

Mexican Tortilla Soup

10–12 servings

98

A version of this recipe has been in our family for the last twenty-five years. It has long been enjoyed and can easily be adapted to your preferences. The garnishes are fun to vary, too. For a thin soup, use $\frac{1}{4}$ cup/45 grams of brown rice. For a thick version, use $\frac{3}{4}$ cup/160 grams. Keep in mind that the rice will continue to absorb moisture, so the soup will become thicker and thicker the longer it sits. This makes a large pot, so we often prepare it when having guests over for lunch or dinner.

$\frac{1}{4}$ – $\frac{3}{4}$ cup/45–140 grams long-grain brown rice or white rice

1 cup/236 ml warm filtered water

1 tablespoon raw apple cider vinegar, yogurt, kefir, buttermilk, or other live-cultured product

2 tablespoons fat of your choice (see page 23)

1 large yellow onion, peeled and chopped

1 red bell pepper, stemmed, seeded, and chopped

3 garlic cloves, peeled and finely minced by hand or in a garlic press

10 cups/2.4 liters chicken stock or a combination of stock and filtered water

3 cups/710 ml chopped tomatoes, fresh or canned (I use Pomi's chopped tomatoes, 26-ounce size)

2 teaspoons ground cumin

2 teaspoons dried oregano

2 teaspoons salt

$\frac{1}{4}$ – $\frac{3}{4}$ teaspoon cayenne pepper (For extra mild, try $\frac{1}{8}$ teaspoon; add more if you prefer it spicy)

2 cups/280 grams chicken, cooked and shredded or 2 cups/370 grams cubed raw chicken breasts or thighs

1 cup/226 grams corn, frozen or cut off the cob

YOUR CHOICE OF GARNISHES

Cubed avocado

Chopped cilantro

Shredded cheddar cheese or crumbled queso fresco

Lime wedges

Sour cream

Tortilla chips

1. Combine the rice, warm filtered water, and live cultured product in a nonreactive bowl and cover. Leave it in a warm place for 12–24 hours.
2. After the time has passed, rinse the rice well in a fine sieve. (If you're using white rice, you can skip the soaking step.)
3. In a large pot, heat the fat of your choice over medium to medium-high heat until hot.
4. Add the onion, red bell pepper, and garlic. Sprinkle with salt and sauté, stirring as needed to prevent burning, until the vegetables are soft.
5. Add the remaining ingredients except for the chicken and corn. Bring the soup to a boil, lower the heat, cover, and simmer the soup for 45 minutes or until the rice is cooked (20 minutes if using white rice).
6. Add the chicken and corn and cook for a few more minutes to heat through. If you're using raw chicken, cook the soup until the chicken is cooked through (at least five minutes).
7. Salt generously to taste and serve with the garnishes of your choice.



GLUTEN-FREE
DAIRY-FREE
Budget-Friendly

Precooked rice variation

If you have leftover rice to use in this soup, you can finish it in a jiffy, and the rice won't soak up too much of the stock. For Step 2, just simmer for about 15 minutes (solely to give the flavors a bit of time to meld together) and leave the rice out. When you serve, put a generous spoonful or two of cooked rice (it can be cold because the soup will heat it) on the bottom of each person's bowl and ladle the soup over it. This will also stretch the soup out even more to serve more people since the broth won't be absorbed into the rice before serving.

Butternut Apple Soup

4–6 servings

140

This simple soup often finds its way to our table during the fall. The sweetness of the apples and the zing of the ginger are a perfect complement to the butternut squash.

2 tablespoons fat of your choice (see page 23)

2 small/1 large yellow onion, peeled and chopped

3 garlic cloves, peeled and finely minced by hand or in a garlic press

1 medium butternut squash (3–4 pounds/1.36 grams), peeled, seeded, and cut into 2-inch/5-cm pieces

4 medium green apples, peeled, cored, and cubed (do this right before adding to the soup to prevent the apples from turning brown)

1 tablespoon grated fresh ginger

4–6 cups/.9–1.4 liters chicken or vegetable stock of your choice

GARNISH CHOICES

Crème fraîche (see page 282)

½ cup/50 grams toasted pumpkin seeds*

1. In a large pot, heat the fat of your choice over medium to medium-high heat until hot. Add the onions and garlic and a sprinkle of salt. Sauté, stirring frequently, until the onions have softened (5–7 minutes).
2. Add the butternut squash, apples, ginger, and stock (just enough to cover the squash). Salt with a generous sprinkle, and bring it to a simmer over high heat.
3. Lower the heat and simmer, covered, for about 20 minutes or until the squash and apples are quite soft.
4. Purée the soup using an immersion blender or by transferring the soup to a blender or food processor in small batches.
5. Salt to taste; thin with extra stock if necessary. Serve with garnishes of choice.

**To pan-toast pumpkin seeds, place the raw seeds in a dry pan over medium heat. Toast, stirring constantly, until the seeds turn a gentle brown. Remove them to a plate immediately to cool.*



Quick Recipe
Vegetarian-Friendly
GLUTEN-FREE
Grain-free
GAPS-friendly
DAIRY-FREE
Budget-Friendly

Spanish Garlic Soup

4 small servings

88

Traditionally served to those nursing a hangover or cold, this soup is simple to prepare and full of comforting nourishment. Smoked paprika adds a subtle flavor, and the herbs provide Spanish flair to an otherwise basic but delicious soup. Smoked paprika can sometimes be found in the bulk herb and spice section of health food and specialty stores, which allows you to buy just a small amount if you don't use it often. Red pepper flakes make a good substitute.

2 tablespoons olive oil or other fat of choice (see page 23)
 3–6 medium garlic cloves (3 for a mild flavor, 6 for garlic lovers)
 1 tablespoon finely minced fresh rosemary or ½ tablespoon finely minced dried rosemary
 ¾–1 teaspoon unrefined salt (omit if using store-bought stock)
 4 cups/.9 liters chicken stock (or vegetarian broth of choice—you could use Herbed Garlic Broth on page 66 if you love garlic especially)
 ½ teaspoon smoked paprika or a generous pinch of dried red pepper flakes
 ½ teaspoon dried oregano
 4 large eggs

TO SERVE

4 pieces of bread, toasted (a crusty, rustic bread works well)

1. In a medium-sized pot, heat the oil until hot. Add the garlic, rosemary, and a pinch of salt. Sauté for 1–2 minutes or until the garlic just begins to turn brown.
2. Add the stock right away, followed by the paprika, oregano, and remaining salt. Bring to a low simmer over medium-high heat, turn the heat to low, and simmer for 10 minutes. Taste and add more salt if needed and keep the soup warm as you cook the eggs.
3. Fill a medium saucepan ¾ full of water. Bring it to a simmer over medium-high heat. Crack the eggs into the simmering water and return it to a simmer for 4 minutes (for slightly runny yolks).
4. Meanwhile, place a piece of bread at the bottom of four bowls, cutting the bread in half to fit, if needed.
5. When the eggs are done, remove them with a slotted spoon and place one in each bowl. Divide the hot broth into the four bowls and serve.



Vegetarian-Friendly
Quick Recipe
DAIRY-FREE
Budget-Friendly