

10 SLIMMING SOUP RECIPES

Perfect for summer!



dr. kellyann

SLIMMING SUMMER SOUPS

—10— SOUP RECIPES

Warm weather is here, and it's time to put light, refreshing soups on the menu!

These fabulous recipes are brimming with summer's bounty, from fresh tomatoes and creamy avocados to red bell peppers and watermelon. They're also rich in wrinkle-blasting, gut-healing bone broth—or use instant collagen broth, to get the same results in a hurry.

These colorful, delicious soups make a beautiful addition to any meal. They're also powerful medicine, because they're rich in anti-aging, fat-burning nutrients.

Enjoy them every day, and watch your pounds and wrinkles melt away!



Dr. Kellyann
XO

For recipes, tips, and additional resources, visit:

drkellyann.com



SOUP RECIPES



THAI COCONUT WITH CHICKEN

THAI COCONUT SOUP WITH CHICKEN

Prep time: 30 mins • **Yield:** 4 servings • 80/20 Plan only

1 pound boneless, skinless chicken breasts, thinly sliced
4 cups homemade chicken broth, [Dr. Kellyann's SLIM® Chicken](#)

[Bone Broth](#) or [Dr. Kellyann's SLIM® Collagen Broth](#)

1½ cans full fat coconut milk, about 2 ½ cups

1½ tablespoons freshly grated ginger (*do not use dry powdered ginger*)

1 stalk fresh lemongrass, cut into 1-inch pieces

2 cups crimini (baby bellas) or white mushrooms, sliced

1 large carrot, sliced into thin rounds

1 tablespoon freshly squeezed lime juice

2 tablespoons fish sauce

1 to 2 tablespoons coconut sugar

1 to 2 tablespoons Thai red chili paste, start with 1 tablespoon

1 small jalapeño or serrano chili

¼ cup fresh basil or Thai basil

½ cup fresh cilantro

1 or 2 scallions, sliced into ¼-inch pieces for garnish

Red chili flakes, optional

Directions:

Freeze chicken for 15 to 20 minutes to make it easier to slice. Remove from freezer, thinly slice, and set aside. In a saucepan on medium high heat, combine broth, coconut milk, ginger, and lemongrass and bring to a boil. Reduce heat to medium-high and add chicken, mushrooms, carrots, lime juice, coconut sugar, 1 tablespoon chili paste, and jalapeño/serrano. Simmer for 5 to 10 minutes until chicken is firm and opaque. Discard lemongrass and jalapeño/serrano pepper slices. Taste and add additional chili paste if desired. Garnish with basil and cilantro. Optionally serve with red chili pepper flakes.

Note: If you have an open jar of red chili paste in the refrigerator, it may have lost some of its heat over time.



SOUP RECIPES



WATERMELON GAZPACHO

WATERMELON GAZPACHO

Prep time: 30 mins • Yield: 4 servings

- 5 cups watermelon, peeled, seeded, and roughly chopped; plus 1 cup cut in ¼- to ½-inch dice
- 1 cup homemade chicken broth, [Dr. Kellyann's SLIM® Chicken Bone Broth](#) or [Dr. Kellyann's SLIM® Collagen Broth](#)
- ½ English cucumber, peeled, seeded, and diced
- ¾ cup celery, diced (*about 2 ribs*)
- ¾ cup red bell pepper, diced (*1 medium red pepper*)
- ¼ cup red onion, diced (*½ small red onion*)
- 1 tablespoon fresh mint leaves, minced
- 2 tablespoons fresh parsley, minced
- 3 tablespoons freshly squeezed lime juice (*about 1 lime*)
- 1½ tablespoons sherry vinegar
- 1 tablespoon jalapeño pepper, seeded and minced (*1 small pepper*)
- Mint leaves for garnish (*optional*)

Directions:

Puree 5 cups watermelon and broth in a blender until mixture is smooth. Pour through a fine mesh sieve into a large bowl and discard pulp. You should have about 4 cups strained liquid.

Add cucumber, celery, bell pepper, onion, herbs, lime juice, vinegar, jalapeno, and remaining cup chopped watermelon to blended liquid, and stir to combine. Cover and refrigerate until well chilled, at least 1 hour. Optionally garnish with mint. Gazpacho should be eaten within 1 day.



