



# GLUTEN SUGAR DAIRY FREE SOUP

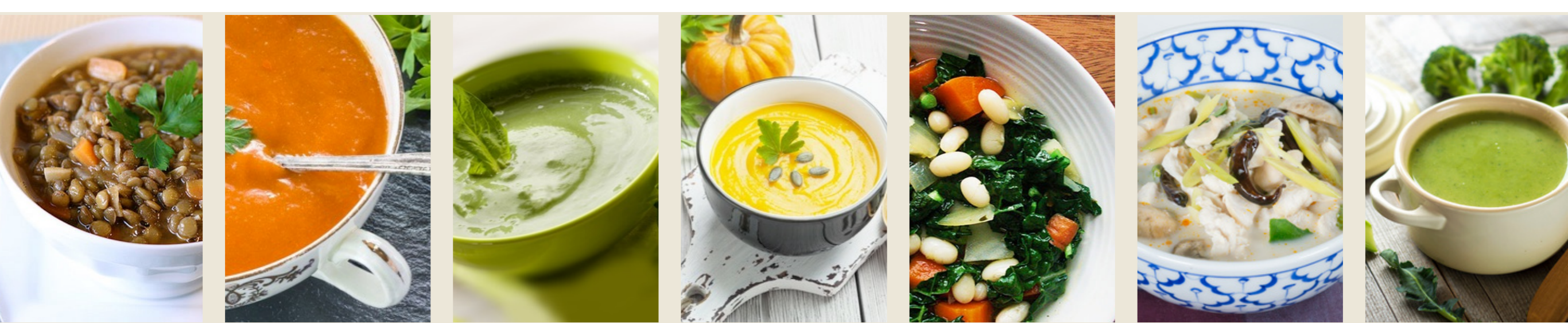
Michelle E. DeBerge



# GSDF SOUPS

Delicious easy recipes using affordable normal ingredients in extraordinary ways!  
Healthy never tasted so good or was so easy!

Please enjoy!



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Hello!



Hello, I am Michelle! You may be a reader of mine or maybe this is your first time meeting me. Since I don't know, let me introduce myself!

I am a foodie, chef, life coach, motivational speaker and best selling author. Most importantly, I had to become gluten, sugar, dairy free for medical reasons. When that happened, I struggled to learn all I could about those ingredients, what they did to the body and find tasty food I could eat.

At first I felt alone, confused, frustrated and then just upset. There was so much information out there, but a lot of it conflicting and confusing.

I saw scarcity in everything. I saw what I could not eat rather than the bounty that was out there. I also had spent my adult life depending on cheese as a meal and ready made food products for ease. I could do that no longer!

One day I was feeling sorry for myself because I could not have my favorite dish: beef stroganoff. No sour cream, noodles, cream... Then I got fired up. I decided to recreate all my old favorite dishes into new gluten, sugar, dairy free ones! I wanted to use familiar affordable ingredients and have them taste good. I have been doing that since that day and every week post new recipes on my website.

My website: [Gluten Sugar Dairy Free LifeStyle](#) launched with just a handful of recipes and a few articles I had written on the benefits of different herbs. It was a hobby at the time.

Then I created a [FaceBook page](#) and everything changed. People began asking me how to avoid gluten, sugar and/or dairy. They wanted to know how to make certain things and many asked me to convert recipes for them.

Soon I was spending lots of time doing this and I had an idea to teach a live webinar style class that would answer these questions and more.

Now I teach over a dozen different **classes** from topics like Salad Dressings, Feeding Kids with Allergies, Cooking 101, 5 Ingredients 15 Recipes and many more. I also teach an intensive 8 part course called GSDF Basics.

What I have learned over the years is that most people wanted to learn how to cook. How to cook real and healthy food. Most of my students have relied on fast food solutions that they can no longer eat.

I teach them to cook but also lots of systems to make it easy, quick, affordable and tasty.

