

The Autoimmune Foodie's

Soup, Stew & Chili eBook

28 Recipes to Renew & Restore



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About The Autoimmune Foodie

I struggled for years with chronic illness. I was diagnosed with six autoimmune diseases over a 30 year period before being diagnosed with my seventh, systemic lupus. Finally in August 2014, fearful of dying young, I decided I had to make a diet change. So I started following an autoimmune eating protocol. And after 3 years using food, faith, functional medicine and biohacking, I achieved complete remission from lupus, fibromyalgia, endometriosis, narcolepsy, restless leg, periodic leg movement disorder, asthma, colitis, gastroparesis and more.

Despite healing from so many chronic illnesses, by January of 2017, I was still battling HPA-axis dysregulation (“adrenal fatigue”), hypothyroid, serious candida overgrowth, chronic Epstein Barr, Lyme and leaky gut. I finally gave up my two favorite indulgences: I stopped drinking red wine in November of 2016 and I gave up caffeine on January 17th 2017. In 2017 also adopted a candida diet and avoided all sugar, fruit, and fermented foods while also strictly following the AIP diet. However, by October of 2017, I was still developing new food sensitivities and battling exhaustion.

After reading about the GAPS diet in October, I decided to try a 21-Day “Soup Reset”, eating only soups made with nothing more than beef stock (plus some meat and marrow from the bones), vegetables, fresh herbs, salt, ground white pepper and an occasional egg yolk. My goal was to “heal and seal my gut” before the upcoming Thanksgiving holiday. I ended up having a miraculous result: I lost 15 pounds and I felt more energy and mental clarity than I had all year. However, I found it difficult to reintroduce foods and I developed many new food sensitivities. So consider carefully before trying a soup re-set.

In this eBook, I am simply sharing the recipes I created during my 21-day reset, plus additional recipes for stew and chili that I created to ease myself back to regular food. You will find 28 soup, chili and stew recipes in this eBook that are perfect as meals or sides anytime of the year. My recipes always have three goals: to be EASY, to be DELICIOUS, and to be FAST.

Be sure to visit my website www.autoimmunefoodie.com for more free eBooks, including my Fat Bombs eBook. And remember to sign up for my email list to be alerted to new eBooks, blogs, and recipes. My eBook: The Mycotoxin Avoidance Diet is coming soon. Connect with me on Instagram @AutoimmneFoodie or follow my Facebook Page Autoimmune Foodie. My connection information is also listed at the end of this eBook.

 *The Autoimmune Foodie*

FAQ

Are the Recipes Low Mold Toxin?

Yes, it is critical to me to eat as low mold toxin as possible. That is why I make my own soup stock, for example. It is also why I recommend certain brands in my recipes. Or why I always use ground white pepper instead of black pepper. Be sure to go to my website www.autoimmunefoodie.com and sign up for my email list to be notified when my new eBook about how to avoid mycotoxins in the diet becomes available.

Does the stock have to be homemade?

No. But I highly encourage it to be sure that your stock is nutrient dense, low mycotoxin, low histamine, and unprocessed.

Why white pepper?

Ground white pepper is low mold toxin.

Why fresh herbs?

Fresh herbs are low mycotoxin.

Why Beef Stock?

I use beef stock for all recipes because I simply prefer it to chicken or seafood stock. Chicken stock, commercial beef stock and bone broth simply do not make me or my tummy feel well. However, you can easily make seafood or chicken (or lamb stock) as well. Making homemade grass-fed beef stock has been a critical component to my recovery. By using grass-fed beef bones and making homemade stock, you are using a low histamine, low mold toxic, low inflammatory soup base.

Why is there no coconut milk or ghee in your cream soups?

I have a sensitivity to both dairy and coconut so all soup recipes are dairy and coconut free. However, feel free to add coconut milk or ghee to your recipes. You will see that some of the chili and stew recipes do call for coconut (I developed these recipes prior to developing a coconut sensitivity).

What are the 3 goals of my recipes?

My recipes are SIMPLE, FAST, and DELICIOUS.

Basic Beef Stock

This recipe is for the basic beef stock that will be used for every soup in this eBook. Why beef stock? See the FAQs on page 6.

