



SLOW COOKER SOUPS & STEWS

30 Recipes to Keep You Warm During Winter



By **Kyndra Holley**

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Nutritional values contained within are estimates and guidelines only. I added them in here to help you along on your journey. Remember that ingredients can vary greatly by brand. Please read your labels and keep yourself informed of what you are putting into your body.

Also, please note that "Peace and Love" is not an actual spice. It is my belief that every dish tastes better when prepared with a little peace and love.

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Graphic design and layout by some dude with glasses.

www.miltoncantellay.com



PEACE



LOVE



FAMILY

DEDICATION

TO MY HUSBAND JON for putting up with months of eating soup for breakfast, lunch and dinner but mostly for being the most loving and supportive person I've ever met. Having you by my side makes all of this possible. You're pretty easy on the eyes also.

TO BRODY AND MARCELLE FORD for always letting me borrow your camera to get the beautiful shots I needed for this book. Also, thank you for all the random basil leaves, teaspoons of this seasoning or that, the occasional egg and whatever else I may have forgotten at the grocery store on any given day. But mostly, thanks for having Ethan. Love you guys.

TO MILTON CANTELLAY for your amazing graphic design skills and for putting up with my constant barrage of questions while you were trying to work at your actual job. Your patience and vision are unparalleled.

TO ASHLEY CANTELLAY for allowing me to hog your husband for this project while you were trying to enjoy being newlyweds. Also, thanks for letting me crash your honeymoon. It was the best honeymoon I've ever been on. Sorry Jon.

TO MICHAEL HARRIS, for being the eyes that scour my books looking for inconsistencies, inaccuracies and all the other nasty little things we don't want to see printed. You should definitely edit by trade. If you find any typos or issues within this book, blame this guy. I'm just kidding... No, seriously it's all his fault.

TO ALL OF YOU WHO HAVE BELIEVED IN ME and followed my site since the very beginning when I was posting blurry cellphone pictures and sloppily written recipes. We've come a long way together and I can't wait to see where the future takes us.



FOREWORD

When Kyndra asked me to write the foreword for her second book, I just about fell out of my chair. I was in a cabin in the woods, holed up, working on my own FIRST book, when I received her email.

BOOM! Mind shrapnel!

I immediately responded something to the effect of “I’m not worthy. I’m not worthy!!” and suggested she’d earned the right to go for a celebrity, not some monkey with a computer. I truly meant it, too! Kyndra is an absolute rock star, in my mind. She has more than earned the right to reach out and grab some of that glory!

She quickly responded, “I care about taking care of the people that take care of me and having someone that I know, like, and respect do it. That is YOU, Goofball McSquirelnuts.”

Kyndra is the absolute tops! I mean... who really does that?! This is a person that cares and respects. I will do anything for a person like that!

Instantly, I set out to write the best, most thorough, well written, over-the-top, spectacular foreword ever forged in the history of history. I spent a week scratching my head, pulling my newly gray hair, writing, re-writing, editing, deleting, polishing and crafting about 7 pitch perfect paragraphs. When the silken buffing concluded... I found myself reading a gloriously balanced page of text; completely lacking the usual passion with which I try and write. While eloquent, it felt... hermetic... overly hygienic, sterile... lacking the love I always work to inject.

I had written something... stuffy!

In a moment, I completely scrapped it... and decided to write what was in my heart, right then... on the spot.

Let it flow....

Kyndra is a hero of mine. She amazes me. She is awesome, but not like the overused exclamation bellowed when the seared double-cut peppered ham at my local dive-y diner arrives, but... “awesome” in the sense that she inspires true awe. I’ve been admiring Kyndra for a few years... establishing tremendous respect for her humanity. She puts IT ALL out there! She shares her life, family, eating habits, exercise routines, foibles, favorites, likes... dislikes and... recipes!

Oh, the recipes!

In Kyndra’s very first recipe, she writes, “One of my favorite things to do is take something traditional, and transform it into a version most people would never think of.”

I don’t feel she’s giving herself enough credit, here. NO ONE could transform traditional foods like Kyndra. I look at Kyndra’s food, ideas and recipes and, again, sit in awe. I truly wish I could think with her mind, for even a minute. Truth be told, I’d like to eat her brain. I’d bet it’s delicious. She rocks my socks!



FOREWORD

CONTINUED

Kyndra has a unique talent for combining the comforting and familiar with twists, tweaks, flourishes, stuffings and additions that only she could conceive of. Kyndra has that rare gift of wide spread relatability. While “relatability” isn’t a word, she’s got it in spades! So many bloggers, myself included, tend to skew one way or another. Kyndra has a perfectly proportional knack for harnessing ALL forward thinking philosophies and merging them into one creamy and luxuriously bacon infused melting pot.

Recipe after recipe... flawless. A perfect idea.

I’ve never said this to Kyndra, but... I tend to develop nicknames for people, as I get to know them. It doesn’t always happen, but... in Kyndra’s case, it did. In my mind, I call Kyndra the “Queen of Grub”. As a product of southern California in the late 80’s, early 90’s, to me “Grub” is a word I associate with a luscious and almost spiritual indulgence, although... usually an unhealthy one, frequently eaten after midnight. It’s far more than “a meal” or a simple “foodstuff”. When I personally use a word like grub, grubbin’, grubtastic or grubdonkulous, its meaning is rooted in a deep, almost soulful enjoyment. It’s also usually emitted with a low guttural growl and a tongue smacking of my lips, “Ohhhh... WOW! That Slow Cooker Kickin’ Chili... *is off the charts...* **Grrrrr-RUBBIN!**”

“Grub” is usually hearty, often abundant, always fearless and invariably satisfying.

It’s with near impossible odds that Kyndra is so consistently able to create fully grubbin’ grub... and have it be HEALTHY, to top it all off. Kyndra, loud and proud, says, “Eat this grub, lose weight, gain health and live for a long time!”

The only person I know who can massage and redefine such deeply rooted slang within me... and then totally rock it.

Kyndra’s life, her books, her website, her whole world is... completely, totally and utterly... Grubbin’.

Goofball McSquirelnuts

A Monkey with a Computer

DJ Foodie

www.DJFoodie.com

www.facebook.com/DjFoodieDotCom



ABOUT THE AUTHOR

PEACE + LOVE + CARB
LOW

PEACE + LOVE + CARB

I AM A BACON FANATIC

I AM A COFFEE JUNKIE

I AM A COOKBOOK AUTHOR

I AM A CROSSFITTER

I AM A FREE SPIRIT

I AM A HIKER

I AM A LIFE IN TRANSITION

I AM A PHOTOGRAPHER

I AM A RUNNER

I AM A TOTAL BADASS IN MY OWN MIND

I AM A TRAVELER

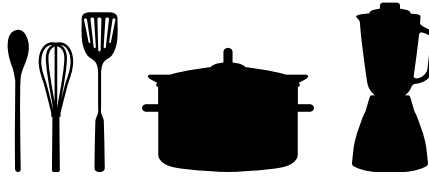
I AM A VOLUNTEER

I AM A WIFE

I AM AN ANIMAL LOVER

I AM DEDICATED

I AM GETTING STRONGER EVERY DAY



MY FAVORITE THINGS

THESE ARE SOME OF MY FAVORITE THINGS THAT WERE INSTRUMENTAL IN THE CREATION OF THIS BOOK...

