

SOUPS

Chicken Vegetable Soup

6 c water	1 bay leaf
Meat of 1 whole chicken, diced	1 tsp black pepper
2 cloves garlic, minced	6 fresh tomatoes, diced
1 yellow onion, diced	2 small zucchini, sliced thin
3 carrots, diced	

In a large pot, combine water, chicken, garlic, onion, bay leaf and pepper. Bring to a boil. Reduce heat, cover and simmer for about 2 hours or until chicken is tender. Remove bay leaf and discard. Add remaining ingredients and bring to a boil. Reduce heat and cover. Simmer for about 2 minutes or until vegetables are tender. Serves 6.

Gazpacho

4 large tomatoes, chopped	cayenne pepper to taste (optional)
1 small onion, coarsely chopped	1 sprig fresh parsley
1 clove garlic, peeled	4 ice cubes
1 c unsalted tomato juice	2 T lemon juice
1 medium cucumber, peeled & coarsely chopped	
pepper to taste	

Blend all ingredients in a blender or food processor until vegetables are small but not pureed. Serves 2.

Paleo Zucchini Soup

2 T olive oil	2 T dried thyme
1 red onion, chopped	1 T black pepper
5 cloves garlic, minced	2 c carrots, chopped
2 qts water	2 c celery, chopped
2 c cooked, chopped beef, chicken or pork	2 c zucchini, chopped
2 T dried basil	2 c fresh tomatoes, chopped
2 T dried parsley	½ c fresh parsley, chopped

Heat olive oil and sauté onion and garlic. Bring water to a boil and add sautéed onion and garlic, meat, basil, parsley, thyme and pepper. Lower heat and simmer for one hour. One hour before eating, add carrots and celery. One-half hour before eating, add zucchini. 10 minutes before eating, add chopped tomatoes and fresh parsley. Serves 6.



Spicy Tomato Soup

8 fresh tomatoes, pureed
1 c water
¼ c green chilies, diced
1 c chicken broth
1 red onion, finely minced

2 cloves garlic, minced
¼ c chives, diced
1 bell pepper, diced
1 tsp cayenne pepper
1 tsp paprika

Combine all ingredients in a large soup pot and cook on low heat for 1 hour. Serves 6.