BASIC BEEF STOCK

- ✓ Place 1 (2 pound) package of meaty grass feed beef soup bones in a crock pot or ask a butcher for bones.
- ✓ Add fresh herbs to the crock pot such as oregano and thyme. Bay or rosemary are also good. Do not use dried herbs as they are higher mold toxin. Or skip the herbs.
- ✓ Add Water to fill crock pot at least 3/4 full.
- 💡 I did not use Apple Cider Vinegar because this is not bone broth, it's a stock
- 💡 I prefer a crock pot over an instant pot for this nourishing stock
- ✓ Cook on low (300 degrees Fahrenheit) for 12 hours. Let cool.
- ✓ When stock is cool enough to handle, pour through strainer into large pot. Place meat, bones, and meat bits on a cutting board.
- ✓ Pull meat, marrow and fat off and out of bones. Discard bones and bone fragments. Use fingers to “smoosh” meat and fat to identify and discard any additional bone fragments or hard bits. Use a knife to finely chop meat, fat and marrow. Mix together and put in glass storage container.
- ✓ Pour strained stock into 3 mason jars.
- ✓ You now have meat and stock for several days of gut healthy soups. I repeat this process every 3-4 days. Then I just use meat and stock plus veggies for a different soup every night!

📷 Photo 1: stock and meat yielded from this recipe

📷 Photo 2: soup bone package.

📷 Photo 3: soup & herbs bones in crock pot.

📷 Photo 4: finished meat stock.

📷 Photo 5: bones, meats and bits on a cutting board.

📷 Photo 6: meat mixed with fat and marrow in storage container.



PHOTO 1



PHOTO 2



PHOTO 3



PHOTO 4



PHOTO 5



PHOTO 6

Creamy Soups

Cream of Mushroom Soup

- ✓ 1/2 mason jar of beef stock - about 2.5 cups
- ✓ 1 container organic shiitake mushrooms
- ✓ 1 small head cauliflower, chopped
- ✓ 1 leek, chopped
- ✓ Fresh thyme for garnish.
- ✓ Sea Salt. I like La Baleine Course Sea Salt.

Add cauliflower, leek, mushrooms and stock to a pot. Bring to boil and reduce to simmer. Cover and simmer until veggies are soft. Add salt. Pour into a blender and blend until smooth. I used my BlendTec setting for soup and it made it smooth as silk. Or leave it slightly chunky if you wish. Sprinkle with fresh thyme and salt. Serve.

💡 I think this recipe is perfect. However, you could add grass fed Ghee, garlic, or coconut milk if desired. (I have a sensitivity to all three so I left them out).



Delicata-Carrot-Parsnip Puree Soup

- ✓ 1 large Carrot
- ✓ 1 large Parsnip
- ✓ 1 small Delicata Squash
- ✓ 3 to 3.5 cups beef stock
- ✓ Sea salt
- ✓ Ground white pepper
- ✓ Cinnamon

Chop veggies and add to pot. Add beef stock, heat to a simmer, cover and simmer until veggies are soft. Cooking the veggies in the broth makes them extra tasty.

Add to a blender with salt, pepper and a sprinkle of cinnamon. Blend until smooth.

💡 I made this with only enough stock to blend it. It was thick enough to be a side dish. You can add more stock to make it more like soup.

💡 This was one of my favorites. It was good enough to be a Thanksgiving side dish!

💡 In the future I may try to add leeks, onion or sage. But I thought this version was pretty much perfect as is.



Faux Potato Leek Soup

Years ago, I didn't cook very often. My mom bought me a soup cookbook with simple, delicious recipes. My favorite recipe was a 6 ingredient leek and potato soup (chicken stock, cream, leek, potato, salt and white pepper). I can't eat potatoes or cream or even coconut milk but I've been dreaming of that soup. And this totally hit the bullseye, it was so delicious you will will NOT believe it's not Potatoes and cream!

- ✓ 1 Head cauliflower, chopped
- ✓ 1 daikon radish, diced
- ✓ 1 leek, chopped
- ✓ 2.5 cups beef stock
- ✓ salt
- ✓ Ground white pepper

Put 2 cups stock in a large pot. Put 1/2 cup stock in a separate small pot. Place 3/4 of the leeks and 3/4 of the daikon and all of the cauliflower in the large pot. Cover and simmer until veggies are soft. At the same time, put the remaining leeks and daikon in the small pot, cover and simmer and veggies are soft.

Strain the contents of the small pot and set aside. Add the strained liquid from the small pot to the large pot. Add contents of large pot to a blender with salt and white pepper and blend until velvety smooth. I used a BlendTec on the soup setting.

Once the soup is creamy, add the leeks and daikon that you strained from the small pot and stir in. Add more salt and white pepper if needed. Serve into bowls.

💡 When you cook the daikon in the small pot, taste test it periodically. Once cooked, it will lose its radish flavor and taste more like potato. Stop cooking when it has a potato texture. If cooked too long it will be slightly watery. Daikon won't ever taste exactly like potato but it's very close. If you don't love the texture, just blend them into the soup and just leave only some of the leek chunky.

