



## Bariatric Friendly Soups and Stews

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Hey there! Ready to cozy up with some delicious soups and stews this February? We've got you covered with our top 10 bariatric-friendly recipes that are not only easy to make but also packed with flavor! From hearty classics to creative twists, these dishes are sure to warm your heart and keep you feeling satisfied. So, grab a bowl, snuggle up, and enjoy some healthy comfort food with your loved ones this month. Here's to a February filled with warmth and good eats!

Hugs,

Sheri Burke - RHN

Specializing in Bariatric Nutrition



## Sheri's Slow Cooker Beef Stew

6 servings

4 hours

### Ingredients

2 tbsps Extra Virgin Olive Oil  
 2 lbs Stewing Beef (sliced into bite-size pieces)  
 1/4 cup Red Wine Vinegar  
 1 cup Baby Carrots  
 1/2 Sweet Onion (diced)  
 2 1/2 cups Mushrooms (sliced)  
 1 cup Beef Broth  
 1/2 tsp Dried Thyme  
 1 tsp Sea Salt  
 1/2 tsp Black Pepper  
 1/4 cup Brown Rice Flour

### Nutrition

Amount per serving	
Calories	293
Fat	12g
Carbs	11g
Fiber	2g
Sugar	4g
Protein	35g

### Directions

- 1 Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
- 2 Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
- 3 Ladle into bowls and enjoy!

### Notes

**Leftovers:** Store in the fridge up to 3 days or freeze.

**More Carbs:** Serve it with roasted potatoes, rice or quinoa.

**Add Greens:** Stir in chopped kale or baby spinach just before serving.





## Spicy Roasted Red Pepper Soup

4 servings

1 hour

### Ingredients

4 Red Bell Pepper  
 1 1/2 tsps Extra Virgin Olive Oil  
 1 Sweet Onion (diced)  
 2 Garlic (cloves, minced)  
 1 tsp Black Pepper (fresh ground)  
 1/8 oz Thyme Sprigs  
 1 Bay Leaf  
 3 cups Vegetable Broth  
 3 tbsps Apple Cider Vinegar  
 1/4 tsp Cayenne Pepper (less if you don't like it spicy)

### Nutrition

Amount per serving	
Calories	88
Fat	2g
Carbs	16g
Fiber	4g
Sugar	10g
Protein	2g

### Directions

- 1 Preheat oven to broil. Cut bell peppers in half lengthwise and discard seeds. Place pepper halves skin side down on a parchment paper-lined baking sheet. Broil for 15 minutes or until blackened.
- 2 Place roasted peppers in a zip-lock bag and seal. Let sit for 15 minutes. This allows you to peel the skin off more easily. Remove peppers from bag and peel away the skin. Throw the skin away and coarsely chop the remaining pepper.
- 3 Heat the oil in a large pot over medium heat. Add onion and sauté for 5 minutes or until golden. Then add garlic and sauté for another minute.
- 4 Add bell peppers, fresh ground pepper, bay leaf, thyme, broth, vinegar and cayenne. Bring to a boil then cover and reduce heat to simmer for 10 minutes. After 10 minutes, remove the bay leaf and thyme sprigs from the soup and discard.
- 5 Puree soup. You can do this with a blender, magic bullet or hand/immersion blender. If you are blending with a normal blender, ensure you remove the centerpiece of the lid to allow a place for steam to escape. Otherwise the steam will pop the lid off when blending, which is super dangerous.
- 6 Pour soup back into pot and warm over medium heat. Ladle into soup bowls when ready to eat. Season with a pinch of cayenne for a spicier soup. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Serving Size:** One serving is roughly 1 cup of soup.



## Sheri's Slow Cooker Cabbage Roll Soup

6 servings

4 hours

### Ingredients

1 head Cauliflower (processed into rice)  
 4 cups Green Cabbage (roughly chopped)  
 1/2 Yellow Onion (diced)  
 2 Garlic (cloves, minced)  
 2 cups Crushed Tomatoes  
 2 tbsps Extra Virgin Olive Oil  
 1 tbsp Italian Seasoning  
 1/2 tsp Red Pepper Flakes (optional)  
 1 tsp Sea Salt  
 1 tsp Black Pepper  
 2 cups Water  
 1 lb Extra Lean Ground Turkey (or chicken)  
 4 cups Baby Spinach (optional)  
 1/3 cup Parsley (chopped, optional)

### Directions

- 1 Use a food processor to pulse your cauliflower into rice.
- 2 Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on low for 7 to 8 hours or on high for 4 hours (or until meat is fully cooked through).
- 3 Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley. Enjoy!

