

# 10 MEALS

## FOR WINTER COLDS



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You just felt that scratch in the back of your throat, and before you know it your nose has started to run. There's no denying it...you're coming down with a cold. Being sick is a huge hassle, so let's strategize on how to achieve the quickest recovery.

**1) First drink lots of fluids.** Preferably filtered spring water. It's the first thing your doctor tells you to do when you're sick, and with good reason. A hydrated body has a leg up in the recovery process over a dehydrated body.

All the following soup recipes help with hydration, getting you better fast.

**2) Ditch the junk.** It's hard enough on a healthy body to digest and process foods with sugar, grains, preservatives and chemical additives, imagine how much harder it is on an ailing body.

Store bought soups are processed and contain harmful ingredients. These real food soup recipes, on the other hand, leave out the junk and stick to delivering the wholesome nutrition you need to recover.

**3) Indulge in Superfoods.** Red bell peppers, carrots, sweet potatoes, fennel and garlic are just a handful of Superfoods shown to speed cold recovery. You'll find all of these Superfoods, as well as dozens of others in the following soup recipes.



Good luck as you heal from your cold. It's a good idea to make and freeze a few of these soup recipes at the beginning of cold season so that when you're under the weather all you'll need to do is reheat.

Happy cooking and speedy recovery :)

Diana Keuilian

PS – Don't forget to visit [www.RealHealthyRecipes.com](http://www.RealHealthyRecipes.com) for hundreds of quick and delicious recipes.

**DISCLAIMER:**

The information contained in this book is for educational purposes only. This content is meant to supplement, not replace, medical advice. Always consult your physician prior to starting a new nutrition plan.

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## Lamb and Apricot Slow Cooker Stew

**Prep:** 15 minutes **Slow Cooker:** 8 hours- low **Makes:** 8 servings

**One serving equals:**

352 calories, 12g fat, 418mg sodium, 25g carbohydrate, 4g fiber, and 36g protein



Lamb meat is a good source of omega-3 fatty acids, healthy fats, iron, B vitamins and zinc. With the majority of the cooking done in the slow cooker, this lamb turns out perfect – tenderly falling off the bone.

Here's what you need:

- 2 Tablespoons coconut oil divided
- 2 yellow onions, thinly sliced
- 5 carrots, sliced into rounds
- 1 sweet potato, peeled and cubed
- 2 cloves garlic, minced
- 1 Tablespoon fresh ginger, minced
- 2 Anaheim chili peppers, seeded and diced
- 6oz dried apricots, chopped
- 2 pounds lamb meat, bone-in
- 32 oz organic beef broth
- 1 Tablespoon lemon juice
- 2 Tablespoons fresh dill, minced
- 1/4 cup fresh parsley, minced
- 1 teaspoon dried basil
- salt and pepper

1. In a large skillet melt one Tablespoon of the coconut oil over medium high heat. Add the onions, carrots, sweet potato, garlic, ginger, chili pepper and apricots. Sauté for 10 minutes and then transfer everything to the slow cooker.
2. Salt and pepper the lamb. Add a Tablespoon of coconut oil to the skillet and brown the lamb, about 6 minutes. Transfer the lamb to the slow cooker.
3. In a medium bowl combine the broth, lemon juice, and remaining fresh and dried herbs. Mix well then pour into the slow cooker.
4. Cook on low for 6 to 8 hours. Salt and pepper to taste and then serve.



## Slow Cooker Chicken Breast with Figs & Squash

**Prep:** 15 minutes **Slow Cooker:** 6 hours- low **Makes:** 6 servings

**One serving equals:**

389 calories, 7g fat, 400mg sodium, 27g carbohydrate, 2g fiber, and 48g protein



This recipe is extremely simple to throw together, and the end result is chicken breasts that are super moist and flavorful. Serve it up with a dark green salad.