💡 Don't Be tempted to sub black pepper for ground white pepper. White pepper is what makes this soup so delightful and unexpected!



Tomato Basil Soup

- ✓ 3 organic tomatoes chopped.
See the heirloom tomatoes I used to the right.
- ✓ 1 small organic onion chopped
- ✓ 1 medium peeled zucchini chopped
- ✓ 1/2 to 3/4 cup chicken or beef stock
- ✓ 1 stem fresh thyme
- ✓ 1 stem fresh oregano
- ✓ 1/2 packet of fresh basil
- ✓ 1 TB olive oil
- ✓ 1 tsp salt



Put everything in a pot. Simmer covered 15-20 Minutes. Add to blender and blend. Voilà!

You are going to be shocked and amazed at how good this one is!



Cinnamon Pumpkin Soup

- ✓ 1/2 Mason Jar of Beef Stock
- ✓ 1 cup small sweet pie pumpkin, peeled and diced
- ✓ 1 large parsnip or 2 small parsnips, diced
- ✓ 1/2 tsp Cinnamon
- ✓ 1/16 tsp Ground White Pepper
- ✓ 1 tsp Sea Salt
- ✓ Sage
- ✓ Oil



Simply put stock, pumpkin and parsnip in a pot and bring to a boil. Reduce to a simmer, cover, and cook 20-40 Minutes until veggies are soft. Add ingredients to blender with salt, white pepper, and cinnamon. Blend until creamy. Serve into bowls. Cover with fried sage if desired (simply fry sage in cooking oil until crispy).

This was the biggest hit at our Thanksgiving. It was requested again for Christmas dinner. Every single person had TWO servings!

💡 Use less stock for a thick soup. Use more stock for a thin soup. The pumpkin I used was very sweet. If you happen to get a bitter pumpkin, a tsp of honey will sweeten it up.



Broccoli Soup

Here are two versions of Broccoli Soup:

ROASTED LEMON BROCCOLI SOUP

- ✓ 1 large head broccoli
- ✓ olive oil
- ✓ 1 tsp sea salt
- ✓ 1 lemon
- ✓ 1 mason jar beef stock



Roast broccoli in the oven with olive oil, lemon, and salt. Add roasted broccoli and 1 mason jar of beef stock to a pot and heat. Cover and simmer. When broccoli is soft, put broccoli and stock in a blender and blend. Serve!

CREAMY BROCCOLI SOUP

- ✓ 1 large head broccoli
- ✓ 1/2 head cauliflower
- ✓ 1 tsp sea salt
- ✓ 1/16 tsp ground white pepper
- ✓ 3/4 mason jar beef stock

Add broccoli, cauliflower, and stock to a pot and bring to a simmer. Cover and simmer until veggies are soft. Add ingredients to blender with salt and pepper and blend until creamy. Serve.



Creamy Artichoke-Celeriac-Leek Soup

- ✓ 3/4 Mason Jar of Beef Stock
- ✓ 1 bag frozen organic artichoke hearts
- ✓ 1 celeriac root, diced
- ✓ 1 Chopped leek
- ✓ Ground white pepper
- ✓ Salt
- ✓ Lemon

Add stock, artichoke, celeriac root, and leek to a pot. Bring to a boil. Reduce to a simmer, cover, and cook 20-40 Minutes until veggies are soft. Add ingredients to a blender. Add salt and pepper and blend until creamy. Add lemon to taste. Serve.

💡 This is a tart, acidic soup. If you don't like strong acidic flavors, substitute cauliflower for the celeriac root.

💡 An apple would be an excellent addition to this soup. I did not add one because I am not tolerating them, but feel free to experiment by adding one!



Chunky Soups

Old Fashion Beef Vegetable

This is one of my favorite soups, which is funny because this was a total fridge clean-out meal from the last of my veggies purchased a week earlier. It turned out great!

- ✓ Homemade Beef Stock
- ✓ Chopped Grass Fed Beef and Marrow from the stock bones
- ✓ Carrots chopped
- ✓ Broccoli (not stalks), chopped
- ✓ Onion, chopped
- ✓ Peeled zucchini, chopped
- ✓ Peeled white daikon, chopped
- ✓ Sea Salt. I like La Baleine Sea salt
- ✓ Raw egg yolk (optional)

Put veggies and stock in a pot and Simmer 20 minutes or until veggies are desired doneness. Stir in beef and add salt to liking. Serve into bowls. Wash egg shell in iodine. Rinse. Crack and carefully separate yolk from while. Slip yolk into broth. Serve.