SOUP RECIPES



VIETNAMESE BEEF "NOODLE" PHO

VIETNAMESE BEEF "NOODLE" PHO

Prep time: 35 mins • Yield: 4 entrée servings

- | | |
|---|---|
| 2 large onions, peeled and quartered | ¾ pound sirloin, London broil, or round |
| 4-inch piece fresh ginger, peeled and cut into 4 pieces | 2 to 3 zucchini, cut into noodles with a spiralizer (to yield 2½ to 3 cups) |
| 2 whole cinnamon sticks | |
| 2 whole star anise | |
| 3 whole cloves | |
| 2 teaspoons whole coriander seeds | |
| 8 cups homemade beef broth, <u>Dr. Kellyann's SLIM® Beef Bone Broth</u> or <u>Dr. Kellyann's SLIM® Collagen Broth</u> | |
| 1 tablespoon coconut aminos | |
| 1 tablespoon fish sauce | |
| 3 carrots, peeled and thinly sliced | |
- Toppings:**
3 scallions, diagonally sliced into ¼- to ½-inch pieces
1 chili pepper (serrano or jalapeño), thinly sliced
1 to 2 limes, cut into wedges
1 cup fresh herbs (*cilantro, basil, Thai basil, mint, or any combination*)
Hot sauce or Sriracha (*optional*)

Directions:

Preheat broiler. Char the onions and ginger on all sides on a baking sheet placed directly under the broiler for about 3 to 5 minutes per side. (The char is what adds the smoky flavor to the Pho.) Rinse under cool water to remove any loose overly charred bits.

Place the cinnamon, star anise, cloves, and coriander seeds in the bottom of a dry saucepan and dry-roast over medium-low heat for about 2 minutes or until fragrant. Stir frequently to prevent scorching. Add the broth, aminos, fish sauce, carrots, charred onions, and ginger to the saucepan with the spices. Bring the broth to a boil over medium-high heat. Immediately reduce the heat to medium-low. Cover and continue simmering for 30 minutes.

While the broth is simmering, freeze the beef for 10 to 15 minutes so it is easier to cut. Thinly slice into pieces no more than ¼-inch thick and set aside.

Strain the broth through a fine mesh strainer and discard the solids. Place broth back over low heat and keep it just below a simmer. Add the beef until just cooked, about 2 to 3 minutes.

Divide mung beans and zucchini "noodles" among the bowls, top with steaming broth and beef. Serve with toppings.



SOUP RECIPES



FIRE ROASTED TOMATO

BB FIRE ROASTED TOMATO SOUP

Prep time: 30 mins • Yield: 4 servings

1 tablespoon ghee or pasture-raised butter

3 garlic cloves, minced

2 tablespoons shallot, finely chopped

3 pounds roasted plum tomatoes or 1 (one) 25- to 28-ounce can fire roasted tomatoes

1½ cups homemade chicken broth, [Dr. Kellyann's SLIM® Chicken Bone Broth](#) or [Dr. Kellyann's SLIM® Collagen Broth](#)

2 tablespoons sherry (*optional*)

⅓ cup full fat coconut milk

¼ teaspoon Celtic or Pink Himalayan salt, to taste

Freshly ground black pepper

Directions:

In a heavy saucepan, melt ghee/butter over medium-low heat. Add shallots and stir until shallots are soft. Add garlic and continue to stir for another 1 to 2 minutes being careful not to brown the garlic. Add tomatoes, broth, and sherry to saucepan. Cover and simmer on medium-low for 15 minutes.

Puree the soup leaving a bit of the tomato texture. Quickly blend in coconut milk, salt, and pepper. Chill for at least 2 hours. Garnish with your favorite herb.

Notes: If you choose to roast the tomatoes yourself, preheat oven to 350°. Cut tomatoes in half the long way. Spread the tomatoes, skin side down, in one layer on 2 sheet pans lined with parchment. Roast for 40 minutes, then increase oven temperature to 400° and roast until caramelized, about 20 minutes more.

Hot liquids in a blender will expand and release steam; use caution when blending hot liquids.



