



Jambalaya

Ingredients

- 4 andouille chicken sausage, sliced
- 1-2 lbs. of shrimp
- 2 garlic cloves, minced or 1 tablespoon garlic powder
- 1 yellow onion, diced
- 1 green bell pepper, diced
- 1 red, yellow or orange bell pepper, diced*
- 1-2 jalapenos or ½ jar of pickled jalapenos, diced
- 1 (14oz) can diced tomatoes, undrained (optional)
- 1 cup chicken broth, bone broth, veggie broth or water
- 2 tablespoon olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano (optional)**
- 1/2 teaspoon dried thyme (optional)**
- 1/2 teaspoon dried parsley (optional)**
- 1/2 teaspoon cayenne pepper (feel free to add more to kick it up a notch)
- 1 teaspoon Cajun seasoning (optional)
- salt and pepper, to taste



*You can add more veggies like carrots, spinach or kale to kick it up a veggie notch.

** Use Italian seasoning instead of oregano, thyme and parsley

Instructions

1. Prep the vegetables and proteins.
2. Heat a large pot over medium-high heat with your olive oil. Add garlic until it becomes fragrant then add your onion and bell peppers to begin to cook down. Sprinkle with salt and pepper. Add other vegetables except for leafy greens if using.
3. Once the onion is translucent, add broth or water, chicken sausage and shrimp. Mix.
4. Cover and let cook for about 5-7 minutes. Then add tomatoes (optional) and spices. Stir to incorporate.
5. Cover and let cook for another 10 minutes or until meats are cooked through. Add leafy greens the last 3 minutes if using.



Crustless Loaded Chicken Pot Pie Soup

Ingredients

- 1 pound Yukon gold potatoes or parsnips or sweet potato or rutabaga (peeled and chopped)
- 1 cup water
- 1½ cups unsweetened dairy free milk
- 1 tablespoon of garlic oil (use minced garlic if not low FODMAP)
- 2 tablespoons extra virgin olive oil, avocado oil, coconut oil, or ghee
- 1½ cups frozen or fresh carrots (chopped, about 3-4 medium)
- 1½ cups chopped celery
- 1 cup green onion (diced, use regular onion if not low FODMAP)
- 1 cup Yukon diced gold potatoes, parsnips, sweet potato or rutabaga (chopped)
- 4 cups broth or water
- 1 tablespoon fresh or 1 teaspoon dried thyme
- 1 tablespoon fresh or 1 teaspoon dried rosemary (optional)
- 1½ cups fresh or frozen green beans
- 1½ cups frozen peas
- 1½ cups of fresh or frozen chopped broccoli
- 1 teaspoons sea or Himalayan salt (or to taste)
- 2 pounds of cooked chicken (chopped) or beans of choice



Instructions

1. In a small saucepan, combine potato (sweet potato, parsnip, or rutabaga) 1 cup of water. Cover and cook on medium heat for 10 minutes, stirring occasionally.
2. Once the potatoes are cooked, turn heat off, drain, add dairy-free milk and blend using an immersion blender. Leave potatoes in the pan as you finish making the soup.
3. While the potatoes are cooking, start the soup. In a large pot or Dutch oven, combine oil, carrots, celery, green onions/onion, peas, broccoli, green beans, and the remaining diced potatoes or starch of choice. Sauté for about 5 minutes.
4. Add 3-4 cups broth or water or until everything is covered. Stir in herbs.
5. Cover and cook 10 minutes, stirring regularly. Add the potato puree to the soup, stir in chicken and cook for 10 more minutes uncovered.