💡 The daikon loses its radish taste when cooked and takes on the characteristics of potato.



Borscht

This is absolutely fabulous with golden or red beets. Golden beets give a sweeter flavor, like apples and cinnamon. Red beets are earthy.

- ✓ 1 mason jar of beef stock.
- ✓ 1 beet
- ✓ 2 Carrots (I used a red and an orange).
- ✓ 1/4 onion, sliced.
- ✓ 1/2 celeriac root, diced very small.
- ✓ 1/4 head Napa cabbage, sliced.
- ✓ Salt.
- ✓ White Pepper.
- ✓ 1 TB bacon grease.
- ✓ 2 bay leaves.



👩🍳 Peel and shred the carrots and beet.

👩🍳 In a pan, sauté the beets, carrots and sliced onion in bacon grease until completely soft.

👩🍳 At the same time, add beef stock to a soup pot with the cabbage and celeriac root. Bring to a boil, then reduce heat, cover and simmer until you can pierce the celeriac root with a fork. It should be the consistency of a cooked potato.

👩🍳 Once the veggies in both pots are soft, add the carrot mixture to the cabbage mixture. Add 1 tsp salt and 1/16 tsp ground white pepper. Heat gently. Serve.

💡 I was planning to add a tomato and lemon, but I did not think it needed either. And I am not sure why, but this tasted slightly like cinnamon and apples. It was sweet and addictive!



Garlicky Ginger Kuri-Parsnip Soup

- ✓ 1 Mason Jar of Beef Stock
- ✓ 1/3 portion of meat from soup stock bones
- ✓ 1 cup Kuri squash diced
- ✓ 1/2 Head cauliflower chopped
- ✓ 1 sliced onion
- ✓ 1 Chopped leek
- ✓ 1 Chopped parsnip
- ✓ 1 peeled chopped yellow summer squash
- ✓ 3 garlic bulbs minced
- ✓ 1 inch piece of ginger minced
- ✓ Salt

Simply put Stock, ginger, salt and all veggies except garlic in a pot. Heat to boil. Reduce to a simmer, cover, and cook 20-40 Minutes until veggies are desired doneness. Add meat and stir until heated. Turn off heat. Serve into bowls.

Add fresh minced garlic on top. Serve. Tastes like fall with the ginger and parsnips.

💡 If you have leftovers, be sure to have for lunch the next day. The flavors only get better!



Pumpkin-Beet-Parsnip Soup

- ✓ 1 Mason Jar of Stock
- ✓ 1/3 portion of meat from soup stock bones
- ✓ 1 cup pumpkin diced
- ✓ 1 golden beet, diced
- ✓ 1 sliced onion
- ✓ 1 Chopped leek
- ✓ 2 Chopped parsnips
- ✓ 1 bunch Chopped collards
- ✓ 3 garlic bulbs minced
- ✓ 1 inch piece of ginger minced
- ✓ Sea Salt

Simply put everything in a pot, except the beef, and heat to a boil. Reduce to simmer, cover, cook 20-40 Minutes until veggies are desired doneness. Turn off heat. Stir in meat until heated. Serve.

💡 If you have leftovers, be sure to have for lunch the next day. The flavors only get better!



Red Beet Veggie Soup

- ✓ 1 Mason Jar of Stock
- ✓ 1/3 portion of meat from soup stock bones
- ✓ 2 cups pumpkin diced
- ✓ 3 Red beets
- ✓ 1 sliced onion
- ✓ Chopped Carrots
- ✓ 3 garlic bulbs minced
- ✓ Salt
- ✓ Fresh thyme and rosemary

Simply put everything in a pot except meat and heat. Reduce to simmer, cover, cook 20-40 Minutes. Add meat and stir until heated. Turn off heat. Serve and eat!

This soup is earthy and vibrant!



Turnip-Kuri Squash Soup

- ✓ 1 Mason Jar of Stock
- ✓ 1/3 portion of meat from soup stock bones
- ✓ 1 cup Kuri squash diced
- ✓ 1 bunch Japanese white turnips, diced, including greens
- ✓ 1 sliced onion
- ✓ 1 Chopped leek
- ✓ 3-6 Chopped Carrots
- ✓ 1 peeled chopped zucchini
- ✓ 2 garlic bulbs minced
- ✓ Salt

Simply put stock and veggies, except garlic, in a pot. Heat to boil. Reduce to simmer, cover, cook 20-40 minutes or until veggies are desired doneness. Turn off heat and stir in meat until heated. Add fresh minced garlic and salt. Stir. Let set 5 Minutes. Serve.



