

A FEW FODMAP SOUPS



SPINACH SOUP – 5 SERVINGS

- 1 Chicken leg quarter
- ½ cup chopped walnuts
- 2 yukon gold potatoes, washed and diced
- 10 cups water
- 1 cup frozen or 1 box (5 oz) fresh spinach
- Dash of nutmeg and cayenne
- Salt
- White pepper

In a heavy bottom pot over medium heat brown chicken leg on both sides. Add in walnuts and sauté until fragrant, about 1 minute. Add potatoes and water and bring to a simmer, cook covered over medium heat for 20 minutes. Add in spinach, cook for 1 additional minute. Season with spices, salt and pepper. Remove chicken from soup, dice the meat and return to soup. Can be served as is or blended.

TOMATO SOUP – 2 SERVINGS

- 5 roma tomatoes, diced
- 1 carrot, diced
- 1 stalk celery, diced
- 1 tablespoon olive oil
- 15 fresh basil leaves
- 4 cups Water
- Salt
- 1 teaspoon Brown sugar (optional)
- White pepper
- 2 Tablespoons crumbled feta cheese or 1 diced hard boiled egg

Sautee tomatoes, carrot, celery, basil in olive oil until very tender. Add water and bring to a simmer. Cook for 10 minutes. Season and blend. Serve with crumbled feta or boiled egg for garnish.

UN-PEA SOUP – 2 SERVINGS

- ½ cup green beans, diced
- ½ cup sliced almonds
- ½ cup sweet potato, diced
- 1 cup frozen chopped spinach
- 1 Tablespoon olive oil
- 4 cups water
- 1 thick slice (2 ounces) turkey ham, diced
- White pepper
- Dash of nutmeg and/or cayenne
- Salt

Sautee first four ingredients in olive oil over medium heat, careful not to brown or burn the almonds. Cook until the sweet potatoes are soft. Add water and simmer for 10-15 minutes over low heat. Remove heat and blend the soup. Return to pan, add the ham bring back to a simmer and season.