slow cooker with water to just cover the ingredients. Cook covered on low overnight for up to 12 hours, or even more if time permits.

Strain liquid through a colander to remove bones and larger pieces. Strain again through a sieve or cheesecloth to remove additional smaller pieces. Refrigerate.

You should have a very white solid layer of fat at the top of your broth. Remove this with the edge of a large spoon and discard (although some people like the additional fat, so again, this is really your personal preference).

You will be left with a gelatinous pot of a yummy superfood underneath.

Store broth in an airtight container in the refrigerator for approximately 3–4 days or in the freezer for up to a year.
creamy soups — quick and simple
chicken, shrimp, and andouille sausage gumbo

My family and I recently took a trip to New Orleans, and to say that the food there is good is such an understatement. Also, no two gumbos seem to be alike. So make this recipe with a heart full of love and don’t get caught up in exacts. Taste it as you go and add flavor where you think necessary…and enjoy it with a group of happy people around your table.

ingredients

3 tablespoons ghee or real butter
¼ cup cassava flour or arrowroot flour
1 medium onion, diced
2 large carrots, peeled and sliced
3 celery stalks, sliced
3 cups chicken broth
8 ounces clam juice
1 pound uncooked andouille sausage, in casings
1 pound medium shrimp, peeled and deveined
1 pound chicken breast, diced
12 ounces frozen okra, sliced
2 teaspoons gumbo file (or creole seasoning)

directions

In a soup pot or Dutch oven over medium heat, melt ghee. Slowly whisk in flour and continue to stir until this “roux” turns brownish. Add onion, carrots, and celery. Sauté until onions are tender. Whisk in chicken broth. Add clam juice.

Bring mixture to a boil. Reduce heat to a simmer. Add andouille sausage and simmer covered for 10 minutes. Using a slotted spoon, remove sausage to a cutting board. Cut into 1-inch pieces. Add back to soup pot. Add shrimp, chicken, and okra. Continue to simmer covered for 30 minutes. Stir in gumbo file. Taste and add salt if necessary. Enjoy!
chorizo-chicken chiloup

I started out thinking that this recipe would be a soup, but then it had a little bit of a resemblance to a chili, or maybe a stew...so I asked my trusted Facebook folks, and they advised calling it a Chiloup, Stilli, Stewli, Schillew, and even a Stoup! So, take your pick, but definitely give this tasty version of Paleo chili a try!

ingredients

1 pound loose chorizo, or cut from the casings
1 red onion, diced
1 small red bell pepper, or color of choice, seeded and diced
8 ounces baby bella mushrooms, or mushrooms of choice, sliced
2 tablespoons ghee or real butter
3 celery stalks, chopped
3 carrots, peeled and chopped
½ teaspoon ground coriander
½ teaspoon smoked paprika
Sea salt and ground pepper, to taste
1 pound chicken thighs, lightly cooked and diced (these will continue to cook in the soup)
4 cups chicken or veggie broth
28-ounce can of diced tomatoes, strained

Optional Garnishes:
Sliced black olives, fresh cilantro, diced avocado

directions

In a soup pot or Dutch oven over medium heat, cook chorizo, onion, bell pepper, and mushrooms until chorizo is browned. Add ghee, celery, carrots, coriander, paprika, salt, and pepper. Sauté for 5 minutes. Add chicken, broth, and diced tomatoes.

Cook covered on medium-low for 30 minutes.

Continue to simmer uncovered for one hour. Spoon chili into bowls and garnish with optional toppings. Enjoy!
thai fish and sweet potato noodle soup

Never discuss religion, politics, or... cilantro. Apparently, the latter really stirs up some heated discussions! Many Thai soups contain cilantro; however, it is one of those herbs that you either love or hate, so I used baby kale instead for my haters. According to many studies, the dislike of cilantro may be in your DNA, and you are predisposed for it to taste “soapy.”

**ingredients**

- 13.5-ounce can coconut milk
- 2 cups veggie broth
- 1-inch knob of ginger, sliced in thin circles
- 1 tablespoon coconut aminos
- 1 tablespoon fish sauce
- 1 teaspoon raw honey
- 3 cloves of garlic, halved
- 1 tablespoon peppercorns
- ½ lime, peeled and quartered
- 1 cup shiitakes, or mushrooms of choice, diced
- ¼ cup scallions (the green portion), sliced plus extra for garnish
- 1 large sweet potato, spiraled or julienned
- 4 3-ounce cod fillets
- 2 tablespoons sesame oil

**directions**

In a large saucepan over high heat, add coconut milk, veggie broth, ginger, coconut aminos, fish sauce, honey, garlic, peppercorns, and lime. Bring to a boil. Reduce heat and simmer covered for 20 minutes. Strain solids out of broth and discard. Transfer broth back into saucepan.

Add mushrooms and scallions to soup base. Simmer for 5 minutes. Add spiraled sweet potato. Cover and continue cooking until sweet potato is tender (about another 5 minutes).

During the last minutes of cooking the soup, heat sesame oil in a small skillet. Cook cod fillets for approximately 4 minutes per side, depending on thickness. You want it to be opaque throughout without overcooking. Remove from heat and transfer fish to a plate so it won’t continue to cook.

Ladle soup and noodles into four bowls. Place a cod fillet in the middle of each bowl. Garnish with additional sliced scallions. **Enjoy!**
Happy Eating!
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