Veggie Squash Soup

- ✓ Homemade Beef Stock
- ✓ Chopped Grass Fed Beef and Marrow from the stock bones
- ✓ Carrots, chopped
- ✓ Broccoli (not stalks), chopped
- ✓ Leeks, chopped
- ✓ Onions, chopped
- ✓ Peeled zucchini, chopped
- ✓ Kuri Squash (giant red-orange squash like a butternut-pumpkin hybrid taste)
- ✓ Fresh oregano & thyme.
- ✓ Course sea salt. I like La Baleine

Add veggies and stock to a pot. Heat to boil then reduce and simmer 20 minutes or until veggies are soft. Add meat and stir until heated. Add more salt if needed. Serve.

💡 You can see I used pumpkin and kuru squash for several of these soups. I bought one pumpkin and one kuru squash at the start of the week and diced them and stored the cubes in the fridge. That way, I could just use a portion each night. These would also work well with any winter squash, including acorn, delicata, butternut, or kabocha.



World Flavors

Mexican Hatch Green Chili Soup

One great thing about soup is you can modify the recipe endlessly. Here are two versions of Hatch Green Chili Soup:

SPICY SOUP

- ✓ 4 large roasted, peeled Hatch Green Chilis
- ✓ 1 Small head of cauliflower chopped
- ✓ 3/4 mason jar of beef stock
- ✓ 1 tsp sea salt.
- ✓ 1/4 tsp ground white pepper

Simmer cauliflower and chili in a pot with stock until soft. Add ingredients to a blender with salt and pepper and blend until smooth and creamy.



MILD SOUTHWESTERN SOUP

- ✓ 1 large roasted, peeled Hatch Green Chili
- ✓ 1 Small head of cauliflower chopped
- ✓ 1/2 mason jar of beef stock
- ✓ 1 tsp sea salt.
- ✓ 1/4 tsp ground white pepper
- ✓ 1/2 lime

Simmer cauliflower and chilis in a pot with stock until soft. Add ingredients to a blender with salt and pepper and blend until smooth and creamy. Add lime to taste, stir and serve.



💡 You can use the seeds from the chili pepper or discard them.

💡 I buy roasted Hatch Green Chilis in large tubs every August From Whole Foods and freeze them to use all year. You can roast your own or try roasting poblano pepper for this recipe.

Southwestern Butternut-Carrot-Leek Soup

- ✓ 2 cups chopped butternut squash
- ✓ 1 cup chopped carrot
- ✓ 1 cup chopped leek
- ✓ 1 mason jar beef stock
- ✓ Lime wedges
- ✓ Cilantro
- ✓ Sea Salt
- ✓ Organic ground white pepper

Put squash, carrot and leek in a pan with stock and bring to a boil. Reduce heat, cover, and simmer until veggies are soft. Add to blender with salt and pepper and blend until creamy and smooth.

Serve into bowls. Sprinkle with salt and finely minced cilantro. Squeeze a wedge of lime over each bowl. Stir and serve.

(Photo below shows soup with thyme, as I forgot to buy the cilantro - oops!)



BONUS SOUP: Holiday Butternut-Carrot-Leek Soup with Fried Sage & Turkey Bacon

This is just a modification of the Southwestern Butternut Soup above.

- ✓ 2 cups chopped butternut squash
- ✓ 1 cup chopped carrot
- ✓ 1 cup chopped leek
- ✓ 1 mason jar beef stock
- ✓ Dash of cinnamon
- ✓ Sage
- ✓ Sea Salt
- ✓ Organic ground white pepper
- ✓ Beef Tallow like from FatWorks
- ✓ Turkey Bacon like from Applegate Organics

Put squash, carrot and leek in a pan with stock and bring to a boil. Reduce heat, cover, and simmer until veggies are soft. Add to blender with salt, cinnamon, and pepper and blend until creamy and smooth.

Serve into bowls.

Heat tallow. Fry sage in tallow oil until crispy. Set aside to dry.

Add bacon to the tallow. Fry until very crispy. Dry. Crumble.

Top soup with bacon and sage.



Eggroll Soup

- ✓ 1 large bok choy, chopped
- ✓ 1 sliced onion
- ✓ 3 peeled chopped carrots
- ✓ 3 celery stalks, chopped
- ✓ 1 fennel bulb and stalks, chopped
- ✓ 1/4 head cabbage, sliced
- ✓ 1 mason jar of beef stock
- ✓ ground white pepper
- ✓ Salt
- ✓ OPTIONAL: 3 garlic bulbs minced
- ✓ OPTIONAL: MEAT



Add all veggies and stock to a pot. Bring to a boil. Reduce heat and simmer. Cover and simmer until veggies are tender. Add 1 tsp salt and 1/16 tsp white pepper. Serve. Top with meat if desired.