Here's what you need:

- 1 Tablespoon olive oil
- 1 small red onion, chopped
- 1 small yellow onion, chopped
- 3 garlic cloves, minced
- 3 lbs organic, boneless, skinless chicken breasts
- salt and pepper
- 12 dried figs, chopped (it looks pretty to use both dark and light ones)
- 1 cup butternut squash, chopped
- 1 cup chicken broth
- 1 teaspoon dried rosemary
- 2 Tablespoons fresh tarragon, chopped
- 2 Tablespoons fresh sage, chopped

1. In a large skillet place the olive oil over medium heat. Add the onions and garlic and sauté for 5 minutes.
2. Rinse the chicken and pat dry. Season with salt and pepper. Add to the skillet, browning each side for about 5 minutes.
3. Transfer the contents of the skillet to your slow cooker and top with the remaining ingredients.
4. Cook on low for 6 hours.

## Vegetable Soup with Savory Pesto

**Prep:** 20 minutes **Cook:** 30 minutes **Makes:** 10 servings

**One serving equals:**

170 calories, 11g fat, 182mg sodium, 10g carbohydrate, 4g fiber, and 5g protein



If you are a fan of minestrone soup, but don't want the carbs of beans and noodles, then you'll love this all-vegetable alternative. The strands of cabbage mimic those of noodles and the pesto adds amazing flavor.

Here's what you need:

For the Soup:

- 1 Tablespoon olive oil
- 1 large organic yellow onion, chopped
- 1 organic red bell pepper, chopped
- 2 large organic carrots, chopped
- 4 garlic cloves, minced
- 1 small organic green cabbage, thinly sliced
- 1 cup organic cauliflower pieces
- 3 Tablespoons fresh Rosemary, minced
- 3 Tablespoon fresh Italian parsley, minced
- 2 bay leaves
- 8 cups chicken broth

For the Pesto:

- 4 garlic cloves
- 2 cups basil leaves
- 1/2 cup walnuts
- juice from half a lemon
- 1/2 cup nutritional yeast
- 1 cup olive oil

1. In a large soup pot, over medium heat, warm the olive oil. Add onion, bell pepper, carrots, and garlic. Cook until the vegetables are tender.
2. Add the cabbage, cauliflower pieces, rosemary, parsley and bay leaves. After 5 minutes add the chicken stock. Allow to simmer, covered for 20 minutes then season with salt and pepper.
3. For the Pesto: In a food processor, combine the garlic, basil, walnuts, lemon juice and nutritional yeast. Pulse until all ingredients are mixed in. With the blade spinning, slowly pour in the olive oil. Continue to blend until the mixture is smooth.
4. Fill each soup bowl with the soup and top with a generous spoonful of the pesto.



## Real Healthy Tomato Soup

**Prep:** 20 minutes **Cook:** 40 minutes **Makes:** 5 servings

**One serving equals:**

170 calories, 8g fat, 404mg sodium, 19g carbohydrate, 8g fiber, and 5g protein



In the past, before I began to eat healthy, cold weather would make me crave tomato soup from a can, topped with cottage cheese and a side of grilled cheese sandwich. These days I wouldn't touch soup from a can, dairy or grains, but with this recipe I still get my tomato soup. The added slices of avocado mimic the creaminess of cottage cheese, and a toasted slice of almond bread nicely replaces a grilled cheese sandwich.

Here's what you need:

- 4 large heirloom tomatoes
- 1 Tablespoon coconut oil
- 1 sweet, yellow onion, chopped
- 3 sweet colorful bell peppers, seeded and chopped
- 1 bay leaf
- 1 teaspoon dried thyme
- 1 teaspoon sweet paprika
- 2 cloves garlic, minced
- 6 oz organic tomato paste
- 1 teaspoon sea salt
- 1 teaspoon ground pepper
- 1/2 cup filtered water
- 4 cups chicken broth
- 1 Avocado, sliced
- 1 bunch cilantro, chopped

1. Bring a large pot of water to boil. Cut a large X into the bottom of each tomato, then drop into the boiling water for 3 minutes. Remove with tongs. Set on a cutting board and allow to cool. Once cooled, peel and seed the tomatoes, then chop.