- This is the slow cooker I used to make all of these delicious recipes. <http://amzn.to/17bQzxX>
- This spiral slicer is a game changer - <http://amzn.to/17b6txE>
- These oil and vinegar cruets are prominently displayed next to my stove - <http://amzn.to/HTAIPk>
- These glass ramekins with lids are great for food prep and small amounts of leftovers - <http://amzn.to/1cHmC1g>
- This garbage bowl sits in the center of my kitchen island and holds all my scrapes during recipe creation - <http://amzn.to/198ojNd>
- This kitchen scraper tool is handy for chopping and scooping up ingredients - <http://amzn.to/1cZQSVg>
- We all know how much I love bacon. This grease keeper is how I store the fat for later use - <http://amzn.to/17vOvAR>
- I use my non-stick wok for a lot more than just stir fry. The high sides make for less splatter and easy clean up. - <http://amzn.to/16rhQg9>

SOME OTHER ESSENTIALS...

- Rimmed Baking Sheets - <http://amzn.to/1aH94eG>
- Mixing Bowls - <http://amzn.to/1e6lyjD>
- Skillet - <http://amzn.to/14bMRnq>
- Sauté Pan - <http://amzn.to/1byxmMA>
- Sauce Pan - <http://amzn.to/1fFmi0W>
- Measuring Cups - <http://amzn.to/1aWzcsc> and <http://amzn.to/1gPzZxh>
- Measuring Spoons - <http://amzn.to/1aH9KAE>
- Rubber Spatula Set - <http://amzn.to/1gPAh7s>

THINGS I LIKE TO KEEP ON HAND AT ALL TIMES...

- Avocado Oil - <http://amzn.to/17Pbpp1>
- Organic Canned Tomatoes - <http://amzn.to/1eSp6tO>
- Diced Tomatoes and Green Chilies - <http://amzn.to/1aa4yqt>
- Tomato Paste Tube - <http://amzn.to/15tdpmG>
- Chicken Stock - <http://amzn.to/13jRH5B>
- Beef Stock - <http://amzn.to/1ddpoZH>
- Organic Spices - <http://amzn.to/188TbS5>



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BEEF STROGANOFF SOUP

PREP
30min

x6 COOK
6hr

PER SERVING

Size: 1 Cup

Calories: 293

Protein: 20 g

Carbs: 4.5 net g

Fat: 19 g



One of my favorite things to do with my recipes is to take something traditional and transform it into a version most people would never think of. I promise you this soup will be a big hit in your home for years to come. But I should warn you, it is highly addictive.



BEEF STROGANOFF SOUP

INGREDIENTS (12 Servings)

- 32 oz. Beef Stock
- 10 oz. Cremini Mushrooms (Thinly Sliced)
- 1 Medium Onion (Diced)
- 3 Tbs. Garlic (Minced)
- 3 Tbs. Butter
- 1 ½ lbs. Steak (Thinly Sliced)
- 1 Cup Heavy Cream
- 1 Cup Sour Cream
- 2 Tbs. Beef Bouillon Granules
- 2 Tbs. Dijon Mustard
- 2. Tbs. Italian Flat Leaf Parsley – Chopped
- 1 ½ tsp. Onion Powder
- 1 ½ tsp. Garlic Powder
- 1 tsp. Dried Oregano
- 1 tsp. Sea Salt
- [2 Tbs. Peace and Love]

DIRECTIONS

1. Heat slow cooker on high setting.
2. To the slow cooker, add beef stock and mushrooms and cover.
3. In a large sauté pan, over medium heat, sauté the onions and garlic in butter until translucent and soft. Add to slow cooker.
4. Using the same pan, add the steak and sear it on both sides. About 1-2 minutes.
5. To the slow cooker, add steak, heavy cream, sour cream, beef bouillon granules, Dijon, parsley, onion powder, garlic powder, oregano, and sea salt.
6. Cover and cook on high for 6 hours.

TIP: One of the many great things about slow cookers, is that the slow cooking process can tenderize even the toughest cuts of meat. This allows for less expensive cuts of beef to be used in recipes such as this one.

BROCCOLI CHEDDAR SOUP

PREP
30min

6-7 **COOK**
6-7hr

PER SERVING

Size: **1 Cup**

Calories: **235**

Carbs: **5 net g**

Fat: **18 g**

Protein: **13 g**



Cheddar broccoli soup is perhaps one of the most popular soups ever. This thick, cheesy version of an old favorite also has the added texture and flavor from the leeks and cauliflower. This soup reheats well but I recommend reheating it on the stovetop and adding a little cream.



BROCCOLI CHEDDAR SOUP

INGREDIENTS (20 Servings)

- 1 Medium Onion**
(Chopped)
- 5 Cloves Garlic** (Minced)
- 2 Tbs. Butter**
- 1 Medium Head Cauliflower**
(Cut Into Florets)
- 1 1/2 lbs. Broccoli**
(Cut Into Florets)
- 2 Leeks** (Cleaned, Trimmed, and Sliced)
- 32 oz. Chicken Stock**
- 2 Cups Heavy Cream**
- 4 Cups Sharp Cheddar Cheese** (Shredded)
- 2 Cups Parmesan Cheese** (Grated)
- Salt and Pepper** (To Taste)
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on high setting.
2. In a large sauté pan, over low-medium heat, add onions, garlic, butter, salt and pepper. Sauté onions until they are caramelized. About 30 minutes.
3. To slow cooker, add caramelized onions, cauliflower, broccoli, leeks, chicken stock, heavy cream and a pinch of salt and pepper. Mix all ingredients together. Cover and cook on high for 5-6 hours.
4. After 5-6 hours the vegetables should be nice and tender. Using a potato masher, mash up the vegetables. You can use an immersion blender for this also, but the vegetables should be soft enough that you can just give them a quick mash and have a nice, thick textured soup.
5. Add cheddar and Parmesan cheese, more salt and pepper (if desired) and cook on high for 1 additional hour.

BUFFALO CHICKEN SOUP

PREP
15min

COOK
7hr

PER SERVING

Size: **1 Cup**

Calories: **146**

Carbs: **3 net g**

Fat: **4 g**

Protein: **13 g**



Every time I eat this soup, my boneless wing recipe, or my buffalo chicken meatball recipe, I can't help but think about how strange it is to eat a food that is always associated with chicken but called by the name of another animal. The "Buffalo" part of buffalo chicken refers to the city that gave birth to the original buffalo chicken wings, Buffalo, NY and not the type of cattle that roams in herds, eating plants.



BUFFALO CHICKEN SOUP

INGREDIENTS (10 Servings)

- 1 lb. Chicken Breast**
(Cubed)
- 32. oz. Chicken Stock**
- ½ Cup Buffalo Wing Sauce**
- 4 Green Onions**
(Chopped)
- 2 Medium Carrots**
(Diced)
- 2 Ribs Celery** (Diced)
- 2 Cloves Garlic** (Minced)
- 1 Cup Sharp Cheddar Cheese** (Shredded)
- 2/3 Cup Parmesan Cheese** (Shredded)
- ¼ Cup Blue Cheese Crumbles**
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting.
2. To the slow cooker, add chicken, chicken stock, buffalo wing sauce, onion, carrots, celery, and garlic. Cover and cook 6 hours.
3. Add cheddar, parmesan and blue cheeses. Stir until cheeses are melted and mixed in. Cover and cook 1 additional hour.

CHEESEBURGER SOUP

PREP
20min

COOK
7hr

PER SERVING

Size: 1 cup

Calories: 206

Carbs: 3 net grams

Fat: 11g

Protein: 13g



A couple of things were uncertain to me as I set out to make this soup. One was whether or not it would even taste good and two was if I would be able to capture all the flavors of a cheeseburger and not just the meat and the cheese. Well, I now have my answers. It turned out delicious and has all the flavor components of a cheeseburger. It is as if you can actually taste the condiments.