💡 Add garlic, coconut aminos, a dash of fish sauce, or a sprinkle of Chinese 5 spice if desired.



Egg Drop Soup

- ✓ 1 mason jar of beef or chicken stock
- ✓ 2-4 green onions
- ✓ 3 Eggs (whisk 1 egg plus 2 additional yolks)
- ✓ Ground white pepper
- ✓ Salt



Place chopped green onions in stock and heat until onions are soft. Whisk 2-3 eggs. Bring the broth almost to a boil, but NOT yet bubbling/roiling. Just as bubbles are starting to form, SLOWLY drizzle the eggs into the broth in a circular pattern. When eggs are in broth, give a gentle stir. Add salt and ground white pepper to taste. Serve.

💡 Don't Be tempted to sub black pepper for ground white pepper. White pepper is what makes this soup so delightful and unexpected!



French Onion Soup

- ✓ 1 mason jar of beef stock
- ✓ 2-4 organic yellow onions, sliced
- ✓ Ground white pepper
- ✓ Salt
- ✓ Fresh thyme and oregano

Place sliced onions in a stainless steel sauté pan. Turn heat up and sear, turning frequently until caramelized. Add a tiny bit of water if needed during the last part of cooking. Add onions to stock with salt, pepper, and herbs to taste. Serve.

💡 This is so simple, but its incredibly delicious. Serve as a main dish, lunch, side dish or snack. Add beef if desired.



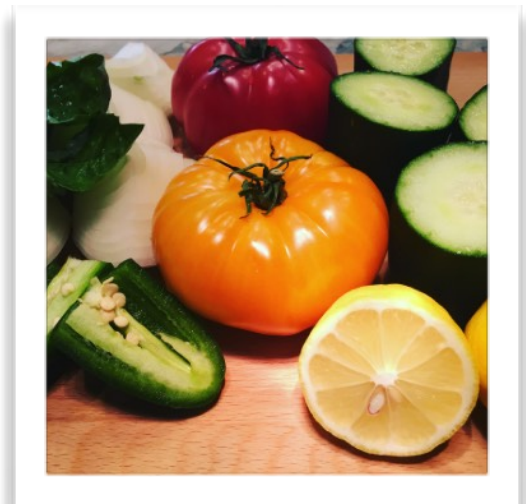
Cold Gazpacho

- 🍲 2 heirloom tomatoes
- 🍲 1/2 a small onion
- 🍲 1 cucumber.
- 🍲 1/4 jalapeño
- 🍲 1 lemon (or lime)
- 🍲 4 large basil leaves
- 🍲 1/4 cup Cold beef stock.
- 🍲 Sea Salt
- 🍲 Ground white pepper



👩‍🍳 Chop all veggies and add to a blender or food processor with basil, 1 tsp salt, squeezed lemon, 1/16 tsp Pepper and beef stock. Pulse blend until uniformly small chunks. Taste and add another 1/2 tsp salt or more if needed. Refrigerate for 1-2 hours and serve.

💡 I actually used 1/2 a jalapeño because I like really spicy food. You might want to start with 1/8 a jalapeño to make sure it's not too spicy and add more pepper if desired. Or if you don't like spicy, substitute a bell pepper.



Italian Wedding Soup

- ✓ 1/4 pound ground beef
- ✓ 1 mason jar beef stock or chicken stock
- ✓ 1 small onion, chopped
- ✓ 1 carrot grated
- ✓ 1 egg yolk
- ✓ 1 small Zucchini peeled and chopped
- ✓ 1 slice of cabbage, chopped
- ✓ 1/4 daikon peeled and chopped
- ✓ 1 tsp fresh basil
- ✓ 1/2 tsp. fresh thyme
- ✓ 1/2 tsp. fresh oregano

👩‍🍳 Finely mince herbs and mix. Add Broth to a pot. Add 1 tsp. Herbs plus onion (except 2 TB), carrots, cabbage, daikon, and cabbage to pot. Put steamer basket in top of pot.

👩‍🍳 Put 2 TB onion in food processor and mince. Add onion, egg yolk, a pinch of salt, and 1 tsp herbs to ground beef. Roll into tiny balls. Place in steamer basket. Turn heat on to simmer under pot and veggies will cook in broth and meatballs will steam.

👩‍🍳 Serve soup into bowls and add meatballs.