2. In a large soup pot, heat the coconut oil over medium. Add the onions, bell peppers, bay leaf, thyme, paprika and garlic. Saute for about 5 minutes, until the onions and peppers become tender.
3. Add the tomato paste, salt, pepper and water. Mix well and cook for another 5 minutes.
4. Add the chicken broth and tomatoes, cover and simmer for 25 minutes.
5. \*optional\* At this point you have the option of blending your soup, for a smooth consistency. It is not necessary, if you prefer a chunky soup then do not blend. To blend: Allow the soup to cool before blending in a food processor or by using an immersion blender.
6. To serve, remove the bay leaf, ladle the soup into 5 soup bowls, then top with sliced avocado and chopped cilantro.

# Cold Day Chicken Soup

**Prep:** 20 minutes **Cook:** 50 minutes **Makes:** 8 servings

**One serving equals:**

166 calories, 5g fat, 175mg sodium, 9g carbohydrate, 2g fiber, and 19g protein



This Cold Day Chicken Soup is extra special as it doesn't contain any high-carb ingredients like noodles or potatoes, like most do. Enjoy and allow this simple, nourishing meal warm you from the inside out.

Here's what you need:

- 1 Tablespoon coconut oil
- 1 medium organic yellow onion, chopped
- 3 carrots, grated
- 2 celery stalks, finely chopped
- 1 Tablespoon curry powder
- 2 garlic cloves, crushed
- 2 quarts chicken broth
- 3 cups diced roasted chicken
- 1 bay leaf
- 1 organic apple, chopped
- dash of salt and pepper
- 1/2 teaspoon dried thyme
- zest from 1 lemon
- 2 cups unsweetened coconut milk

1. In a large pot, over medium heat, melt the coconut oil and add the onion, carrots and celery. After 5 minutes add the garlic and curry powder.
2. After a couple minutes add the chicken broth, chicken, bay leaf, apple, pepper, thyme, and lemon zest. Stir well. Bring to a simmer and cook for 40 minutes.
3. Stir in the coconut milk, and some salt if desired, remove the bay leaf and serve.



# Creamy Chicken Soup with Quinoa & Roasted Red Peppers

**Prep:** 20 minutes **Makes:** 5 servings

**One serving equals:**

248 calories, 11g fat, 644mg sodium, 14g carbohydrate, 3g fiber, and 20g protein



By using flavorful ingredients, like roasted red bell peppers and white bean hummus, this soup tastes like you slaved over it all afternoon- but really takes less than 20 minutes to throw together. This recipe is a great way to fit some quinoa into your diet. Quinoa is a protein-packed seed that is considered a “super food”. It’s s a complete protein, containing all 9 essential amino acids, and is gluten free. It is also filled with magnesium and fiber, as if you needed more convincing.

Here’s what you need:

- 1 cup roasted red bell peppers
- 3/4 cup white bean hummus
- 2 cups chicken stock
- 1/2 cup cooked quinoa
- 1 cup shredded rotisserie chicken
- dash salt and pepper
- 2 Tablespoons parsley, chopped

1. Take 1/4 cup of the roasted red peppers, slice into strips and set aside.
2. Place the remaining red peppers in a blender along with the hummus and chicken stock. Blend until smooth.
3. Transfer to a medium saucepan. Add the quinoa and chicken. Season with salt and pepper.
4. Bring to a boil.
5. Ladle the soup into bowls and garnish with the slices of red pepper and chopped parsley.

## Turkey & Veggie Comfort Stew

**Prep:** 20 minutes **Cook:** 1 hour **Makes:** 8 servings

**One serving equals:**

274 calories, 6g fat, 480mg sodium, 34g carbohydrate, 10g fiber, and 21g protein



There's nothing better than a warm bowl of comforting stew – especially when it's filled with nutritious ingredients like veggies and lean ground turkey.

Here's what you need:

- 2 teaspoons olive oil
- 2 garlic cloves, minced (or save time with frozen minced garlic cubes from Trader Joes)
- 1 bunch of carrots, chopped
- 2 onions, chopped
- 1 bunch of celery
- 1 fennel bulb
- 1.3 lbs lean ground turkey
- 4 cups veggie broth
- 1 (14.5oz) can stewed tomatoes
- 4 ears of corn, kernels sliced off cobb
- 3 Tablespoons tomato paste
- 2 teaspoons dried basil
- dash of salt and freshly ground pepper

1. In a large skillet heat the olive oil. Add garlic.
2. Add chopped carrots, cover for 5 minutes.
3. Add onions, celery and fennel. Saute until soft.
4. In another skillet cook the ground turkey over medium heat until fully cooked, stirring often. Drain off excess fat.
5. Transfer the veggies to large soup pot and add the remaining ingredients, and the cooked turkey. Cover and cook over low heat for 40 minutes. Add extra water as desired.