CHEESEBURGER SOUP

INGREDIENTS (12 Servings)

- 32 oz. Beef Stock
- 4 Cloves Garlic (Minced)
- 1 Medium Tomato (Diced)
- 2 Tbs. Dijon Mustard
- 2 Tbs. Worcestershire Sauce
- 2 Tbs. Fresh Parsley (Chopped)
- 1 tsp. Sea Salt
- ½ tsp. Black Pepper
- 1 ½ lb. Ground Beef
- 1 Small Onion (Diced)
- 1 Cup Cheddar Cheese (Shredded)
- 1 Cup Heavy Cream
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting.
2. To the slow cooker, add beef stock, garlic, tomato, Dijon, Worcestershire sauce, parsley, sea salt, and black pepper.
3. In a large skillet, over medium-high heat, cook ground beef and onions until ground beef is browned and onions are soft and translucent. Drain excess grease and add to slow cooker. Cover and cook for 6 hours.
4. To the slow cooker, mix in cheddar cheese and heavy cream. Cover and cook 1 additional hour.

DID YOU KNOW: Unlike champagne, which must come from the Champagne region of France to be called as such, Dijon mustard originated in Dijon, France but has no limitations on the use of the word Dijon for mustard manufactured elsewhere.

CHICKEN BACON CHOWDER

**PREP**

45min

**COOK**

6-8hr

PER SERVING

Size: 1 Cup

Calories: 236

Carbs: 2.5 net grams

Fat: 13 g

Protein: 16 g



This chowder is deliciously rich and flavorful and not for the faint of heart. If you are looking to impress your friends and family with a meal that will taste like you were slaving over a hot stove all day, then this would be the dish to make them. Although it keeps well in the fridge, good luck having any leftovers.



CHICKEN BACON CHOWDER

INGREDIENTS (16 Servings)

- 4 Cloves Garlic** (Minced)
- 1 Shallot** (Finely Chopped)
- 1 Leek** (Cleaned, Trimmed, and Sliced)
- 2 Ribs Celery** (Diced)
- 6 oz. Cremini Mushrooms** (Sliced)
- 1 Medium Sweet Onion** (Thinly Sliced)
- 4 Tbs. Butter** (Divided)
- 2 Cups Chicken Stock** (Divided)
- 1 lb. Boneless, Skinless Chicken Breasts**
- 8 oz. Cream Cheese**
- 1 Cup Heavy Cream**
- 1 lb. Bacon** (Cooked Crisp, and Crumbled)
- 1 tsp. Salt**
- 1 tsp. Pepper**
- 1 tsp. Garlic Powder**
- 1 tsp. Thyme**
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting
2. To slow cooker, add garlic, shallot, leek, celery, mushrooms, onions, 2 Tbs. butter, 1 cup chicken stock, salt and pepper. Cover, and cook vegetables on low for 1 hour.
3. Complete this next step while the vegetables are cooking – In a large skillet over medium-high heat, pan-sear the chicken breasts in the remaining 2 Tbs. butter until they are browned on both sides. – About 5 minutes each side. (Chicken will not be fully cooked during this stage.)
4. Remove chicken from pan and set aside. De-glaze the pan with the remaining 1 cup of chicken stock. Using a rubber spatula, scrape up any bits of chicken that may be stuck to the pan. Add chicken stock to slow cooker.
5. Add heavy cream, cream cheese, garlic powder, and thyme to slow cooker. Stir until well combined and there are no longer any visible chunks of cream cheese.
6. Once chicken has cooled, cut into cubes and add to slow cooker, along with bacon. Stir until all ingredients are well combined. Cover and let cook for 6-8 hours.

CHICKEN CORDON BLEU SOUP

PREP
30min

x6 COOK
6hr

PER SERVING

Size: 1 Cup

Calories: 178

Carbs: 2.75 net
grams

Fat: 12 g

Protein: 16 g



In the winter months, my slow cooker is one of my favorite kitchen appliances. I love that with the right ingredients, and a little preparation, you can develop rich, complex flavors. You are sure to love this soup version of an old classic.



CHICKEN CORDON BLEU SOUP

INGREDIENTS (16 Servings)

- 6 Cups Chicken Broth
- 12 oz. Ham (Diced)
- 5 oz. Mushrooms (Chopped)
- 4 oz. Onion (Diced)
- 2 tsp. Tarragon
- 1 tsp. Sea Salt (More if desired)
- 1 tsp. Black Pepper
- 1 lb. Chicken Breast (Trimmed of fat and cubed)
- 3 Tbs. Garlic (Minced)
- 3 Tbs. Salted Butter
- 1 1/2 Cup Heavy Cream
- 1/2 Cup Sour Cream
- 1/2 Cup Parmesan Cheese (Grated)
- 4 oz. Swiss Cheese
- [2 Tbs. Peace and Love]

DIRECTIONS

1. Heat slow cooker on low setting.
2. To slow cooker add chicken broth, diced ham, chopped mushrooms, diced onion, tarragon, salt and pepper. Cover and let cook.
3. In a large sauté pan, over medium-high heat, pan-sear cubed chicken in butter and garlic, until browned. Add chicken, along with all drippings from the pan to slow cooker.
4. Add heavy cream, sour cream, Parmesan cheese, and Swiss cheese. Cover and cook on low for 6 hours.

CHICKEN FAJITA SOUP

PREP
20min

COOK
7hr

PER SERVING

Size: 1 Cup

Calories: 73

Carbs: 4 net grams

Fat: 1.5 g

Protein: 12 g



This soup is wonderful topped with some fresh chopped cilantro, shredded cheddar cheese, and a dollop of sour cream.



CHICKEN FAJITA SOUP

INGREDIENTS (14 Servings)

- 1 ½ lb. Chicken Breast
- 32 oz. Chicken Stock
- 14.5 oz. Can Diced Tomatoes
- 1 Medium Yellow Bell Pepper (Diced)
- 1 Medium Orange Bell Pepper (Diced)
- 1 Medium Onion (Diced)
- 6 oz. Mushrooms (Thinly Sliced)
- 4 Large Cloves Garlic (Minced)
- 4 Tbs. Taco Seasoning
- 2 Tbs. Fresh Cilantro (Chopped)
- 1 Tbs. Garlic Salt
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting.
2. Add all ingredients to slow cooker, cover and cook on low for 6 hours.
3. Using two forks, shred the chicken breasts. They should come apart very easily. Cover and cook 1 additional hour.

CHICKEN POT PIE SOUP

PREP
15min

x6 COOK
6hr

PER SERVING

Size: 1 Cup

Calories: 165

Carbs: 3.5 net grams

Fat: 9 g

Protein: 13.5 g



When I was a child we had chicken pot pies for dinner several times a month. Although I enjoyed them, I never quite liked how crisp the crust would be on top and how soggy it would be on the bottom. The deliciously creamy filling inside was the star of the show. This soup lets that star shine bright.



CHICKEN POT PIE SOUP

INGREDIENTS (12 Servings)

- 1 ½ lbs. Chicken Breast (Cubed)
- 32 oz. Chicken Stock
- 2 Large Ribs Celery (Chopped)
- 2 Carrots (Chopped)
- 3 Large Cloves Garlic (Minced)
- 1 ½ tsp. Sea Salt
- 1 tsp. Onion Powder
- 1 tsp. Dried Thyme
- ¾ tsp. Black Pepper
- 1 Cup Heavy Cream
- ¾ Cup Frozen Peas
- ½ Cup Sharp Cheddar Cheese (Shredded)
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting.
2. To the slow cooker, add chicken, chicken stock, celery, carrots, garlic, sea salt, onion powder, thyme, and black pepper. Cover and cook for 5 hours.
3. Add heavy cream, peas and cheddar cheese and cook 1 additional hour.