Chili & Stew Recipes

Butternut Squash Chili

- ✓ 1 jar beef jalapeño bone broth from @epicbar
- ✓ 1 pound grass fed ground beef
- ✓ 2 cups butternut squash
- ✓ 2 cups shredded carrots
- ✓ 1 onion diced
- ✓ 1 diced jalapeño
- ✓ MCT oil or bacon grease
- ✓ Sea Salt
- ✓ ground white pepper
- ✓ coconut aminos
- ✓ cumin
- ✓ chili powder
- ✓ cinnamon
- ✓ bay leaves



👩🍳 Put 2 TB oil in a pan. Sauté onion, jalapeño, and carrots until soft.

👩🍳 Add ground beef and chop up. Sprinkle with cumin, chili, cinnamon, salt, pepper and coconut aminos. Add bay. Stir and chop until barely pink

👩🍳 Add bone broth and butternut squash. Cover and simmer until squash is soft.

👩🍳 Serve into bowls.

💡 Add a scoop of rice for any family members who desire it. Swipe to see Brandon's bowl.

Creamy Sweet Potato Chili

- ✓ 1 pound of grass fed ground beef
- ✓ 1/2 mason jar of beef stock
- ✓ Onion, optional
- ✓ Jalapeno, optional
- ✓ Garlic, optional
- ✓ 1 Sweet potato, diced
- ✓ 1 tsp Bulletproof Chocolate Powder
- ✓ 2 tsp Ancho Chili Powder
- ✓ 1/2 tsp Cumin
- ✓ 1/4 tsp Clove
- ✓ 1/2 tsp Cinnamon
- ✓ 1 TB beef tallow like FatWorks or Epic
- ✓ Ground white pepper
- ✓ Salt



If using onion/garlic/jalapeño: sauté in tallow until soft. Then add ground beef and gently chop and stir. If starting with the beef, just add tallow to pan before beef. Sprinkle beef with chocolate, ancho, cumin, clove, cinnamon, salt, and pepper. Keep stirring until barely pink or no pink.

Add diced sweet potato. Add stock and bring to a boil. Reduce heat to a simmer. Cover. Simmer 20 minutes or until potato is soft. Remove lid. Turn up heat. Keep cooking and stirring until thick. Take a fork and smooch all sweet potato. Keep stirring and smooching until potato is mostly dissolved. Perfect for taco filling or over rice!

💡 Feel free to leave sweet potato chunky if you prefer.

Sweet-Heat Chili

- ✓ 1 Lb. grass fed ground beef
- ✓ 1 small butternut squash, peeled and diced.
- ✓ 1 large leek, chopped.
- ✓ 2-4 TB bacon grease or MCT oil or beef tallow
- ✓ 4 strips of bacon, cut into lardons. I use Applegate Organics Sunday bacon or Turkey Bacon
- ✓ 1 large golden beet, shredded (salad shooter or food processor)
- ✓ 1 small jalapeño shredded (salad shooter or food processor)
- ✓ 1.5 Tsp Coarse sea salt like La Baleine
- ✓ 1 Tsp chili powder
- ✓ 1 Tsp Garam Masala powder. (If you don't have this, use a bit of cinnamon/Clove/cardamom/white pepper/cacao)
- ✓ Turmeric Powder
- ✓ White pepper
- ✓ 2 cups home made beef bone stock. Part of the nirvana of this recipe is the nourishing home made bone stock
- ✓ 2 bay leaves



Place 2 TB oil into deep shallow skillet (that has a lid). Add bacon and Sauté over low to medium heat until almost done. Add chopped leeks and shredded Beets and jalapeño. Stir and Sauté until wilted.

Add meat and chop with spatula. Sprinkle with salt, white pepper, Turmeric, garam masala, and chili powder. Stir and keep chopping up meat. Stir and Sauté over medium low until meat is almost cooked - still a tiny bit of pink.

Add bay leaves and bone broth. Bring to a simmer. Cover. Turn heat to as low as possible. Simmer 30-40 minutes. Add butternut squash. Simmer 20 Minutes. Serve.

💡 Recipe modified from a the Bulletproof Beef Chili recipe from my favorite cookbook: The Bulletproof Diet Cookbook.

💡 If AIP, Omit pepper, chili powder, and Garam masala. It's still delicious!

Nightshade Free Chili

Don't let the picture fool you - this dish is #tomatofree and #potatofree ! And it met my criteria for about 20 Minutes of prep and very few ingredients, but super tasty!