GSDF has become more than a recipe site, it is about community and education. I soon wrote the first **hand book on living GSDF** that included systems, what to have on hand, conversions and substitutions.

I then published the [GSDF Big Book of Recipes](#) with over 150 easy recipes that use affordable familiar ingredients. I just came out with the [GSDF Slow Cooker Cookbook](#) with over 75 delicious healthy recipes.

We work with different groups of alternative health care providers that send their clients to us after they are told to become gluten, sugar and/or dairy free so that we can make it easier on their clients. We have a special [Start Here](#) page with video, information and a mini digital handbook for our new guests.

What I had been looking for when I first had to restrict my diet, I actually created. We have online support groups, classes, lectures, guest speakers, lots of information and of course recipes and cooking books!

My [membership group](#) gets one new class a month tailored to the needs of the group, access to the video replays of all past classes, access to all new classes and text support with me.

Thank you for downloading our digital ebook! We love to give you taste tests to try and information to help you!

[Click Here](#) for more information about GSDF and if you have questions, just send us [an email](#). Thank you for downloading this ebook!

From My Kitchen Table to Yours,

Michelle DeBerge

# LENTIL SOUP

SERVES 6

This is an easy to make hearty soup. I love lentils and they come in many colors. I think I used green ones when I wrote this recipe. In doing some research, I even found heirloom brands of lentils. This is a pretty classic recipe with carrots, onions, celery and fire roasted tomatoes. It is one of my go to recipes that always turns out delicious.

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- 2 cups dried lentils (green or red)
- 32 ounce box of vegetable or chicken broth
- 4 carrots peeled and diced
  - 2 celery stalks diced
  - 1 yellow onion diced
- 3 cloves of garlic minced
- 1 can fire roasted tomatoes
- 2 tablespoons tomato paste
- 1 tablespoon coconut oil
- 1 teaspoon dried thyme
- ½ teaspoon dried oregano
  - ½ teaspoon cumin
  - 1 teaspoon salt
  - fresh black pepper





1. In a soup pot heat the coconut oil over medium heat.
2. Add the onions, garlic, carrots and celery
3. Cook until onions are translucent, about 6-7 minutes.
4. Add the lentils, tomatoes, broth and all the seasonings.
5. Stir to combine.
6. Bring up to a boil and then lower the heat to simmer and cover.
7. Cook 35-40 minutes until the lentils are tender.
8. Or
9. After the vegetables have cooked, place them and all the rest of the ingredients into a slow cooker and cook low 8-10 hours or on high for 4-5 hours.





# FIRE ROASTED TOMATO SOUP

SERVES 4-6

This is a super easy delicious soup to make that not only is GSDF but because there is a potato blended in the soup, has the same qualities as a cream of tomato soup. The soup is a perfect, satisfying meal on its own or great with a nice salad. I love adding things to my tomato soup: popcorn, lump crab meat, fresh grilled prawns, diced brown cubes of potatoes that are nice and crisp. The tomato soup is a perfect canvas for a culinary imagination.

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- 2 cans of fire roasted tomatoes
  - 1 medium potato, peeled and diced
  - 1 carrot, diced
  - ½ yellow onion, diced
  - 2 cloves of garlic, minced
  - 1 ½ cups of vegetable stock
  - ½ teaspoon salt
  - ¼ teaspoon fresh black pepper
  - 1 tablespoon coconut oil





1. Place soup pot on the stove over medium heat. Add the coconut oil to the pot and let it melt.
2. Add the onion, carrot and garlic to the pot and cook for 10 minutes, stirring so that the garlic does not brown and the veggies get nice and tender.
3. Add all the rest of the ingredients, bring up to boil, lower the heat to simmer and cook 20 minutes.
4. Blend the soup. Either use an immersion blender or a blender. If using a blender, do it in small batches.
5. Once it is blended taste for salt and pepper, add more if needed.