CHICKEN VEGETABLE SOUP

PREP
20min

6-8 COOK
6-8hr

PER SERVING

Size: **1 Cup**

Calories: **51**

Carbs: **2 net grams**

Fat: **2.25 g**

Protein: **6.5 g**



There is something so comforting about a nice, hot bowl of chicken soup. It is so simple and yet timeless. It's funny how something so simple can have so many memories tied to it. It reminds me of playing in the snow as a child and then coming in to warm up with a piping hot bowl of soup. Now as an adult, I like to curl up with my favorite blanket, a good book, and some chicken soup served in my favorite coffee mug.



CHICKEN VEGETABLE SOUP

INGREDIENTS (16 Servings)

- 1 lb. Chicken** (Cubed)
- 2 Tbs. Salted Butter** (Optional)
- 8 Cups Chicken Stock**
- 1 Cup Carrots** (Chopped)
- ¾ Cup Sweet Onion** (Chopped)
- 2 Ribs Celery** (Chopped)
- 1 Medium Zucchini** (Halved Lengthwise and Sliced)
- 2 Tbs. Minced Garlic**
- 2 tsp. Sea Salt**
- ½ tsp. Dried Oregano**
- ½ tsp. Italian Seasoning**
- ½ tsp. Dried Thyme**
- ¼ tsp. Black Pepper**
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting.
2. This step is optional. In a large skillet, over medium-high heat, pan-sear cubed chicken in butter. About 5 minutes. You can simply put all the ingredients in the slow cooker and let it get to work . However, pan-searing the chicken in salted butter first will add a lot of flavor to the soup.
3. Add all ingredients to slow cooker and allow to cook on low for 6-8 hours.

TIP: If you have a spiral slicer, you can spiral the zucchini and transform this soup into a low carb chicken “noodle” soup.

CLAM CHOWDER

PREP
15min

6-8 COOK
6-8hr

PER SERVING

Size: **1 Cup**

Calories: **276**

Carbs: **3.75 net g**

Fat: **28.5 g**

Protein: **12 g**



This creamy, hearty chowder is so good that you won't even miss the potatoes. It also has the added deliciousness of bacon. We all know that bacon makes everything better. If you do find yourself missing the potatoes, simply add some diced rutabaga or cauliflower florets to the mix.



CLAM CHOWDER

INGREDIENTS (12 Servings)

- 1/4 Cup Chicken Stock
- 4 Cloves Garlic (Minced)
- 1 Shallot (Thinly Sliced)
- 1 Leek, Cleaned, Trimmed, and Sliced
- 2 Ribs Celery (Diced)
- 1 Medium Onion (Chopped)
- 2 Tbs. Butter
- 2 tsp. Sea Salt
- 1 tsp. Black Pepper
- 3 - 10 oz. cans of Fancy Whole Baby Clams (Drained)
- 2 Cups Clam Juice
- 1 lb. Thick Cut Bacon (Cooked Crisp, and Crumbled)
- 8 oz. Cream Cheese (Softened)
- 1 1/2 Cups Heavy Cream
- 1 tsp. Garlic Powder
- 1 tsp. Thyme
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting.
2. To slow cooker, add chicken stock, garlic, shallot, leek, celery, onions, butter, and salt and pepper. Cover, and cook vegetables on low for 1 hour.
3. To the slow cooker, add clams, clam juice and bacon.
4. Add cream cheese, heavy cream, garlic powder and thyme. Continue mixing until there are no visible clumps of cream cheese and all ingredients are well incorporated.
5. Cover and cook for 6-8 hours.

CREAMY HAM & LENTIL SOUP

PREP
15min

COOK
6hr

PER SERVING

Size: 1 Cup

Calories: 134

Carbs: 6.8 net
grams

Fat: 7g

Protein: 9g



This soup is hearty and healthy. It is sure to warm you up on those brisk fall and winter days. It is a great make ahead meal as it freezes and reheats well.



CREAMY HAM & LENTIL SOUP

INGREDIENTS (10 Servings)

- 1 ½ Cup Lentils
- 32 oz. Chicken Stock
- ½ Cup Onion (Diced)
- ½ Cup Celery (Sliced)
- 2 Tbs. Olive Oil
- 12 oz. Ham (Diced)
- ½ Cup Carrots (Sliced)
- ½ Cup Red Bell Peppers (Diced)
- 2 Tbs. Garlic (Minced)
- 1 tsp. Sea Salt
- 1 tsp. Black Pepper
- ½ Cup Heavy Cream
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting.
2. Thoroughly rinse lentils and add to slow cooker with chicken stock.
3. In a medium sauté pan, over medium heat, sauté onion and celery in olive oil, until crisp-tender.
4. To the slow cooker add sautéed onion and celery, ham, carrots, red bell peppers, garlic, salt and pepper. Cover and cook on low for 6 hours
5. Add heavy cream and cook 1 additional hour.

DID YOU KNOW: A 3/4 cup of cooked lentils contains more potassium than a large banana and packs a whopping 13 grams of protein.

“CREAMY” ITALIAN CHICKEN SOUP

PREP
10min

COOK
7hr

PER SERVING

Size: 1 Cup

Calories: 70

Carbs: 3 net g

Fat: 3.5 g

Protein: 7 g



The “cream” in this soup is actually coconut milk. I have been experimenting with dairy free cream options lately and found the use of coconut milk in this recipe to be pleasantly surprising.



“CREAMY” ITALIAN CHICKEN SOUP

INGREDIENTS (16 Servings)

- 1 lb. Chicken Breasts
- 4 Cups Chicken Stock
- 14.5 oz. Can Coconut Milk
- 14.5 oz. Can Diced Tomatoes (and juices)
- 2 Tbs. Garlic (Minced)
- 1 Cup Cremini Mushrooms (Sliced)
- ¾ Cup Carrots (Sliced)
- ¾ Cup Celery (Sliced)
- ½ Cup Onion (Diced)
- 1 ½ tsp. Garlic Salt (More to taste)
- 1 tsp. Dried Oregano
- 1 tsp. Italian Seasoning
- 1 tsp. Black Pepper
- [2 Tbs. Peace and Love]

DIRECTIONS

1. Heat slow cooker on low setting.
2. To the slow cooker, add chicken breasts, chicken stock, coconut milk, tomatoes, garlic, mushrooms, carrots, celery, onion, garlic salt, oregano, Italian seasoning, and black pepper.
3. Cover and cook on low 7 hours.
4. Using two forks, shred the chicken breasts. They should come apart very easily. Cover and cook 1 additional hour.

TIP: If you are not a fan of coconut milk, simply substitute 1 cup of heavy cream and add it in after you shred the chicken.

CREAMY MUSHROOM & CARMELIZED ONION SOUP

PREP
20min

x6 COOK
6hr

PER SERVING

Size: 1 Cup

Calories: 170

Carbs: 4 net grams

Fat: 14 g

Protein: 7 g



This soup is the epitome of my favorite savory ingredients. If you haven't followed me for long, then you may not know this, but, I think caramelized onions, mushrooms and garlic rope the moon. Add bacon to the mix and I'm in heaven.



