

# Heart-Warming Bowls of Yum



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Soup is nutritious, delicious, heart-warming food. Soup is the Food Sass® version of comfort food! One of the 3 million things that I love about autumn in New England is that I know that “soup season” is back. In my soup-lover world, soup season is September through May. But truthfully, soup can taste amazing any time of year! And cold soups, like cucumber soup, taste cooling and refreshing on a hot summer day.

Soup creation is a neglected art. All cooking is art, but the canvas seems bigger, and the color choices more varied, when creating soup. There are so many variations we can make on the same basic soup that can taste very different, and all good! I love being in my kitchen with some great music on, filling a pot with delicious smells, textures, and love.

One of my favorite things about soup is that it’s made for sharing. Soup is my go-to dish to bring to someone who’s sick or grieving, for all of the reasons named above. Another soup-sharing idea is to have a soup potluck gathering. I have some friends that gather annually in the winter, and we call it “Soup Day.” Each of the 4 of us bring a homemade soup and we eat soup all afternoon by a fire and chat. It’s so chill. And then we share soup leftovers and soup recipes and have this total soup-love-fest.

This sharing discussion brings up another fab thing about soup: it stores well in the freezer! Make a double batch of a soup, set aside enough for two nights of dinner, and freeze the rest in serving-size containers. This makes for super-easy lunch or dinner options going forward. I’m all about maximizing nutrition and goodness, while minimizing kitchen time, and this is a great take in that department.

A word about broth, also known as “stock.” Not pulling any punches, most of the store-bought broth (also found in restaurant soups) is made from a “base” of hydrolyzed vegetable protein, which is loaded with neurotoxic MSG and other related creepy compounds. The best broth is home-made broth, which not only tastes better, but has immense healing properties. I’ve included a recipe for super-easy, homemade broth at the end of this section. That said, it would be a sad affair if the “home-made broth thing” stood between you and amazing soup. So, a decent second-best is the [Pacific](#) brand or [Kettle & Fire](#) brand bone broths that come in boxes. I sometimes use their organic, free-range chicken bone broth when I have no home-made broth frozen and ready for use.

In the U.S., we tend to think of soup as a lunch or dinner food, but in many cultures around the world, they start their day with soup! Many of my clients and students have tried this idea on for size, and have found that they really love soup for breakfast.

Bring on the Soup Sass!!

## Best Chicken Gumbo EVAH

8 servings

### Fixings:

- 2 chicken breasts, or 8 chicken thighs, cooked & diced
- 2 tbsp. organic, pastured butter or avocado oil
- 2 medium yellow onions, diced
- 4 large stalks celery, diced
- 2-3 cloves garlic, finely chopped or crushed
- 2 quarts (8 c.) chicken broth
- 5 large carrots, diced
- 5 medium red potatoes, finely diced
- 2 tsp. Celtic sea salt
- ½ tsp. freshly ground black pepper
- 2 tsp. dried oregano
- 2 tsp. dried basil
- ½ c. fresh parsley, chopped
- 4-5 leaves kale, de-ribbed and slivered (optional)

### Prep:

1. Bake chicken at 350 F oven for about 30-40 minutes. Set aside to cool, and chop or shred when cool.
2. In large stockpot, heat the butter/oil over medium heat.
3. Add onions and celery and sauté until just starting to brown at edges, about 5-6 minutes.
4. Add garlic and cook until fragrant, about 30 seconds.
5. Pour in chicken broth and stir.
6. Add carrots, potatoes, salt, pepper, oregano, basil, parsley, and optional kale, and bring to boil.
7. Turn down to medium heat and cook, covered, until potatoes and carrots are just tender (not mushy).
8. Taste broth and adjust seasonings as needed.