SOUP RECIPES



SZECHWAN CARROT GINGER

BB SZECHWAN CARROT GINGER SOUP

Prep time: 30 mins • Yield: 4 servings • 80/20 Plan only

- 1 teaspoon ghee or pasture-raised butter
- ½ medium onion, chopped
- 1 celery rib, chopped
- 1 clove garlic, minced
- 2 cups homemade chicken broth, [Dr. Kellyann's SLIM® Chicken Bone Broth](#) or [Dr. Kellyann's SLIM® Collagen Broth](#)
- ½ pound carrots, cut into 1-inch pieces
- 2 to 4 teaspoons freshly grated ginger (*do not use dried*)
- ⅛ teaspoon chili flakes
- 1 tablespoon coconut aminos
- 1 tablespoon almond butter
- 2 teaspoons coconut sugar
- 1 teaspoon toasted sesame seed oil
- ¼ teaspoon nutmeg
- ¾ cup full fat coconut milk
- ½ teaspoon Celtic or Pink Himalayan salt

Directions:

In a heavy saucepan heat ghee/butter, onion, celery, and garlic over medium heat, stirring until onion is softened. Add bone broth, carrots, ginger, and chili flakes. Simmer covered on medium heat until carrots are soft, about 30 minutes. Puree in blender until smooth and creamy. Add aminos, almond butter, sugar, sesame seed oil, nutmeg, coconut milk, and salt. Blend to incorporate all ingredients. Serve warm or refrigerate for at least 2 hours and serve chilled. Garnish with your favorite fresh herb.

Note: Hot liquids in a blender will expand and release steam; use caution when blending hot liquids.



SOUP RECIPES



SOUP & SALAD

BB SOUP AND SALAD SOUP

Prep time: • Yield: 4 to 6 servings

- 4 cups homemade chicken broth, [Dr. Kellyann's SLIM® Chicken Bone Broth](#) or [Dr. Kellyann's SLIM® Collagen Broth](#)
- 1 large sweet potato (*about 8 ounces*), baked or boiled, peeled and cut into chunks
- ¼ cup onion, thinly sliced
- 1 clove garlic, minced
- 4 sprigs of fresh tarragon
- ½ teaspoon Celtic or Pink Himalayan salt
- 2 dashes white pepper
- ½ pound asparagus, cut into 1-inch pieces (*about 1 heaping cup*)
- 1 cup snap peas, trimmed and cut in half diagonally
- 1 packed cup baby spinach
- 3 cups peppery greens such as arugula, watercress, radish sprouts, etc.
- 4 teaspoons extra virgin olive oil for drizzling
- Freshly ground pepper

Directions:

In a saucepan combine broth, sweet potato, onion, garlic, and tarragon. Bring to a boil and reduce heat to medium-low. Simmer covered for about 10 minutes to allow the tarragon to infuse the broth. Remove tarragon sprigs and season with salt and pepper. Puree mixture in a blender until smooth and creamy.

Return to saucepan on medium-low heat; add asparagus and snap peas and let simmer for 3 to 5 minutes until tender. Stir in spinach and remove from heat. Serve warm in bowls with a handful of peppery greens on top. Drizzle with olive oil. Serve with freshly ground pepper.

Note: Hot liquids in a blender will expand and release steam; use caution when blending hot liquids.



SOUP RECIPES



— *Roasted* —
Red Bell Pepper

BB ROASTED RED BELL PEPPER SOUP

Prep time: 30 mins • Yield: 4 servings

6 red bell peppers (*yellow and/or orange are also fine*)
1 tablespoon ghee or pasture-raised butter
2 tablespoons shallots, minced
2 cups homemade chicken broth, [Dr. Kellyann's SLIM® Chicken Bone Broth](#) or [Dr. Kellyann's SLIM® Collagen Broth](#)
½ teaspoon Celtic or Pink Himalayan salt
¼ teaspoon black pepper
2 tablespoons dry white wine (*optional*)
½ cup full fat coconut milk

Directions:

Preheat broiler and place whole peppers on a baking sheet. Broil about 2 inches from the flame/electric coil, turning every 5 minutes until skins are blistered and charred. Transfer to a bowl and tightly cover with plastic wrap allowing peppers to steam for at least 10 minutes. When cool enough to handle, peel, remove tops and seeds, and cut into strips.

In a heavy saucepan, melt ghee/butter over medium-low heat. Add shallots and stir until softened. Add the pepper strips, broth, salt, pepper, and coconut milk. Cover and simmer on medium-low heat for about 15 to 20 minutes until peppers are very soft.

Puree in a blender until smooth and creamy. Chill for 2 or 3 hours. Optionally garnish with your favorite fresh herb.

Note: Hot liquids in a blender will expand and release steam; use caution when blending hot liquids.