CREAMY MUSHROOM & CAMELIZED ONION SOUP

INGREDIENTS (12 Servings)

- 1 lb. Mushrooms
- 32 oz. Chicken Stock
- 1 tsp. Dried Thyme
- 1 tsp. Sea Salt
- ¾ tsp. Black Pepper
- 3 Tbs. Fresh Parsley
[Chopped]
- 2 Medium Onions
[Chopped]
- 3 Large Cloves Garlic
[Minced]
- 3 Tbs. Butter
- 2 Tbs. Cooking Sherry
- 1 ½ Cup Swiss Cheese
[Shredded]
- 1 Cup Heavy Cream
- ***6 Slices Bacon
[Cooked Crisp and
Crumbled] **Optional*****
- [2 Tbs. Peace and Love]

DIRECTIONS

1. Heat slow cooker on low setting.
2. Rinse mushrooms and slice off stems level with the caps. Finely chop the stems and thinly slice the caps. Add to the slow cooker with chicken stock, thyme, sea salt, pepper, and parsley.
3. In a large sauté pan, over low-medium heat, add onion, garlic, butter, and sherry. Sauté until onions are caramelized. About 20 minutes. Add to slow cooker. Cover and cook 5 hours.
4. To the slow cooker, add Swiss cheese, and heavy cream. Cook 1 additional hour.
5. ***Optional—Top with crumbled bacon before serving***

CREAMY RUEBEN SOUP

PREP
20min

COOK
6hr

PER SERVING

Size: **1 Cup**

Calories: **225**

Carbs: **4 net grams**

Fat: **18.5 g**

Protein: **11.5**



This recipe takes a popular and classic sandwich and transforms it into a rich, creamy soup.



CREAMY RUEBEN SOUP

INGREDIENTS (14 Servings)

- 1 Medium Onion (Diced)
- 2 Ribs Celery (Diced)
- 2 Large Cloves Garlic (Minced)
- 3 Tbs. Butter
- 1 lb. Corned Beef (Chopped)
- 32 oz. Beef Stock
- 1 Cup Sauerkraut
- 1 tsp. Sea Salt
- 1 tsp. Caraway Seeds
- ¾ tsp. Black Pepper
- 2 Cups Heavy Cream
- 1 ½ Cup Swiss Cheese (Shredded)
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on high setting.
2. To a large sauté pan, over low-medium heat, add onion, celery, garlic and butter. Sauté until soft and translucent. Transfer to slow cooker.
3. To the slow cooker, add corned beef, beef stock, sauerkraut, sea salt, caraway seeds and black pepper. Cover and cook on high for 4.5 hours.
4. Add heavy cream and Swiss cheese and cook 1.5 additional hours.

CREAMY TURKEY TACO SOUP

PREP
30min

6-8 COOK
6-8hr

PER SERVING

Size: 1 Cup

Calories: 178

Carbs: 6 net g

Fat: 10 g

Protein: 4.5 g



This is a great make ahead because it is even better when reheated the next day. You can substantially lower the carb count in this recipe simply by omitting the black beans. It tastes wonderful garnished with sharp cheddar cheese, and sour cream.



CREAMY TURKEY TACO SOUP

INGREDIENTS (15 Servings)

- 1 - 15 oz. can **Black Beans** (Drained)
- 1 - 14.5 oz. can **Mexican Seasoned Stewed Tomatoes**
- 1 - 10 oz. can **Tomatoes and Green Chiles**
- 28 oz. **Beef Broth**
- 3 **Cloves Garlic** (Minced)
- 20 oz. **Ground Turkey**
- 3/4 cup **Sweet Onion** (Diced)
- 2 Tbs. **Cumin**
- 1 tsp. **Chili Powder**
- 1 1/2 tsp. **Sea Salt**
- 8 oz. **Cream Cheese** (Softened)
- 1 **Cup Heavy Cream**
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting.
2. Add black beans, stewed tomatoes with juice, tomatoes and green chilies with juice, beef broth, and garlic. Cover and cook on low.
3. In a large sauté pan over medium-high heat, combine ground turkey, onion, cumin, chili powder, and sea salt. Sauté until turkey is cooked all the way through - About 15 minutes.
4. Reduce heat to low, add cream cheese to pan and mix until completely combined with turkey mixture.
5. Add turkey mixture and heavy cream to slow cooker. Stir until all ingredients are well incorporated. Cover and cook on low for 6-8 hours.

HEARTY BEEF STEW

PREP
20min

6-8 COOK
6-8hr

PER SERVING

Size: 1 Cup

Calories: 148

Carbs: 3.5 net

grams

Fat: 9 g

Protein: 12.5 g



Beef stew is perhaps one of the most comforting things you can make in a slow cooker. This thick and flavorful stew can be made with whatever vegetables you have around the house. This stew freezes and reheats incredibly well.



HEARTY BEEF STEW

INGREDIENTS (16 Servings)

- 2 lbs. Stew Beef
- 3 Tbs. Olive Oil
- 2 Cups Beef Stock
- 12 oz. Package Bacon
(Cooked Crisp and Crumbled)
- 14.5 oz. Can Diced Tomatoes (Juice Drained)
- 4 oz. Mixed Bell Peppers (Chopped)
- 4 oz. Mushrooms (Quartered)
- 2 Ribs Celery (Chopped)
- 1 Large Carrot (Chopped)
- 1 Small Onion (Chopped)
- 4 Large Cloves Garlic (Minced)
- 2 Tbs. Tomato Paste
- 2 Tbs. Worcestershire Sauce
- 2 tsp. Sea Salt
- 1 ½ tsp. Black Pepper
- 1 tsp. Garlic Powder
- 1 tsp. Onion Powder
- 1 tsp. Dried Oregano
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting.
2. In a large skillet over medium heat, sear the beef in olive oil, browning on both sides. Transfer to slow cooker.
3. To the slow cooker, add beef stock, bacon, tomatoes, bell peppers, mushrooms, celery, carrot, onion, garlic, tomato paste, Worcestershire sauce, sea salt, black pepper, garlic powder, onion powder, and dried oregano.
4. Cover and cook on low 6-8 hours.

TIP: Beef stew is a great way to use up leftovers. Didn't finish last night's vegetables? Toss them in the slow cooker, along with any other vegetables you have around.

ITALIAN MEATBALL ZOODLE SOUP

PREP
30min

x6 COOK
6hr

PER SERVING

Size: 1 Cup

Calories: 129

Carbs: 3 net grams

Fat: 6g

Protein: 15g



This recipe gave me yet another reason to use my spiral slicer. Who knew that making noodles out of vegetables could be so fun? The great thing about this soup is that you can just throw in any vegetables you have around the house. To add an even better texture and flavor to the meatballs you can use equal parts of ground beef and ground pork.



ITALIAN MEATBALL ZOODLE SOUP

INGREDIENTS (12 Servings)

- 32 oz. Beef Stock
- 1 Medium Zucchini (Spiraled)
- 2 Ribs Celery (Chopped)
- 1 Small Onion (Diced)
- 1 Carrot (Chopped)
- 1 Medium Tomato (Diced)
- 1 ½ tsp. Garlic Salt
- 1 ½ lb. Ground Beef
- ½ Cup Parmesan Cheese (Shredded)
- 6 Cloves Garlic (Minced)
- 1 Egg
- 4 Tbs. Fresh Parsley (Chopped)
- 1 ½ tsp. Sea Salt
- 1 ½ tsp. Onion Powder
- 1 tsp. Italian Seasoning
- 1 tsp. Dried Oregano
- ½ tsp. Black Pepper
- [2 Tbs. Peace and Love]

DIRECTIONS

1. Heat slow cooker on low setting.
2. To the slow cooker, add beef stock, zucchini, celery, onion, carrot, tomato, and garlic salt. Cover.
3. In a large mixing bowl, combine ground beef, Parmesan, garlic, egg, parsley, sea salt, onion powder, oregano, Italian seasoning, and pepper. Mix until all ingredients are well incorporated. Form into approximately 30 meatballs.
4. Heat olive oil in a large skillet over medium-high heat. Once the pan is hot, add meatballs and brown on all sides. No need to worry about cooking them all the way through as they will finish cooking in the slow cooker.
5. Add meatballs to slow cooker, cover and cook for 6 hours.