# SPINACH SOUP

SERVES 4-6

I buy huge bags of organic spinach every time I go to the big wholesale store. I love to sauté it as a side dish, put it into my morning juice and add to my salads. This soup is a great version of spinach soup. The coconut milk adds a rich luxurious flavor to the soup. A perfect lunch with a big bowl of spinach soup and a nice crunchy side salad.

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4 cups chicken stock

1 can coconut milk

½ teaspoon thyme

2 tablespoons coconut oil

1 pound red potatoes, peeled and thinly sliced

2 large leeks, white and tender green parts only, halved lengthwise and thinly sliced

1 clove garlic, minced

½ teaspoon salt, or more to taste

10 cups spinach leaves

Freshly ground pepper





1. In a saucepan, combine the stock , coconut milk and thyme. Cover and bring to a simmer over low heat.
2. In a large saucepan over medium heat, add the coconut oil.
3. Add the potatoes, leeks and garlic. Stir to make sure they get coated with the coconut oil. Cook over medium low heat until veggies begin soften, being careful not to burn the garlic. Cook 6-10 minutes
4. Add the veggie mix to the warm stock and the salt. Cover, simmer on low for 15 minutes or until potatoes are soft.
5. Turn the heat up and add the spinach a handful at a time until it all wilts into the soup.
6. Use an immersion blender or a blender to carefully puree the soup.
7. Put soup back into the saucepan, taste for salt and pepper, add if needed. Simmer 10 minutes.





# PUMPKIN AND CARROT SOUP

SERVES 6

Sweet pumpkin and carrot soup is a favorite. This is not the soup made from the giant orange pumpkins that get carved or from the kind pumpkin pie is made from. This soup is made from those small sweet pumpkins. With a bit of cumin, turmeric and cinnamon, it comes alive in your mouth. It is a comfort soup and is also great the next day.

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1 small pumpkin (Baby Bear, Sugar Pie or Cheese Pumpkin)

1 pound of carrots

6 cups vegetable stock

1 yellow onion, dice

3 cloves garlic, mince finely

1 teaspoon cumin

1 teaspoon turmeric

½ teaspoon cinnamon

½ teaspoon dry mustard

3 tablespoons coconut oil, divided

¾ -1 teaspoon salt

½ ground black pepper



1. Preheat oven to 400 F
2. Peel the pumpkin, take out the seeds and set aside, cut flesh of pumpkin into ½ inch pieces.
3. Peel the carrots and cut into half inch pieces.
4. Place the pumpkin, carrots and 2 tablespoons of olive oil in a bowl and toss so that every thing gets coated evenly. Pour onto a baking sheet, spreading out the pieces. Roast for 30 minutes.
5. Place a soup pot on the stove over medium heat. Add the 1 tablespoon of coconut oil and the onion. Cook stirring for 10 minutes until translucent.
6. Add garlic, cumin, turmeric, cinnamon, dry mustard, salt, pepper, the roasted pumpkin, carrots and stir to coat with the seasonings.
7. Add the stock and stir. Bring up to bubble, reduce heat to simmer and cover. Cook for 30 minutes.
8. Puree the soup. Use an immersion blender or a blender being careful not to burn your self or splatter the hot soup.
9. Check to see if it needs more salt or pepper.
10. Serve with toasted seeds if desired.



# FENNEL, KALE SOUP WITH WHITE BEANS

SERVES 6

The fennel is such a nice addition to this kale and white bean soup. This is an easy soup to make with a lot of flavor that is good enough to serve to company. The fresh lemon juice at the end allows the flavors to explode.