Loaded Enchilada Soup

Ingredients

2 Tablespoons avocado oil, extra virgin olive oil, ghee, or coconut oil

1 medium onion diced (omit minced onion if low FODMAP)

3 cloves garlic minced (omit minced garlic if low FODMAP)

2 medium bell peppers diced or frozen

1 green pepper

Sea salt and black pepper to taste

3 cups chicken broth or bone broth or vegetable broth

1¼ cups red enchilada sauce or 1 ½ cans tomato sauce

1 14-ounce can diced tomatoes, fire roasted or regular

1 4-ounce can chopped green chiles

1 bag of frozen cauliflower rice (optional)

1 teaspoon ground cumin

1 teaspoon smoked paprika or paprika

1 teaspoon of chili powder (optional)

3 – 3½ cups cooked shredded chicken (about 1½ lbs. boneless breasts or thighs) or beans of choice

¼ cup coconut milk or dairy free milk of choice (optional)

Sea salt to taste

Avocado sliced for garnish

Cilantro chopped, for garnish (optional)



Instructions

1. Heat the oil in a large stock over medium-high heat. Add the onion and garlic and sauté for 3 minutes, or until onion is translucent and fragrant.
2. Add the peppers, sprinkle with sea salt and pepper and sauté for an additional 3-5 minutes until soft and fragrant.
3. Slowly pour in the chicken broth and stir well to completely combine. Stir in the enchilada sauce or tomato sauce, diced tomatoes, green chiles, cauliflower rice and cumin, and stir until combined. Bring to a boil, stirring occasionally.
4. Add the chicken or beans, reduce heat to medium-low and let the soup simmer uncovered for 5 minutes, stirring occasionally.
5. Pour some broth into a bowl and slowly add dairy free milk. Stir the mixture into the simmering soup to combine well. Taste the soup and season with salt as desired and allow to simmer 5 more minutes or longer. Serve hot garnished with avocado and cilantro if desired.



Meyer Farms 7-Day Bone Broth

Ingredients

5 to 10 pounds of marrow bones from a variety of animals (turkey, venison, sheep, chicken) cut into 2" sections. (Your local butcher should have marrow bones).

1 8-ounce can of tomato paste

1 cup apple cider vinegar

Distilled water

1 large onion, julienned

1 head of celery, finely chopped

1/8 cup peppercorns

2 cups crushed pasture-raised, organic eggshells



Instructions:

1. Rinse and bake bones at 450 degrees for about 30 minutes.
2. Remove bones from oven and lightly coat with tomato paste and return to the oven for 10-15 minutes.
3. Add marrow bones into a 10 gallon or larger stock pot.
4. Add apple cider vinegar and water to cover. Let soak for 24 hours in refrigerator.
5. Add onion, celery, peppercorns, eggshells, and any chicken parts you're using. Fill stockpot to the top with water.
6. Cover and put on high heat. Bring to a boil. Reduce heat to lowest possible setting to maintain one bubble every two minutes for the next 7 days.
7. Strain broth through multilayers of cheese cloth. Let cook and put 8 cups of bone broth into a 1-gallon freeze bag, remove air from bag and freeze. If you have a 10-gallon stock pot you can expect to fill 15-20 bags.

What can you do with bone broth:

- Drink like a tea.
- Make soup.
- Use in place of water when cooking pasta, rice or any recipe.



Meyer Farms Basic Bone Broth Soup

Ingredients

2 onions, chopped
1 head of celery, chopped
Butter or ghee
1-2 Tablespoons garlic, minced
1 pound ground meat or poultry (optional)
4-6 cups chopped vegetables
8 cups bone broth
2-4 bay leaves
Salt and pepper to taste
Pasta, lentils, or beans cooked ahead of time and chilled (optional)



Instructions

1. Add onions and celery in a pan with a dab of butter or ghee. Sauté 2 to 5 minutes until translucent.
2. Add garlic. Sauté another two minutes.
3. If you are adding ground meat or poultry add at this point and cook until done.
4. Add vegetables (rutabaga, carrots, asparagus, beets, turnups, yams, beans, diced canned tomatoes, etc.). Sauté another 2 to 3 minutes.
5. Add bone broth, bay leaves, salt and pepper. Cook for 30 to 60 minutes on a low boil.
6. Add pasta, lentils or beans, if using, during the last five minutes of cooking.

What's nice about using bone broth as your base, you can create a variety of healthy soups and stews by adding anything you want to it like rotisserie chicken, sausage, peppers or pumpkin.