### Notes

**Leftovers:** Refrigerate in an air-tight container up to 5 days, or freeze up to a year.

**Serving Size:** One serving is roughly 2 cups of soup.

**No Ground Turkey:** Use any type of ground meat.

**Vegan & Vegetarians:** Replace the meat with 1 can of lentils, chickpeas or kidney beans.

### Nutrition

Amount per serving	
Calories	231
Fat	12g
Carbs	17g
Fiber	6g
Sugar	8g
Protein	19g



## Creamy Roasted Garlic & Kale Soup with Cauliflower

4 servings

1 hour 15 minutes

### Ingredients

- 12 Garlic (cloves, peeled and trimmed)
- 1 Yellow Onion (large, roughly chopped)
- 1 head Cauliflower (sliced into florets)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Sea Salt
- 8 cups Kale Leaves (packed)
- 3 3/4 cups Vegetable Broth (divided)

### Nutrition

Amount per serving	
Calories	176
Fat	11g
Carbs	17g
Fiber	6g
Sugar	7g
Protein	5g

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 3 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 4 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 5 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

### Notes

**Leftovers:** Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

**Serve it With:** An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

**Too Thick:** If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.





## Turmeric Beef Stew

4 servings

55 minutes

### Ingredients

1 lb Top Sirloin Steak  
 1 tbsp Tapioca Flour  
 1 tsp Sea Salt  
 1/2 tsp Black Pepper  
 1 1/2 tbsps Extra Virgin Olive Oil  
 2 Carrot (medium, chopped)  
 1 Yellow Potato (large, chopped)  
 1 tsp Turmeric (ground)  
 1 tsp Coriander (ground)  
 1 tsp Cumin (ground)  
 1 tsp Ground Ginger  
 2 cups Beef Broth  
 4 stalks Green Onion (green parts only, chopped)  
 1/2 cup Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	366
Fat	22g
Carbs	16g
Fiber	3g
Sugar	3g
Protein	26g

### Directions

- 1 Cut steak into 1-inch cubes. Transfer to a mixing bowl with tapioca flour, salt and pepper. Toss until the steak is well coated.
- 2 Heat oil in a dutch oven or large pot over medium-high heat. Add the beef and brown it on all sides. Remove the beef from the pot and set aside. (Adjust the heat as necessary when browning the steak to prevent the bottom of the pot from burning. You may need to do the browning in batches.)
- 3 Add the carrots and potatoes to the pot along with the turmeric, coriander, cumin and ginger. Stir frequently for 2 to 3 minutes. If the spices start sticking to the bottom of the pot add two tablespoons of water to help them along. Add the browned beef back to the pan.
- 4 Add the broth to the pot, being sure to scrape the browned bits off the bottom. Cover with a tight-fitting lid, reduce heat to medium-low and let simmer for 20 minutes.
- 5 Remove the lid and stir in the green onions and cilantro. Continue to simmer uncovered for 10 minutes. Taste and season with additional salt and pepper, if needed.
- 6 Divide into bowls and enjoy!

### Notes

**Too Thick:** If the stew thickens too much or if it's looking a little bit dry, add extra broth or water one tablespoon at a time until desired consistency is reached.

**Leftovers:** Store in an airtight container in the fridge up to 3 days. Freeze for longer.

**No Beef Broth:** Use vegetable or chicken broth instead.



## Pressure Cooker Bean-Free Chili

4 servings

50 minutes

### Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsp Ghee
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 3 Garlic (clove, minced)
- 2 tbsps Tomato Paste
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 Tomato (chopped)
- 1 cup Chicken Broth

### Nutrition

Amount per serving	
Calories	281
Fat	16g
Carbs	11g
Fiber	4g
Sugar	5g
Protein	25g

### Directions

- 1 Turn your pressure cooker onto sauté mode. Cook the beef, breaking it up as it cooks until it's no longer pink. Remove the meat from the pot and drain any excess drippings.
- 2 Add ghee to the pressure cooker and when melted add the onion, pepper and garlic. Saute for 5 minutes or until the onions are translucent. Add the tomato paste, chili powder, cumin and salt. Cook for another minute. Add the tomatoes, broth and cooked meat to the pressure cooker and stir to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 20 minutes and let the steam release naturally for 5 to 10 minutes. Release the rest of the steam manually.
- 4 Divide between bowls and enjoy!

### Notes

**Optional Toppings:** Diced avocado, sliced jalapenos, fresh lime juice, sliced green onion and/or chopped cilantro.

**No Ground Beef:** Use ground turkey or chicken instead.

**More Flavor:** Add smoked paprika, chipotle chili powder, ground cayenne, ground coriander, black pepper or dried oregano.

**Tomato Options:** Use cherry tomatoes, Roma tomato, field tomatoes or drained diced tomatoes from the can.

**No Ghee:** Use extra virgin olive oil or avocado oil instead.

**Leftovers:** Store in an airtight container in the fridge for up to three days. Freeze for up to three months.

**Serving Size:** One serving is equal to approximately one cup of chili.





## Creamy Broccoli Soup

4 servings

20 minutes

### Ingredients

- 1 tsp Avocado Oil
- 1/2 Yellow Onion (chopped)
- 2 Garlic (cloves, minced)
- 2 tbsps Arrowroot Powder
- 3 cups Chicken Broth
- 1 cup Canned Coconut Milk (full fat)
- 4 cups Broccoli (florets, roughly chopped)
- 1/4 cup Nutritional Yeast
- 1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	214
Fat	13g
Carbs	17g
Fiber	5g
Sugar	4g
Protein	10g

### Directions

- 1 In a large pot or dutch oven over medium heat, add the avocado oil and then the onion. Cook for 3 to 4 minutes or until the onion becomes translucent. Add the garlic and cook for one minute. Add the arrowroot powder and chicken broth and whisk until no clumps remain.
- 2 Bring to a boil over medium heat, and then reduce to a simmer. Add the coconut milk, broccoli, nutritional yeast and salt and stir to combine. Cook for 10 minutes or until the broccoli is cooked through.
- 3 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Serving Size:** One serving is equal to approximately 1.5 cups of soup.

