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Holiday Soup Guide



Ever found yourself with most of a turkey after the holiday meal, and all the company is gone? This exclusive guide will help you take the opportunity to turn those leftovers into something new. We start with a few tips and then share three basic recipes with our signature 'prepare, cook, and serve' method for creating easy and delicious meals every time. Even if you are vegetarian, these tips will help take your leftovers to the next level. Enjoy!



TIP 1:

Make your own broth with fresh ingredients.

If you have them on hand, fresh ingredients in a homemade broth will make your soup taste delicious! Whether you are using a pan or a crockpot, turkey or ham, beans or no beans, those healthy ingredients mix together into a nutritious broth with electrolytes, nutrients, and minerals essential for good health. For example, the turkey soup recipe is cooked with the bones and carcass as the base of the broth, or use only the vegetables. The bone-in ham is also an option for the ham and bean soup. These broths are rich with minerals and electrolytes and help reduce inflammation and boost the immune system. If possible, use dried beans rather than canned, fresh (or over-the-hill) vegetables rather than packaged, and pasture-raised meats to avoid additives and pack in flavor. In a pinch, substitute a chicken bouillon cube or a pre-made vegetable broth and call it a win!



TIP 2:

Cut vegetables so they will be bite-size when cooked.



For the broth, start with slightly larger chunks (1-1.5 inches), especially if you are straining the veggies. They cook down and will appear smaller after several hours, and the goal is to keep their shape and texture. For sautéing, cut vegetables into medium chunks (about 1 inch) or diced (e.g. for flavorful veggies like garlic and jalapeno) to increase the surface area and release flavor more quickly. Cook until fragrant but not soft when adding to a soup, since they can overcook. When chopping fresh vegetables, use slightly smaller chunks to taste some in every bite.



TIP 3:

Spice purposefully and use fresh herbs.

Fresh spices and herbs can add a visual component, bring out flavors in other foods, and have nutrients and anti-inflammatory benefits. Freshly dried herbs from a bulk section can save time but also add a good amount of flavor, whereas dried or packaged herbs can sometimes taste flat and have additives or other chemicals. To improve flavor and freshness, add spices to the broth, and then again when sautéing veggies. Since salt depends on what's cooking, only add lightly until just before eating. Canned products have increased sodium, so rinse or drain (add water back in) to preserve quality, freshness, and flavor. A few spices are known for their anti-inflammatory effects: turmeric (anti-inflammatory and antimicrobial), black pepper (anti-oxidant, anti-asthmatic, and anti-ulcer), ginger (antioxidant and anti-proliferative), garlic (anti-inflammatory, gastro-protective and anti-cancer), as well as red pepper, cinnamon, cardamom, rosemary, thyme, basil, sage, saffron, and star anise (see article for review).



A top-down view of a rustic, light-colored ceramic bowl filled with a vibrant tomato soup. The soup is garnished with sliced cherry tomatoes, whole mushrooms, and fresh green herbs. The bowl sits on a wooden cutting board, which is placed on a light green surface. Surrounding the bowl are various fresh ingredients: a whole tomato, a bunch of thyme tied with twine, and several mushrooms. The background is a soft, out-of-focus green, creating a clean and natural aesthetic.

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Soup Recipes



RECIPE # 1

Holiday Turkey Soup

Makes ~8 servings
Total Cook Time: 2.5 hours

This recipe is a go-to for the turkey leftovers from Thanksgiving or Christmas, depending on your family traditions. There are a few steps you can do ahead of time, so cooking and serving is the easy part. We hope you enjoy, and feel free to swap out or add your favorite ingredients.

PREPARE (20 MIN)

For Broth

1. Remove turkey from bone (cut with knife) and add carcass and wings to a large pot.
2. Chop into large (1- inch) chunks:
 - 2-3 stalks celery
 - 2-3 whole carrots
 - 1 large onion
 - 8-12 oz. mushrooms (optional)
 - 2-3 cloves garlic, as desired

For Soup

1. Finely chop (½ -inch chunks):
 - 1-2 stalks celery
 - 1-2 whole carrots
 - ½ yellow onion
 - 8 oz. mushrooms, washed (cut off tops and chop in slices face down to preserve shape)
 - Turkey breast, thigh, and/or wings
2. Finely dice 2-3 tablespoons each:
 - Parsley
 - Oregano
 - Thyme

COOK (30 MIN)

Add veggies and fill pot with water until it just covers the carcass. Turn on heat and add 3-4 sprigs of fresh rosemary, thyme, and 1-2 tsp salt, and pepper to taste. Bring to a boil, and turn to medium-low heat and simmer for 2-3 hours until meat is falling off the bone. Pull out bones and discard (may have to watch for small bones while eating!). Strain to remove bones or keep for flavor and added texture.

1. Use broth, pre-cooked turkey, veggies and mix together in a large pot.
2. Bring broth or soup base to boil (about 10 minutes). Reduce heat to simmer.
3. While base is boiling, sauté veggies over medium heat with 1-2 tbsp. oil (5-7 min)
4. Add veggies and chopped turkey to base and heat through (about 10 minutes).

Serve immediately with crusted bread. Add a sprig of fresh rosemary or thyme as garnish.