- ✓ Grass Fed Ground Beef
- ✓ Beef Tallow like FatWorks or Epic
- ✓ Coconut Aminos
- ✓ Turmeric Powder
- ✓ Fresh Thyme
- ✓ Fresh Oregano
- ✓ 2 Bay Leaves
- ✓ 2 cups shredded carrots
- ✓ 2 large or 4 small red beets
- ✓ 2 cups water
- ✓ 2 large turnips



Brown grass fed ground beef in 2 TB Tallow

Sprinkle meat with 1/4 cup coconut aminos and 2 TB dried Turmeric. Add fresh thyme and oregano plus 2 bay leaves. Stir.

Add 1/2 bag pre-shredded carrots plus 4 small or 2 large chopped red beets. Stir.

Add 2 cups water. Bring to a simmer. Cover and simmer on low up to 1 hour.

Peel and chop 2 turnips into fry size sticks. Toss in bowl with 2-3 large melted TB's of melted tallow. Place fries on silicon lined baking sheet in a single layer. Bake at 350 until turnip fries are tender (about 20 Minutes). Then turn heat up to 375 and bake until start to brown and crisp (10-20 minutes depending on size of fries).

Serve chili over fries. Add salt to taste.

French Onion Stew

- ✓ 1 mason jar of beef stock
- ✓ 1 pound of stew meat
- ✓ 2-4 organic yellow onions, sliced
- ✓ Ground white pepper
- ✓ Salt
- ✓ Fresh thyme

Cook a large batch of stew in advance. I bought several pounds of grass fed stew meat. Brown meat in a soup or oven pot (that has a lid) with lard bone broth to cover plus salt and pepper. Cover. Cook on low either on the stovetop or in the oven (300 or 325) in a covered oven dish for 3 hours or until tender.

Freeze in one pound batches

Place sliced onions in a stainless steel sauté pan. Turn heat up and sear, turning frequently until caramelized. Add a tiny bit of water if needed during the last part of cooking.

For dinner, place 1 pound frozen (or freshly cooked) stew in a pot with a lid. Add bone broth and gently heat (if frozen). If fresh, add bone broth and heat until just warm. Add salt, pepper and thyme.

Serve meat into bowls. Serve onions on top or on the side.



Japanese Turnip Stew

My favorite super simple meal when I don't feel like cooking.

- ✓ Stew Meat
- ✓ Japanese Turnips & Greens
- ✓ Carrots
- ✓ Bone Broth
- ✓ Salt
- ✓ White Pepper
- ✓ Garam Masala Spice

Cook a large batch of stew in advance. I bought several pounds of #grassfed stew meat. Brown meat in a pan with lard. Add bone broth to cover plus salt and pepper and cover. Cook on low either on the stovetop or in the oven (300 or 325) in a covered oven dish for 3 hours or until tender.

Freeze in one pound batches

For dinner, place 1 pound frozen (or freshly cooked) stew in a pot with a lid. Chop Japanese turnips - both white turnips and greens - and add to pot with chopped carrots. Add bone broth and a sprinkle of Garam Masala spice or herbs of your choice plus salt and white pepper. Cover and heat until turnips are tender. So yum.



28 Thai Stew

So, first, I batch cooked stew. I like to cook 3-5 pounds of stew and freeze in 1 pound portions. Then you can make quick dinners all week by heating the meat with your favorite veggies and bone broth each night. For example, Monday make stew with Japanese turnips with greens; Tuesday make stew with carrots, potato, and celery; Wednesday make stew with sweet potato and onion; Thursday make shredded stew tacos on cassava flour tortillas; and Friday make this Massaman curry 🍴🍴🍴

💡 To make Stew, add beef stew Cubes to a pot or oven dish. Cover with bone broth and sprinkle with salt. Cook covered in the oven at 325 for about 3 hours or simmer covered on stove top on low for 3 hours. Divide into one pound portions with gravy/juice and freeze.

- ✓ 1 pound cooked beef stew
- ✓ 1 small butternut squash, cubed
- ✓ 1-2 TB red curry paste from Thai Kitchen
- ✓ 1 tsp garam masala
- ✓ 1 onion
- ✓ 1 can coconut milk
- ✓ 1 large TB SunButter
- ✓ 1-2 TB fish sauce
- ✓ 1 lime.
- ✓ 10 basil leaves chopped.
- ✓ sea salt like La Baleine



👩🍳 Put beef with gravy plus all ingredients (except lime/basil/salt) in a pan. Stir well. Cover and simmer 20 minutes or until veggies are tender. Uncover and simmer 10 more minutes. Add chopped basil, squeeze lime, and add salt to taste. Serve.

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