**No Arrowroot Powder:** Use tapioca starch or cornstarch instead.

**More Flavor:** Add fresh herbs or additional vegetables.

**Make it Vegan:** Use vegetable broth instead of chicken broth.



## Curried Coconut Soup

8 servings

30 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Ginger (chopped)
- 2 Garlic (clove, minced)
- 1 Yellow Onion (chopped)
- 2 tbsps Curry Powder
- 2 cups Mushrooms (sliced)
- 1 oz Lemongrass (chopped)
- 1 cup Broccoli (chopped into small florets)
- 1 tbsp Lime Juice
- 3 cups Canned Coconut Milk
- 4 cups Vegetable Broth
- 1 Zucchini (spiralized into noodles)
- 1/4 cup Cilantro
- 1 tsp Chili Flakes (optional)

### Nutrition

Amount per serving	
Calories	209
Fat	18g
Carbs	9g
Fiber	2g
Sugar	4g
Protein	3g

### Directions

- 1 In a pot over medium-low heat, add the olive oil, ginger, garlic and onion. Sauté for 3 to 5 minutes. Add in the curry powder, mushrooms and lemongrass.
- 2 Once the mushrooms are cooked through, add in the broccoli, lime juice, coconut milk and broth. Bring to a boil, reduce heat and let it simmer for 10 minutes.
- 3 During the last minute, add the zucchini noodles and remove from heat.
- 4 Divide between bowls and top with cilantro and red chilli flakes, if using. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Freeze for up to two months.

**Serving Size:** One serving is equal to approximately one cup of soup.

**More Flavor:** Add salt and pepper.



## Turkey & Vegetable Soup

6 servings

50 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 3 Garlic (clove, minced)
- 1 tsp Dried Thyme
- 1 tsp Sea Salt
- 1 Sweet Potato (peeled, cut into 1/2-inch cubes)
- 1 Carrot (peeled, chopped)
- 2 stalks Celery (chopped)
- 10 1/2 ozs Turkey Breast, Cooked (roughly chopped)
- 6 cups Chicken Broth
- 1 cup Parsley (chopped)

### Nutrition

Amount per serving	
Calories	142
Fat	4g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	18g

### Directions

- 1 Heat the oil in a large pot over medium heat.
- 2 Add the onion and cook until it begins to soften, about 5 minutes. Add in the garlic, thyme and salt and continue cooking for one minute more.
- 3 Add the sweet potato, carrots, celery and turkey. Stir to combine then add the chicken broth to the pot along with the parsley.
- 4 Bring soup to a gentle boil then reduce the heat to low and cover with a lid. Simmer for 40 to 45 minutes or until the vegetables are very tender. Season with additional salt if needed. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cups of soup.

**More Flavor:** Add a bay leaf or some red pepper flakes.

**No Turkey:** Use chicken breast instead.

**Additional Toppings:** Serve the soup over top of cooked rice or cooked pasta.





## Sheri's Creamy Cauliflower & Dill Soup

8 servings

30 minutes

### Ingredients

6 cups Organic Vegetable Broth  
 1 head Cauliflower (chopped into small pieces)  
 4 stalks Celery (diced)  
 1 tsp Sea Salt  
 1/4 cup Fresh Dill (stems removed, chopped)  
 2 cups Organic Coconut Milk (canned)  
 2 tbsps Apple Cider Vinegar  
 2 tbsps Nutritional Yeast

### Nutrition

Amount per serving	
Calories	145
Fat	11g
Carbs	8g
Fiber	2g
Sugar	3g
Protein	4g

### Directions

- 1 Heat the vegetable broth in a pot and bring to a simmer while you prepare the remaining ingredients.
- 2 Add the cauliflower, celery and salt. Cook until the cauliflower is fork tender, about 15 minutes.
- 3 Stir in the dill, coconut milk, apple cider vinegar and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes.
- 4 Divide into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Freeze for up to three months.

**Serving Size:** One serving equals approximately 1 1/2 cups.

**More Flavor:** Use bone broth instead of vegetable broth. Add sautéed garlic and onions.

**Additional Toppings:** Kale chips, nutritional yeast or crusty bread.

**No Coconut Milk:** Use almond milk, cashew milk, oat milk or cream instead.

**More Protein:** Add chicken, sausage, lentils, tofu or quinoa.