



CATERING • MEAL PREP • JUICES

Tuscan Soup

With the cooler weather, soup becomes a go-to meal! With a couple healthier tweaks, this hearty, yummy, Italian style soup will help you stay on track with your wellness goals!



HealthyNow provides healthy, delicious and freshly prepared meals, catering and fresh pressed juices to busy individuals, families, seniors, organizations and sports teams.

To order, call or text Christine at 647-210-0047 or email Info@HealthyNow.ca.

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You'll need:

- 1 tbsp olive oil, or avocado oil
- 1.5 lbs. ground chicken or turkey
- sea salt and freshly ground black pepper, to taste about 1/4 teaspoon each
- 1 tbsp Italian seasoning
- 1 tsp fennel seeds
- 1 large yellow onion, diced
- 2 large carrots, peeled and diced small
- 4 celery stalks, diced
- 4 fresh garlic cloves, minced
- 5 cups chicken bone stock, or broth
- 2 cups milk of choice, I love using unsweetened cashew milk, or coconut milk
- 2 tbsps gluten-free flour
- 1 small cauliflower head, chopped to florets
- 2 cups chopped fresh spinach leaves
- Optionally, 4 slices nitrate-free bacon, cooked and crumbled

To make it:

1. Heat oil in a large Dutch oven or stockpot over medium-high heat. Add in your ground meat, Italian seasonings, fennel seeds, and fresh minced garlic.
2. Sprinkle with sea salt and pepper and cook, breaking the meat with a wooden spoon, until cooked through.
3. Stir in onion, carrot, and celery then continue to cook for another 4 minutes, stirring occasionally.
4. Pour in your chicken broth, bring soup to a boil, then reduce the heat to simmer.
5. Add in the cauliflower and simmer until fork-tender, about 10 minutes.
6. Meanwhile, in a large jar whisk milk and flour until well combined.
7. Pour this milk/flour mixture into your soup and continue to simmer for a few minutes more until it begins to thicken.
8. Add in the spinach and stir just until wilted.
9. Taste test and adjust seasonings if desired.
10. Ladle your delicious soup into bowls and sprinkle with crumbled bacon and freshly ground black pepper

Enjoy! Past recipes of the week are posted at our website www.HealthyNow.ca/recipes

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