KICKIN' CHILI

PREP
30min

6-8 COOK
6-8hr

PER SERVING

Size: **1 Cup**

Calories: **137**

Carbs: **4.7 net grams**

Fat: **5 g**

Protein: **16 g**



I have never really cared for beans in my chili. Therefore, making a low carb chili was a no-brainer for me. This chili has just the right amount of kick to it. It is wonderful topped with sharp cheddar cheese, sour cream, and green onions.



KICKIN' CHILI

INGREDIENTS (14 Servings)

- 2 1/2 lbs. Lean Ground Beef
- 1 Medium Red Onion (Chopped & Divided)
- 4 Tbs. Minced Garlic
- 3 Large Ribs of Celery (Diced)
- ¼ Cup Jalapeno Slices
- 1 – 6 oz. Can Tomato Paste
- 1 – 14.5 oz. Can Tomatoes and green chilies
- 1 - 14.5 oz. Can Stewed Tomatoes with Mexican Seasoning
- 2 Tbs. Worcestershire Sauce
- 4 Tbs. Chili Powder
- 2 1/2 Tbs. Cumin (Mounded)
- 2 tsp. Salt
- 1/2 tsp. Cayenne
- 1 tsp. Garlic Powder
- 1 tsp. Onion Powder
- 1 tsp. Oregano
- 1 tsp. Black Pepper
- 1 Bay Leaf
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting.
2. In a large skillet over medium-high heat, add ground beef, half of the onions, and 2 Tbs. minced garlic. Once the beef is browned, drain excess grease from pan.
3. Transfer ground beef mixture to slow cooker. Add remaining onions, garlic, celery, jalapenos, tomato paste, tomatoes and chilies (with liquid), Worcestershire sauce, chili powder, cumin, salt, cayenne, garlic powder, onion powder, oregano, black pepper, and bay leaf.
4. Stir until all ingredients are well combined. Cook on low 6-8 hours.

LENTIL & ITALIAN SAUSAGE SOUP

PREP
30min

6-8 COOK
6-8hr

PER SERVING

Size: 1 Cup

Calories: 195

Carbs: 4.9 net g

Fat: 14 g

Protein: 11 g



Many years ago I worked at an Italian restaurant that had lentil and Italian sausage soup on the menu. It's not something I would normally be drawn to on a menu and if it wasn't for the fact that we had to sample the entire menu, I might never have tried it. One taste and I began my love affair with this amazingly comforting winter soup. I set out to recreate that very soup and the memories tied to it. I am proud to announce that it was a huge success. If you are skeptical, give it one taste and you'll become a believer.



LENTIL & ITALIAN SAUSAGE SOUP

INGREDIENTS (16 Servings)

- 1 1/2 Cups Lentils
- 5 Cups Chicken Stock
- 1 1/2 lb. Italian Sausage
- 2 Tbs. Butter
- 2 Tbs. Olive Oil
- 1 Cup Packed Fresh Spinach Leaves
- 1/2 Cup Carrot (Diced)
- 1/2 Cup Onion (Diced)
- 3 Tbs. Garlic (Minced)
- 1 Leek (Cleaned and Trimmed)
- 1 Rib Celery (Diced)
- 1 Cup Heavy Cream
- 1/2 Cup Parmesan (Grated)
- 2 Tbs. Dijon Mustard
- 2 Tbs. Red Wine Vinegar
- Salt and Pepper (To Taste)
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting.
2. Thoroughly rinse lentils, and add to slow cooker with chicken stock.
3. In a large skillet over medium-high heat, brown sausage in olive oil and butter. Using a slotted spoon, remove sausage from pan, reserving liquid. Add sausage to slow cooker.
4. Add spinach, carrots, onions, garlic, leek, celery and a little salt and pepper to liquid in pan. Sauté vegetables over medium heat until tender. About 10 minutes. Add sautéed vegetables to slow cooker.
5. Stir in heavy cream, Parmesan cheese, Dijon mustard, and red wine vinegar. Cover and cook on low 6-8 hours.

LOADED CAULIFLOWER LEEK SOUP

PREP
30min

6-8 COOK
6-8hr

PER SERVING

Size: **1 Cup**

Calories: **156**

Carbs: **5 net grams**

Fat: **10 g**

Protein: **3.5 g**



Loaded baked potato soup seems to be a universal favorite. Many people that follow a low-carb lifestyle will tell you that potatoes are the thing they miss the most. This loaded cauliflower leek soup will leave you feeling as though you never gave them up in the first place.



LOADED CAULIFLOWER LEEK SOUP

INGREDIENTS (14 Servings)

- Large Head Cauliflower**
[Cut Into Small Florets]
- 2 Leeks** (Cleaned, Trimmed and Thinly Sliced)
- 4 Cloves Garlic** (Minced)
- 32 oz. Chicken Stock**
- 4 Green Onions**
(Chopped)
- 6 Slices Bacon** (Cooked Crisp and Crumbled)
- 2 tsp. Sea Salt**
- ½ tsp. Black Pepper**
- 1 Cup Heavy Cream**
- ½ Cup Sour Cream**
- 1 Cup Sharp Cheddar Cheese** (Shredded)
- [2 Tbs. Peace and Love]

DIRECTIONS

1. Heat slow cooker on low setting.
2. To the slow cooker, add cauliflower, leeks, garlic, chicken stock, green onions, bacon, sea salt and pepper. Cover and cook 5 hours.
3. Add heavy cream, cheddar cheese and sour cream. Cook 1 additional hour.
4. Puree in blender or food processor (In batches if necessary)

PHILLY CHEESESTEAK SOUP

PREP
30min

COOK
7hr

PER SERVING

Size: 1 Cup

Calories: 184

Carbs: 4 net grams

Fat: 12 g

Protein: 13 g



Perhaps my most popular recipe ever are my “Philly Cheesesteak Stuffed Peppers” from my first cookbook. This recipe is sure to follow suit. I realize that traditional Philly cheesesteaks are not made with deli roast beef but I love the texture of it in this soup



PHILLY CHEESESTEAK SOUP

INGREDIENTS (10 Servings)

- 1 lb. Roast Beef** (Thinly Sliced)
- 32 oz. Beef Stock**
- 1 Small Green Bell Pepper** (Diced)
- 1 Small Red Bell Pepper** (Diced)
- 3 Tbs. Fresh Parsley** (Chopped)
- 2 Tbs. Worcestershire Sauce**
- 1 tsp. Sea Salt**
- 1 tsp. Black Pepper**
- 1 Medium Onion** (Thinly Sliced)
- 6 oz. Mushrooms** (Thinly Sliced)
- 3 Cloves Garlic** (Minced)
- 3 Tbs. Butter**
- 4 oz. Provolone Cheese**
- ½ Cup Heavy Cream**
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting.
2. To the slow cooker, add roast beef, beef stock, green bell pepper, red bell pepper, parsley, Worcestershire sauce, sea salt and black pepper.
3. In a large sauté pan, over low-medium heat, add onion, mushroom, garlic, and butter. Sauté until onions and mushrooms are caramelized. About 20 minutes. Add to slow cooker. Cover and cook 6 hours.
4. To the slow cooker, add provolone cheese, and heavy cream. Cook 1 additional hour.

TIP: You can substitute the deli roast beef with any cut of beef you desire. I have also made it with thinly sliced flat iron steak and it was delicious.