## Easy Egg Drop Soup

**Prep:** 15 minutes **Cook:** 25 minutes **Makes:** 4 servings

**One serving equals:**

101 calories, 2g fat, 298mg sodium, 7g carbohydrate, 2g fiber, and 8g protein



Quick meals like this Egg Drop Soup are essential for times when work and other activities monopolize the day. This soup is comforting, filling and oh-so-quick to whip together.

Here's what you need:

- 6 cups veggie or chicken broth
- 1/4 tsp ginger
- 1 teaspoon olive oil
- 1/4 tsp salt
- 1 cup shredded carrot
- 2 eggs
- 4 celery stalks, thinly sliced
- 1 yolk

1. In a medium pot heat the broth.
2. Meanwhile, heat the olive oil in a skillet. Add shredded carrots and sliced celery. Cook over medium heat for 5 minutes, stirring often.
3. Transfer the veggies into the broth, add the ginger and salt. In a small bowl whisk the eggs and yolk together.
4. Once the broth begins to boil, use a fork to drizzle in the egg. Egg should cook immediately in the boiling broth.
5. Serve warm.



## Quinoa Harvest Stew

**Prep:** 20 minutes **Cook:** 55 minutes **Makes:** 4-6 servings

**One serving equals:**

281 calories, 2g fat, 677mg sodium, 58g carbohydrate, 11g fiber, and 11g protein



This simple stew combines fresh autumn vegetables with protein rich quinoa. I love making a huge pot of stew and then eating it for a few days in a row.

Here's what you need:

- 10 cups filtered water
- 1/4 cup coconut aminos
- 1 cup uncooked quinoa
- 4 small sweet potatoes, peeled and chopped
- 1 leek, chopped
- 4 garlic cloves, minced
- 2 zucchini, chopped
- 1 small head green cabbage, sliced
- 4-6 medium sized tomatoes
- 4-6 small carrots
- dash of freshly ground salt and pepper
- 2 Tablespoons dried parsley
- 2 teaspoons oregano

1. Place the water and coconut aminos in a large soup pot over medium heat. Add the uncooked quinoa.
2. Allow the quinoa to simmer as you prepare the vegetables. Add the veggies as you chop them, adding them in the order listed. Add the seasonings and simmer until the potatoes are tender, about 45 minutes.

## Avocado Soup with Mango Salsa

**Prep:** 20 minutes **Makes:** 4 servings

**One serving equals:**

272 calories, 15g fat, 122mg sodium, 35g carbohydrate, 12g fiber, and 5g protein



Sometimes soup should be cold and refreshing, rather than hot and comforting. Avocado makes this soup wonderfully creamy, and the salsa adds a nice kick of flavor.

Here's what you need:

For the Soup:

- 2 large cucumbers, chopped
- 2 large avocado, pitted and peeled
- 3 1/2 cups filtered water
- 2 green onions, chopped
- 1 celery stalk, chopped
- 1 lemon, squeezed
- 1 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1 Tablespoon orange zest
- 1 bunch cilantro leaves
- 1 Tablespoon freshly ground sea salt

For the Salsa:

- 1 mango, chopped
- 1 yellow bell pepper, chopped
- 2 green heirloom tomatoes, chopped
- 2 mandarin oranges, chopped
- handful of cilantro, chopped
- handful of cherry tomatoes, chopped
- Freshly ground sea salt to taste

1. For the soup: Combine all of the ingredients in a high speed blender, mix until smooth
2. For the salsa: Combine all of the ingredients in a bowl, mix until fully combined.
3. Serve each bowl of soup with a large scoop of salsa.

