

Carrot- Ginger Soup

Serves: 2 Quarts

Ingredients	Amounts
Carrots, fresh, peeled, chopped	2 lbs
Chicken or Vegetable broth	6 cups
Ginger, fresh, grated or chopped	2 each
Onions, sweet, chopped	2 each
Garlic cloves, fresh, chopped	3 each
Honey	¼ cup
Cumin, ground	2 tsp
Coconut Milk	1 cup
Cilantro, fresh, chopped	Garnish
Lime, fresh, cut into slices	Garnish
Red Chili Flakes	2 tsp
Olive oil	2 Tbsp
Salt	1 ½ tsp

Procedures:

1. Heat Olive oil a large stock pot over medium high heat.
2. Add onion, sauté until translucent; for about 5 minutes. Add Garlic ginger and carrots and sauté for 4 additional minutes.
3. Add stock, pepper flakes and cumin, coconut milk, honey and salt. Bring to a boil and reduce heat to a simmer for 45 minutes, until carrots are fork tender. Transfer carrot/broth mixture into food processor or blender and blend until smooth. (Make in batches if needed)
4. Serve with warm or cool with cilantro and lime slice.



Hearty Beef and Barley Soup

Recipe makes 8 servings

Ingredients	Amounts
Beef, Top Roast Steak, cubed	1 lbs
Yellow Onions, chopped	2 cups
Barley	1 cup
Garlic, fresh, minced	2 cloves
Carrots, chopped	1 cup
Celery, chopped	1 cups
Thyme, fresh (finely chopped) or dried (ground)	1 Tbsp (fresh) or 1 tsp (dried)
Bay Leaf	3 each
Low Sodium Beef/ Veggie Stock or Water	8 cups
Sea Salt	2 tsp
Tomato Paste	½ cup
Black pepper, ground	1 ½ tsp
Extra Virgin Olive Oil	¼ cup + extra to drizzle

Instructions:

1. Heat oil in pot and brown the beef cubes in heated oil on all side- careful not to cook beef all the way through .
2. Add chopped celery, carrots, and onions to a pot and cook until lightly softened on medium low for about 3 to 4 minutes.
3. Add all remaining ingredients to the pot and bring the soup to a boil- then reduce heat to a low simmer for about an hour and 15 minutes or until barley has been cooked and vegetable are tender
4. Serve warm in bowls.

Spinach Salad with Apple and Red Onion

Serves: 6- 8 portions

Ingredients	Amounts
Fresh Spinach, de-stemmed	2 lbs
Apple, small sized, cored, quartered and thinly sliced	2 each
Red Onion, large sized, thinly sliced	1 each
Olive Oil	$\frac{3}{4}$ cups
Apple Cider or Balsamic Vinegar	$\frac{1}{4}$ cup
Honey	3 Tbsp
Salt (optional)	To taste
Black pepper (optional)	To taste

Procedures:

- 1. Place spinach, apple and onion in a large salad bowl**
- 2. Place oil, vinegar and honey in a bowl and whisk until combined.**
- 3. Pour dressing over salad and toss.**
- 4. Season with salt and pepper to taste.**