ROASTED ACORN SQUASH SOUP

PREP
40min

COOK
5hr

PER SERVING

Size: 1 Cup

Calories: 154

Carbs: 9 net g

Fat: 10 g

Protein: 3 g



This is the perfect fall soup when squash is abundantly available. It is thick and hearty with a silky consistency. I like to garnish this with some fresh grated Parmesan cheese and roasted pepitas.



ROASTED ACORN SQUASH SOUP

INGREDIENTS (12 Servings)

- 2 Acorn Squash** (Halved and Seeded)
- 2 Tbs. Olive Oil**
- 32 oz. Chicken Stock**
- 2 Tbs. Worcestershire Sauce**
- 3 Tbs. Butter**
- 2 Ribs Celery** (Chopped)
- 1 Medium Onion** (Chopped)
- 1 Shallot** (Chopped)
- 3 Cloves Garlic** (Minced)
- 1 ½ tsp. Sea Salt**
- 1 tsp. Black Pepper**
- 1 tsp. Sage**
- 1 Cup Heavy Cream**
- ½ Cup Parmesan Cheese** (Grated)
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Preheat oven to 350 °
2. Drizzle squash with a little olive oil and sprinkle with a pinch of salt and pepper. Place squash cut side down on foil. Bake 30 minutes.
3. Heat slow cooker on high setting. Add chicken stock and Worcestershire sauce to slow cooker.
4. While the squash is roasting, heat butter in a sauté pan over low-medium heat. To the pan, add celery, onion, shallot, garlic, sea salt, black pepper and sage. Sauté until vegetables are soft and translucent. Add vegetables to slow cooker.
5. Remove squash from oven and let cook. Once cooled, scoop out the flesh and mix into slow cooker. Cook on high for 4 hours.
6. To the slow cooker, mix in heavy cream and Parmesan cheese. Using a food processor or blender, puree soup (in batches if necessary).
7. Return soup to slow cooker and cook on low 1 additional hour.

ROASTED GARLIC, CHICKEN & MUSHROOM SOUP

**PREP**

20min

**COOK**

7hr

PER SERVING

Size: 1 Cup

Calories: 224

Carbs: 3.5 net grams

Fat: 17g

Protein: 16g



If you haven't noticed by now, I am a big fan of garlic. I eat it every day, in nearly every meal. Roasting garlic brings out a sweet flavor you just can't find in raw garlic



ROASTED GARLIC CHICKEN SOUP WITH MUSHROOMS

INGREDIENTS (12 Servings)

- 1 ½ lb. Chicken Breast (Cubed)
- 32 oz. Chicken Stock
- 6 oz. Mushrooms (Sliced)
- 6 Cloves Garlic (Minced)
- 1 tsp. Dried Thyme
- 1 ½ tsp. Onion Powder
- 1 tsp. Sea Salt
- ½ tsp. Black Pepper
- 2 Heads Garlic
- 2 Tbs. Olive Oil
- 1 ½ Cup Heavy Cream
- 1 Cup Parmesan Cheese (Shredded)
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting. Preheat oven at 350°
2. To the slow cooker, add chicken, chicken stock, mushrooms, minced garlic, thyme, onion powder, sea salt, and black pepper.
3. Slice the top off from both heads of garlic, exposing the cloves. Drizzle olive oil over top, wrap in foil and bake for 40 minutes.
4. Remove garlic from oven, open foil and allow to cool. Once the garlic has cooled, squeeze the cloves out onto a plate and mash with a fork. Mix mashed garlic into slow cooker. Cover and cook 6 hours.
5. To the slow cooker, mix in heavy cream and Parmesan cheese. Cover and cook 1 additional hour.

ROASTED RED PEPPER, TOMATO, & SMOKED GOUDA BISQUE

PREP
15min

x5 COOK
5hr

PER SERVING

Size: 1 Cup

Calories: 160

Carbs: 5 net g

Protein: 6 g

Fat: 12 g



This is the kind of soup that makes me desperately miss grilled cheese sandwiches. This is the perfect soup for a cold winter day. There is something very comforting about it. I'll let you in on a little secret... it also tastes great as a pasta sauce.



ROASTED RED PEPPER, TOMATO, & SMOKED GOUDA BISQUE

INGREDIENTS (14 Servings)

- 1 Medium Onion (Diced)
- 3 Large Cloves Garlic (Mincd)
- 3 Tbs. Butter
- 2 - 14.5 oz. Cans Organic Fire Roasted Tomatoes
- 12 oz. Jar Roasted Red Peppers
- 3 Cups Chicken Stock
- 2 Tbs. Tomato Paste
- 2 tsp. Dried Basil
- 1 ½ tsp. Sea Salt
- 1 tsp. Dried Oregano
- ½ tsp. Black Pepper
- 8 oz. Smoked Gouda Cheese (Shredded)
- ½ Cup Heavy Cream
- [2 Tbs. Peace and Love]

DIRECTIONS

1. Heat slow cooker on low setting.
2. In a medium sauté pan, over medium heat, sauté onion and garlic in butter until soft and translucent. About 10 minutes.
3. To the slow cooker, add sautéed onions, tomatoes, roasted red peppers, chicken stock, tomato paste, basil, salt, oregano, and black pepper.
4. Cover and cook on low for 4 hours.
5. After 4 hours, transfer soup to a blender and puree until smooth. Pour soup back into slow cooker.
6. To the slow cooker, stir in heavy cream and Gouda cheese. Cover and cook on low for 1 hour.

SEAFOOD CHOWDER

PREP
30min

x6 COOK
6hr

PER SERVING

Size: 1 Cup

Calories: 102

Carbs: 3.5 net g

Fat: 7 g

Protein: 6g



This chowder is incredibly versatile. It works with a variety of different seafood. Just take the catch of the day, and toss it in. The use of cauliflower in this recipe simulates potatoes quite nicely.



SEAFOOD CHOWDER

INGREDIENTS (16 Servings)

- 32 oz. Chicken Stock**
- 2 Cups** (Cauliflower Florets)
- 1 Leek** (Cleaned and Trimmed)
- ½ Cup Carrots** (Chopped)
- 2 Ribs Celery** (Sliced)
- 2 tsp. Sea Salt**
- 1 tsp. Dried Thyme**
- ½ tsp. Black Pepper**
- 6 Slices Thick Cut Bacon** (Chopped)
- 1 Medium Onion** (Diced)
- 4 Cloves Garlic** (Minced)
- 1 Cup Heavy Cream**
- 1 lb. Mixed Seafood** (I use a mixture of calamari rings, bay scallops and shrimp)
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on high setting.
2. To the slow cooker, add chicken stock, cauliflower, leek, carrots, celery, sea salt, thyme, and pepper.
3. In a large skillet, cook bacon until extra crispy. Remove bacon from pan and drain excess grease. To the same pan, add onion and garlic and cook until soft and translucent. Add bacon, garlic and onions to slow cooker.
4. Cover and cook on high for 3.5 hours.
5. To the slow cooker, add heavy cream and mixed seafood. Reduce heat to low, cover and cook an additional 2 hours.

TIP: A high quality frozen seafood variety will work great in this recipe. Just make sure to thaw and rinse it before adding it to the slow cooker.

SMOKED SAUSAGE, CHEDDAR BEER SOUP

PREP
30min

x6 COOK
6hr

PER SERVING

Size: 1 Cup

Calories: 244

Carbs: 4 net g

Fat: 17 g

Protein: 5 g



Beer cheese soup reminds me of football and cold, blustery winter days. Throw this delicious recipe in a slow cooker and take it to your next football party. I guarantee it will not disappoint.



