FIVE DIY BROTHS

1 SAVORY CHICKEN BROTH

- salt
- fresh thyme
- garlic cloves
- 3 lbs chicken legs
- carrots
- onions
- celery
- pepper

2 ESSENTIAL BEEF BROTH

- fresh rosemary
- 4 lbs beef bones
- garlic cloves
- onions
- red wine
- salt
- pepper

3 VERY VEGETARIAN BROTH

- salt
- pepper
- garlic cloves
- potato
- mushrooms
- carrots
- onions
- celery
- fresh parsley

4 TASTY TURKEY BROTH

- fresh thyme
- bay leaves
- shallots
- 3 lbs turkey legs
- garlic cloves
- onions
- carrots
- salt
- pepper
- fresh parsley

5 SIMPLE SEAFOOD BROTH

- lemon
- garlic cloves
- onions
- olive oil
- white wine
- carrots
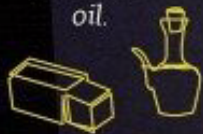- salt
- pepper
- shrimp shells
- fish bones

HOW TO BUILD THE Perfect Soup

BY ALEXIS KORNBLUM
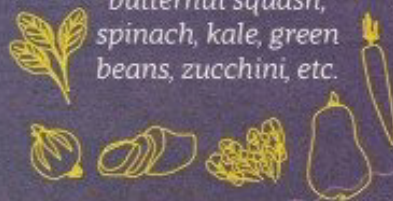LEXISCLEANKITCHEN.COM

CHOOSE A Fat

Grass-fed butter, olive oil, avocado oil.

CHOOSE A Base (1 OR 2)

Chicken stock, beef stock, vegetable stock, tomato puree, pureed veggies, cream, dairy-free milk.

CHOOSE YOUR Meat

Chicken, ground beef, ground turkey, steak, fish.

CHOOSE YOUR Veggies

Onion, garlic, celery, carrots, peppers, potatoes, sweet potatoes, butternut squash, spinach, kale, green beans, zucchini, etc.

CHOOSE YOUR Spices

Start with salt and pepper, then go with a flavor combination that works for your soup!

Example: for chili use cumin, chili powder, celery seed, granulated garlic, paprika, cayenne, salt and pepper.

1 Heat your fat with your aromatic veggies (like garlic and onion).

2 Saute for 3-5 minutes then add in your meat and cook until brown (remove any meat bones if you have)

3 Add in additional veggies and let cook for 5-10 minutes, or until fork-tender. Add softer veggies towards the end, like spinach.

4 Add in your base(s) and then in your spices and mix well to combine.

5 Bring to a boil then reduce heat and let simmer.

6 Add cream if you want a cream soup. Transfer to a high-speed blender if you want a fully pureed soup.

7 Garnish and enjoy!

*Certain aspects will vary based on the soup you decide to create.

TIPS

Choose a meat that compliments your base (I.E. Chicken with chicken stock).

Consider adding two bases: chicken stock and diced tomatoes, pureed tomatoes and cream, etc.

Use whatever veggies you have on hand, but go in with an end game for the type of soup you want to create!

Taste and adjust spices as you go, to avoid over spicing!