Quick Tip: Boil chicken bouillon cubes with water and veggies for a rich broth without the carcass. Place soup base in fridge or freeze for later use. Revive w/rice or pasta.



RECIPE # 2

Butternut Squash Soup

Makes ~4 servings

Total Cook Time: 1.25 min

While butternut squash soup is not exactly made from leftovers, it is a beautiful and nutritious side dish, appetizer, or addition to any leftover plate! It is also very easy and technique you can use for other plentiful holiday veggies like pumpkin, cauliflower, and carrot. Chop veggies or tend to other chores while squash cooks. Freeze the extra and save for later! You will need a dark roasting pan and blender for this recipe. For light roasting pan, use 425°F.

PREPARE (10 MIN)

For Squash (5 minutes)

1. Cut 1 large butternut squash in half, at least 1.25kg | 2.75lb
2. 3-4 tbsp. extra-virgin olive oil
3. Generous sprinkle of salt and pepper
4. About 1/4 cup water

For Soup (5 minutes)

- 1 tbsp. extra-virgin olive oil
- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- 1/2 tsp salt, (recommend Himalayan salt)
- 1/4 tsp ground white pepper
- 1/8 tsp ground cardamom
- 1/8 tsp ground nutmeg
- 2 cups vegetable broth, (or other broth of your choice)
- 1/2 cup full fat coconut milk

COOK (1 HR)

1. Preheat the oven to 375°F or 425°F (light pan)
2. Scoop out seeds of squash and drizzle (flesh up) with extra-virgin olive oil, then sprinkle with a thin layer of salt and pepper and place in a large, dark roasting pan.
3. Turn the squash flesh side down with 1/4 cup of water in the bottom of the pan.
4. Bake uncovered, until soft (40-45 min)
5. When the squash is fully cooked (can easily pierce with a knife), remove it from the oven and let cool for 5-10 minutes (cook ahead for time)
6. While squash is cooling, heat olive oil in a medium saucepan and add onion, garlic, salt, white pepper, cardamom and nutmeg. Cook about 3-4 minutes until fragrant and slightly caramelized. Add the broth and bring to a boil, remove from heat and set aside.
7. When cooled, scoop out flesh of squash for 4 cups or 1kg (2.2lb). Place into blender or food processor and add the broth and onion mixture.
8. Process on high speed until smooth, about 2 to 3 minutes, then add the coconut milk and resume processing until well incorporated (about 30 sec)

Serve hot or re-heat over medium heat until desired temperature.

Garnish with a swirl of coconut milk or heavy cream and a few sprigs of fresh thyme, and a few roasted squash seeds (at 425° for 5 minutes) for crunch.



RECIPE # 3

Ham and Bean Soup

Makes ~6 servings

Total Cook Time:

7.5 hrs on low

4.5 hrs on high

This soup is very hearty and packs the most protein per serving. The traditional Christmas ham goes a long way, so it can be fun to find new ways to prepare this classic. One quick and easy solution is to add it to the dry beans you've had stashed in your cupboard all year - a perfect match! This is also a great option to turn into a completely vegetarian dish.

PREPARE (20 MIN)

Chop the following into ½ -inch cubes.

- 1 small red onion
- 6 medium cloves of garlic
- 2-3 medium carrots, sliced in ½ -in rounds
- 2-3 celery stalks
- ¾ pound Yukon Gold or new potatoes
- 1 jalapeno, if desired
- Dice 2-3 sprigs of fresh rosemary and 1 bundle of thyme, for garnish

COOK (1 HR)

1. In a large sauté pan, heat 1-2 tbsp. extra virgin olive oil at med heat for 2-3 min, until hot
2. Add onion, celery, and carrots and cook until soft, 5-6 minutes, then add garlic and cook until fragrant, about 30 seconds.
3. Add to a 6-quart or large crock pot and High for 3-4 hours or Low for 7 hours:
 - 4 cups vegetable, chicken, bone, or beef broth (vegetable recommended, unsalted)
 - 2 cups water
 - 1 meaty ham bone or 1 pound diced, cooked ham* (about 2 ½ cups)
 - 1 pound dry bean soup mix (e.g. Goya or Bob's Red Mill), OR swap 1 pound of dry great northern, pinto, cannellini, or navy beans**
 - 1 can (15 oz.) diced tomatoes or Rotel, in juices
 - Sautéed veggies (onion, celery, carrot, and garlic)
 - Chopped potatoes, jalapeno
 - 1 bay leaf
 - 1 teaspoon smoked paprika
 - 1/2 teaspoon chili powder
 - 1/4 teaspoon ground black pepper, plus additional to taste
4. After cooking, stir in 1 tbsp. red wine vinegar and 1 cup fresh or frozen peas
5. Salt to taste (depending on saltiness of ham)

***To make this dish vegetarian:**

Substitute 2 ½ cups of uncooked rice for ham,

Stir in ½ can of coconut milk with the red wine vinegar and peas.

****To use canned beans, drain water, rinse well; use 3 cans of desired beans (recommend using white or pinto with ham and black beans in vegetarian version).**

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Thanks for Reading.

INTERESTED IN MORE TIPS?

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