SMOKED SAUSAGE, CHEDDAR BEER SOUP

INGREDIENTS (16 Servings)

- 14 oz. Beef Smoked Sausage (Halved and Sliced)
- 32 oz. Beef Stock
- 12 oz. Bottle of Gluten-Free Beer
- 1 Cup Carrot (Chopped)
- 1 Cup Celery (Chopped)
- 1 Small Onion (Diced)
- 4 Cloves Garlic (Minced)
- 1 tsp. Red Pepper Flakes
- 1 tsp. Sea Salt (More if desired)
- ½ tsp. Black Pepper
- 1 Cup Heavy Cream
- 8 oz. Cream Cheese
- 2 Cups Sharp Cheddar Cheese (Shredded)
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on high setting.
2. To the slow cooker, add sausage, beef stock, beer, carrot, celery, onion, garlic red pepper flakes, sea salt, and pepper. Cook on high 4 hours.
3. Add heavy cream, cream cheese and cheddar cheese. Stir until there are no longer any clumps of cream cheese. Using a whisk will help this process along. Taste to see if more salt and pepper is desired. Cook additional 2 hours

DID YOU KNOW: When cooking with alcohol, the heat will evaporate most of the alcohol, while leaving behind its distinct flavor.

SOUTHWESTERN SPICY PORK SOUP

PREP
15min

x8 COOK
8hr

PER SERVING

Size: 1 Cup

Calories: 63

Carbs: 3.5 net

grams

Fat: 1 g

Protein: 8.5 g



This is a great recipe for those on a budget. Pork loin chops are an inexpensive cut of meat and are usually on sale at most stores. If you are not a fan of pork, you could easily make this into a beef based soup by using your favorite cut of beef and replacing the chicken stock with beef stock.



SOUTHWESTERN SPICY PORK SOUP

INGREDIENTS (12 Servings)

- 1 lb. Boneless Pork Loin Chops** (Cubed)
- 32 oz. Chicken Stock**
- 14.5 oz. Can Diced Tomatoes** (With Juices)
- ½ Cup Black Beans**
- 4 oz. Can Green Chilies** (Diced)
- 4 Cloves Garlic** (Minced)
- 3 oz. Mixed Bell Peppers** (Diced)
- 2 Tbs. Fresh Cilantro** (Chopped)
- 2 tsp. Cumin**
- 1 ½ tsp. Onion Powder**
- 1 tsp. Dried Oregano**
- 1 tsp. Chili Powder**
- 1 tsp. Celery Salt** (More to taste.)
- ½ tsp. Black Pepper**
- [2 Tbs. Peace and Love]

DIRECTIONS

1. Heat slow cooker on low setting.
2. To the slow cooker, add pork tenderloin, chicken stock, tomatoes, black beans, chilies, garlic, peppers, cilantro, cumin, onion powder, oregano, chili powder, celery salt and black pepper.
3. Cover and cook 8 hours.

SPICY SAUSAGE, SWEET POTATO SOUP

PREP
30min

6.5 COOK
6.5hr

PER SERVING

Size: **1 Cup**

Calories: **138**

Carbs: **8.5 net g**

Fat: **9 g**

Protein: **6.5 g**



Sausage and sweet potato is becoming one of my favorite combinations. I love the savory taste of the sausage, combined with the sweet flavor of the sweet potatoes. This is a great soup to make ahead of time and freeze for later. I recommend reheating it on the stove top.



SPICY SAUSAGE, SWEET POTATO SOUP

INGREDIENTS (16 Servings)

- 2 Tbs. Olive Oil**
- 2 Tbs. Garlic** (Minced)
- 1 Medium Onion** (Diced)
- 1 lb. Hot Italian Sausage** (Casings Removed)
- 1 lb. Sweet Potato** (Cubed)
- 6 oz. Cremini Mushrooms** (Quartered)
- 6 Cups Chicken Stock**
- 1 Tbs. Garlic Salt**
- 1 tsp. Black Pepper**
- 6 oz. Fresh Baby Spinach Leaves**
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting.
2. In a large sauté pan over medium heat, add olive oil, garlic and onions. Cook until onions are translucent and soft. Add the sausage to the pan and cook until the sausage is browned.
3. While the sausage is browning, add sweet potato, mushrooms, chicken stock, garlic salt and pepper to the slow cooker.
4. Once the sausage is browned, drain any excess grease from the pan and add sausage to slow cooker.
5. Cover and cook on low for 6 hours.
6. Stir spinach leaves into slow cooker and cook for an additional 30 minutes.

TOMATO BASIL SOUP

PREP
15min

x8 COOK
8hr

PER SERVING

Size: **1 Cup**

Calories: **84**

Carbs: **5 net grams**

Fat: **4 g**

Protein: **6 g**



This soup is sweet and herby without being overpowering. It is the kind of soup that makes converts out of those non-tomato lovers. Adding a touch of cream adds a new level of complexity to this already delicious soup.



TOMATO BASIL SOUP

INGREDIENTS (10 Servings)

- 3 – 14.5 oz. Cans Diced Tomatoes**
- 2 Cups Chicken Stock**
- 2 Carrots** (Chopped)
- 1 Medium Onion** (Diced)
- 4 Large Cloves** (Garlic)
- 10 Fresh Basil Leaves** (Chopped)
- 2 tsp. Sea Salt**
- 1 tsp. Oregano**
- 1 tsp. Black Pepper**
- 1 ½ Cup Parmesan Cheese** (Shredded)
- (2 Tbs. Peace and Love)

DIRECTIONS

1. Heat slow cooker on low setting.
2. To the slow cooker, add diced tomatoes, chicken stock, carrot, onion, garlic, basil, sea salt, oregano, and black pepper. Cover and cook on low 7 hours.
3. To the slow cooker, mix in parmesan cheese. Using a blender or food processor, puree (in batches if necessary) and return to slow cooker. Cook 1 additional hour.

VEGETABLE BEEF QUINOA SOUP

PREP
15min

x8 COOK
8hr

PER SERVING

Size: 1 Cup

Calories: 125

Carbs: 8 net grams

Fat: 5.5 g

Protein: 10 g



I really wanted to create something close to a vegetable beef, barley soup without using barley while maintaining a similar texture. Quinoa turned out to be a perfect substitution. Did you know that quinoa (pronounced keen-wah) is gluten-free?



VEGETABLE BEEF QUINOA SOUP

INGREDIENTS (14 Servings)

- 1 ½ lbs. Beef Stew Meat
- 2 Tbs. Olive Oil
- 32 oz. Beef Stock
- 4 oz. Green Beans
- 2 Ribs Celery (Chopped)
- 2 Carrots (Chopped)
- 1 Small Onion (Chopped)
- 1 Roma Tomato (Diced)
- 3 Cloves Garlic (Minced)
- ½ Cup Quinoa (Rinsed)
- 2 Tbs. Worcestershire Sauce
- 1 tsp. Sea Salt
- 1 tsp. Black Pepper
- [2 Tbs. Peace and Love]

DIRECTIONS

1. Heat slow cooker on low setting.
2. In a large skillet, over medium-high heat, sear beef in olive oil until browned on both sides. Add to slow cooker.
3. To the slow cooker, add beef stock, green beans, celery, carrot, onion, tomato, garlic, quinoa, Worcestershire sauce, sea salt and black pepper.
4. Cover and cook on low 8 hours.

TIP: I rinse quinoa by using a fine mesh strainer and just allowing water to run over it for a couple of minutes. Quinoa is covered with saponins, which are naturally occurring plant chemicals. They can cause a slight bitter taste, therefore, rinsing is always a good idea.



PEACE + LOVE + LOW CARB
SLOW COOKER SOUPS & STEWS

30 Recipes to Keep You Warm During Winter