## Asparagus & Winter Veggie Soup

**Prep:** 15 minutes **Cook:** 45 minutes **Makes:** 4 servings

**One serving equals:**

160 calories, 1g fat, 761mg sodium, 34g carbohydrate, 8g fiber, and 7g protein



The base for this soup is a broth made by pureeing tender asparagus and garlic, and then potato, carrot, onion, zucchini and spices are added. What a delicious way to eat your vegetables!

Here's what you need:

- 1 bunch (12 oz) fresh organic asparagus, cut into 1 inch pieces
- 5 cloves garlic, minced
- 8 cups vegetable broth
- 1 teaspoon olive oil
- 1 large sweet potato, peeled and chopped
- 5 large carrots, peeled and chopped
- 1 large yellow onion, chopped
- 3 zucchini, chopped
- 1 teaspoon dried thyme
- 1/4 teaspoon ground sage
- salt and pepper to taste

1. In a medium skillet over med-low heat, saute the asparagus and garlic in 2 Tablespoons of the vegetable broth. Cover and cook until tender.
2. Pour your vegetable broth into a large pot . Add the tender asparagus and garlic and allow to cool slightly. Using an immersion blender, puree the mixture until smooth. Turn on the heat and bring to a simmer.
3. In a large skillet over med-high, heat the olive oil and then add the potatoes and carrots. Cook for a few minutes, then add the onion and zucchini. Continue to cook until the veggies are tender. Add the thyme and sage.
4. Add the cooked vegetables to the broth and simmer for another 10 minutes. Season with salt and pepper and enjoy.

## Savory Zucchini Soup

**Prep:** 20 minutes **Cook:** 20 minutes **Makes:** 3 servings

**One serving equals:**

243 calories, 2.4g fat, 804mg sodium, 52g carbohydrate, 5.5g fiber, and 10.6g protein



This soup is light, creamy and refreshing. You can enjoy it hot or serve it up cold, it's delicious either way.

Here's what you need:

- Nonstick cooking spray
- 1 red onion, chopped
- 6 cups vegetable broth
- 3 green zucchini, chopped
- 3 yellow zucchini, chopped
- dash of salt and pepper
- 12 oz frozen butternut squash, defrosted
- 1 cup canned coconut milk
- juice from 1/2 a lemon
- dab of unsweetened coconut cream

1. Spray the bottom of your soup pot with nonstick spray, and saute the onion until soft. Add the broth, zucchini, salt and pepper and cook until zucchini is soft.
2. Use your hand blender and puree the soup until smooth. Add the butternut squash.
3. Remove from heat, add coconut milk and lemon juice.
4. Put a dab of coconut cream in each bowl and swirl with a spoon.

Tip: This soup freezes well, so make lots and save some for later.



## Okra & Carrot Stew

**Prep:** 15 minutes **Cook:** 35 minutes **Makes:** 4 servings

**One serving equals:**

118 calories, 3g fat, 587mg sodium, 19g carbohydrate, 6g fiber, and 6g protein



Okra is one of my all time favorite comfort foods. There's something delicious about biting into the tender okra skin and then having the seeds pop in your mouth. This stew is incredibly simple and quick to make – perfect for a cold and gloomy day .

Here's what you need:

- 1 Tablespoon olive oil
- 4 cloves garlic, minced
- 1 cup baby carrots, sliced lengthwise and crosswise
- 1 large sweet onion, chopped
- 1 pound fresh okra
- 1 (28oz) can whole tomatoes
- 1 quart veggie broth (32oz)
- 1/2 teaspoon freshly ground peppercorns
- 1/4 teaspoon sea salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1 teaspoon dried thyme

1. In a very large skillet, or medium pot, heat olive oil. Add garlic, carrots and onion. Cover and cook, stirring occasionally, for 5 minutes.
2. Meanwhile, trim the ends from Okra and cut in half crosswise.
3. Add okra, tomatoes, broth and spices to skillet. Gently break tomatoes apart with spoon. Mix and allow to cook, uncovered, on medium heat for 20-25 minutes, until okra is tender.

There you have it, 10 real food soup recipes (and 3 bonus ones!) to help you recover from that cold and get well on your way to recovery!

Go on and dive into the rest of the books in my Family Friendly Fat Burning Meals Program...



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Happy Cooking :)

Diana Keulian