



KABA

wellness

EQUIPMENT

- 1 large stock pot
- Cast iron or stainless steel pan for sauteing.
- Immersion blender or stand-up blender such as a Vitamix

INGREDIENTS

- 1 butternut squash
- 1 small pumpkin
- 1 head of organic cauliflower
- 10 carrots
- 2 thumbs of organic fresh ginger (if organic, no need to peel)
- 3 garlic cloves, peeled
- 3 whole cloves
- 1 piece of Kombu seaweed (optional)
- 2-3 liters of **Chicken Meat Stock** - broth only
- 1 large yellow onion, sliced
- 1 organic apple, sliced
- 4 tbsp grass-fed butter
- 1 tbsp maple syrup
- 1 tsp pink sea salt
- 1 can of coconut cream or coconut milk (if coconut milk, add 2 cans)
- Creme Fraiche (see recipe)
- Raw, organic shelled pumpkin seeds



(Gut-soothing) Fall Soup

with caramelized onion and apple

This recipe brings together the gut building properties of chicken Meat Stock (link recipe) and Creme Fraiche (link recipe) then kicks them both up a nutritional notch with ingredients sure to please.

Note: it's important not to overheat anything with probiotic properties as the heat will kill off beneficial bacteria. For this recipe, we're talking about the creme fraiche. How do you know how hot is too hot? If your pinky (little finger) can't tolerate hanging out in the soup for a few seconds, it's too hot to add the creme fraiche.

There are so many treasures in the soup, it's easiest just to list the items & their health benefits:

| | |
|----------------------------|--|
| Meat stock | Restores healthy gut lining |
| Squash and pumpkin | Great sources of iron, and adrenal support |
| Cooking in a cast iron pan | Another great source of iron |
| Clove | A carminative; reduces gas, bloating |
| Grass-fed butter | Healthy fat for reparation of stomach lining |
| Kombu Seaweed | Hlgh in iodine to support thyroid gland |
| Coconut cream/milk | Caprylic acid to combat candida |
| Ginger | Builds digestive fire |
| Garlic | Probiotic to increase beneficial bacteria |
| Creme Fraiche | A potent homemade probiotic |
| Pumpkin Seeds | High in zinc, anti-parasitic |

Method

- Wash all the produce
- Peel and seed the squash and pumpkin
- Cut the squash, pumpkin, cauliflower and carrots into into 2-inch chunks
- Into a large stockpot, load the carrots, squash, pumpkin, cauliflower, garlic, ginger, cloves and Kombu
- Cover with chicken broth by 1 inch
- Bring to a boil, then turn down to simmer
- Simmer until the vegetables are just tender
- Remove Kombu
- While veggies are simmering, start the preparation of caramelized apple and onion compote
- Using a cast iron pan, melt 4 tablespoons of butter over medium heat
- Add sliced onion, sliced apple, maple syrup and a pinch of sea salt
- Without stirring, simmer on medium heat until mixture is caramelized
- Once it reaches a lovely brown colour, add coconut cream
- This will produce a slightly sweet and creamy mixture.
- Add onion/apple mixture to stock pot
- With an Immersion blender or Vitamix, blend until smooth
- Season with seasalt
- If this soup is a bit bitter to your taste, add melted butter or coconut oil
- Pour into bowls
- Soup should be warm but not really hot (remember the pinky test)
- Add a swirl of Creme Fraiche and a sprinkle of pumpkin seeds