SOUP RECIPES



COOL & CREAMY CAULIFLOWER

COOL AND CREAMY CAULIFLOWER SOUP

Prep time: 30 mins • Yield: 4 servings

3 cups cauliflower florets, steamed (about ½ to ¾ medium head)

2 cups homemade chicken broth, [Dr. Kellyann's SLIM® Chicken](#)

[Bone Broth](#) or [Dr. Kellyann's SLIM® Collagen Broth](#)

1 cup almond flour/meal

1 to 2 small cloves garlic

1 medium shallot, coarsely chopped

½ English cucumber, peeled, seeded, and coarsely chopped plus

2 tablespoons diced for garnish

2 to 3 teaspoons sherry vinegar

¼ cup extra virgin olive oil, plus 2 tablespoons to drizzle

½ teaspoon Celtic or Pink Himalayan salt

⅛ teaspoon white pepper

¼ cup sliced or slivered almonds, toasted, for garnish

Directions:

Steam cauliflower for about 8 minutes. Drain, rinse in cold water to chill, and drain well.

Put cauliflower, broth, almond meal, garlic, shallot, cucumber, and vinegar in blender and blend until smooth and creamy.

Blend in olive oil. Add salt and pepper and taste. Chill for at least 2 hours or serve at room temperature. Garnish with a drizzle of oil, cucumber pieces, and toasted almonds.

If you would like the soup thinner, blend in more Chicken Bone Broth or Chicken SLIM Collagen Broth™.

Note: Hot liquids in a blender will expand and release steam; use caution when blending hot liquids.



SOUP RECIPES



AVOCADO WITH CHIPOTLE ADOBO

AVOCADO SOUP WITH SMOKEY CHIPOTLE ADOBO

Prep time: 20 mins • Yield: 4 servings

- ½ tablespoon ghee or pasture-raised butter
- 1 medium onion, diced
- 1 clove garlic, minced
- ½ - 1 chipotle pepper in adobo sauce (*available in the Hispanic section of most supermarkets*)
- 3 cups homemade chicken broth, [Dr. Kellyann's SLIM® Chicken Bone Broth](#) or [Dr. Kellyann's SLIM® Collagen Broth](#)
- ½ teaspoon salt (*optional, depending on saltiness of chicken stock*)
- 2 ripe avocados, peeled and cut into chunks
- 1 cup full fat canned coconut milk
- ¼ cup freshly squeezed lime juice
- ½ cup cilantro leaves (*reserve a few leaves for garnish*)
- 1 tomato diced for garnish
- 1 to 2 scallions sliced for garnish

Directions:

Put ghee/butter in a saucepan on medium heat, add onions and sauté until soft and clear, but not browned. Add garlic and chipotle in adobo and stir; do not let garlic brown.

Add broth and avocados and bring to a low simmer for 10 minutes to let flavors meld.

In a blender combine avocado mixture with coconut milk, lime juice, and cilantro and blend until smooth and creamy. Refrigerate for at least 2 hours or until well chilled. Garnish with cilantro leaves, tomatoes, and scallions.

Note: Hot liquids in a blender will expand and release steam; use caution when blending hot liquids.



SOUP RECIPES



SALMOREJO

SALMOREJO

A cool and creamy tomato soup from Spain

Prep time: 30 mins • **Yield:** 4 servings

2 cups homemade chicken broth, [Dr. Kellyann's SLIM® Chicken Bone Broth](#) or [Dr. Kellyann's SLIM® Collagen Broth](#)

4 to 5 plum tomatoes, cored, halved, and seeded

2 cloves garlic, crushed

1 small shallot, coarsely chopped

1 tablespoon sherry vinegar

1 teaspoon Celtic or Pink Himalayan salt

¼ teaspoon freshly ground black pepper

1 cup almond meal/flour

¼ cup extra-virgin olive oil, plus more for drizzling

2 hard-boiled eggs, chopped

½ cup chopped bacon or ham, nitrate-, dextrose-, and sugar-free

Directions:

Place broth, tomatoes, garlic, shallot, sherry vinegar, salt and pepper in a blender and puree. Put almond flour in a bowl; pour tomato mixture over flour and let sit for 10 to 15 minutes. Return to blender, add olive oil, and purée until smooth. Chill for at least 2 hours. Pour into serving bowls; top with hard boiled eggs, bacon or ham, and a drizzle of olive oil (optional).

Note: Hot liquids in a blender will expand and release steam; use caution when blending hot liquids.