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- 2 Tbs coconut oil
  - 1 1/2 cup onions
  - 2 cloves garlic 2 tsp salt
  - 2 tsp ground fennel seeds
  - 2 cup diced fennel
  - 1 cup diced carrots
  - 1 1/2 cup diced potatoes
  - 2 tsp thyme
  - 1/4 tsp black pepper
  - 1-15 oz can fire roasted tomatoes
  - 3 cups cooked white beans
  - 4 cups vegetable or chicken stock
  - 5 cups kale
  - juice of one lemon





1. Dice the onion, mince the garlic and chop the kale.
2. Dice the fennel, carrots and potatoes in evenly sized small pieces.
3. In large soup pot, heat the oil over medium heat.
4. Sauté the onions, garlic, salt, fennel, carrots and potatoes until veggies are fork tender.
5. Add the fire roasted tomatoes, stock, ground fennel seeds, thyme and black pepper to the veggies.  
Stir to combine.
6. Bring to a simmer and cover. Cook for 30 minutes.
7. Add the drained beans and chopped kale to the soup and stir. Simmer for another 15 minutes.
8. Mix in lemon juice just before serving.





# TOM KHA GAI

SERVES 4

Tom Kha Gai, Thai chicken coconut soup is one of my go to soups when I want to make something quick, spicy and delicious.

The soup traditionally calls for kaffir lime leaves which add the unique lime flavor but in this version we will use lime. I also use ginger instead of galangal. Yet if you can find these items locally, use the traditional ones!

This recipe calls for lemongrass but if you can not find it, substitute zest of a lemon and ½ teaspoon grated ginger.

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2 inch piece of ginger, sliced into thin rings

4 cups good chicken stock

1 can unsweetened coconut milk

zest of 1 lime

¼ cup fresh lime juice

2 tablespoons fish sauce (3 crabs brand)

1 tablespoon coconut sugar

2 Thai red chilis or jalapeño chiles, cut length wise

1 ½ cups thinly sliced cooked chicken

8 ounces shiitake, oyster, baby bella mushrooms, thinly sliced

2 lemongrass stalks, smashed with knife and then cut into 2" pieces

¼ cup fresh cilantro chopped for garnish

chili oil optional





1. In a large soup pan, put the broth, lemongrass, chilies and ginger into the pan. Bring up to boil, reduce heat and simmer for 10 minutes. Then strain the soup taking out the solids.
2. Add the cooked chicken and mushrooms to the stock and cook over medium heat for 10 minutes
3. Add the coconut milk, fish sauce and sugar. cook for 10 more minutes. Serve and garnish with cilantro.
4. Sprinkle some chili oil over the top of the soup if you want more spice.



# EASY BROCCOLI SOUP

SERVES 2

A few winters ago, I was hungry, cold and wanted soup. I did not want to go out into the wind and rain. So I looked to see what I had on hand that I could make soup out of. I had a ton of fresh broccoli on hand. So I made a large pot of soup from the broccoli. I added a little onion and garlic hoping it would work. I loved the flavor of the soup. I poured it hot into my mug and would drink it as I worked on my computer. It has a comforting feel to it. This is currently my go to soup!

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4 cups broccoli florets  
½ yellow onion  
1 clove of garlic  
1 tablespoon olive oil  
salt and pepper to taste  
½ cup coconut milk (optional)  
2 cups chicken stock





1. Slice the onion and garlic.
2. In the soup pan, sauté the onion and garlic in olive oil.
3. Cook until translucent.
4. Add the broccoli florets and cover with chicken stock.
5. Put the lid on and cook until tender, 25 minutes.
6. Uncover and turn off.
7. Either use an immersion blender and blend, or use a blender. If using a blender, do in small batches because hot liquids expand.
8. Add salt and pepper to taste.
9. Add coconut milk to soup and heat on medium low. This soup freezes well.



## ABOUT THE AUTHOR

Michelle E. DeBerge is a Foodie, Chef, Professional Life and Wellness Coach, Motivational Speaker, Best Selling Author and the founder of GSDF.

She blends spirituality, experience, lifestyle, health, wellness and coaching together to create unique programs for her clients and audience.

Michelle uses her own experience of a serious health scare, her recovery, her discovery and study with some of the world's top experts in nutrition, diet and health to form the foundation for health and wellness programs.



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