

Liver Cleansing Detox Soup Recipes

During the next 14-28 days you will be consuming lots of raw foods (vegetables, fruit, nuts and seeds). In the following pages you will find a variety of soup recipes. Eating food in its raw and natural state will give you a powerhouse of nutrients for increased vitality. The following recipes are basic and many of them can be modified to your taste by adding more herbs and spices to liven them up.

You will find that starting with soups is an alternative to chewing on vegetables all day long and find that they are quite filling. I personally find this one of the best ways to get densely packed nutrients in a single serving. You will find that you can make a big enough batch of soup to last a couple of days. Put some in a thermos and take it to go and eat it as a meal or sip on it throughout the day.

There are many ways to liven up a salad. Add a few olives, pickles; grate ½ carrot or a small piece of beet to make it colorful. Add some nuts, seeds, salsa, hummus, or homemade dressings to enhance the taste.

You will get to sample some of our favorite recipes.

Websites and books recommended:

www.living-foods.com/recipes

www.welikeitraw.com/rawfood/raw-food-recipes

www.rawglow.com/recipes

www.fromsadoraw.com/rawrecipes

Living on Live Food by Alissa Cohen

Raw Food Made Easy for 1 or 2 people by Jennifer Cornbleet

Living in the Raw Gourmet by Rose Lee Calabro

The Raw Food Detox Diet by Natalia Rose

Soups



CLEANSING DETOX SOUP

Ingredients:

1/4 cup water (or vegetable broth)
2 tablespoon of coconut oil or olive oil
1/2 of a red onion, diced
2 cloves garlic, minced
3 celery stalks, diced
3 medium carrots, diced
1 small head of broccoli, florets
1 cup chopped tomatoes
1 tablespoon fresh ginger, peeled and minced
1 teaspoon turmeric (I used powdered)
1/4 teaspoon cinnamon
1/8 teaspoon cayenne pepper, or to taste (optional)
fine-grain sea salt and black pepper, to taste
6 cups water (or 4 cups vegetable broth + 2 cups water)
2 cups kale, de-stemmed and torn in pieces
1 cup purple cabbage, chopped
juice from 1/2 of a small lemon (or a whole lemon, depending how much lemon flavor you prefer)

Instructions:

1. In a large pot, add the water, oil and turn on the heat to medium-high.
2. After it's hot, add the onion and garlic. Sauté for 2 minutes, stirring occasionally. Add the celery, carrots, broccoli, tomatoes and fresh ginger. Stir and cook for 3 minutes, adding in extra water or broth as needed (another 1/4 cup).
3. Stir in the turmeric, cinnamon, and cayenne pepper plus salt and pepper to taste.
4. Add in the water or vegetable broth and bring to a boil. Reduce heat and simmer for 10-15 minutes or until vegetables are soft.
5. Add in the kale, cabbage and lemon juice near the last 2-3 minutes of simmering.

Leftovers stay well in the refrigerator for up to 3 days.

CLEANSING CARROT SQUASH SOUP (serves 4)

Ingredients:

1/2 cup low-sodium vegetable broth, or water (for sautéing)
1/2 white onion, chopped
1-2 cloves garlic, minced
2 medium-sized carrots, chopped
1 apple, chopped (I used honeycrisp)
1.5 tablespoons fresh ginger, minced
1 small butternut squash, peeled and chopped
1 teaspoon sea salt
1/2 teaspoon turmeric
1/2 teaspoon dried thyme
1/4 teaspoon cinnamon
black pepper, to taste

4 cups low-sodium vegetable broth
1/2 cup unsweetened almond milk (or light coconut milk)
fresh juice from 1/2 lemon

Instructions:

1. In a soup pot, heat the veggie broth (or water) on medium-high heat. Sauté the onion and garlic for 2-3 minutes.
2. Add in the carrots, apple and ginger. Cook for about 5 minutes.
3. Add in the butternut squash, sea salt, turmeric, thyme, cinnamon and pepper. Mix well and cook another 5 minutes.
4. Pour in the vegetable broth and almond milk. Bring to a boil then reduce heat and cover. Simmer for about 20 minutes, or until all vegetables are soft.
5. Turn off heat and stir in the fresh lemon juice and maple syrup.
6. Using a hand blender to pureé the soup until smooth and creamy. You can also use a Vitamix blender but be careful! Be sure to let out the hot air from the top to prevent a soup explosion haha.
7. Taste test and add more salt or extra spices as needed.

Serve immediately. Garnish with fresh apple, hemp seeds, pumpkin seeds or pecans!

Refrigerate for up to 3 days. Freezes well.

HEARTY VEGETABLE STEW (serves 4)

From Natalia Rose The Raw Food Detox Diet

Ingredients:

8 large carrots, chopped
5 celery stalks, chopped
1 leek, chopped
1 head broccoli, chopped
1 zucchini, chopped
1 cup chopped mushrooms
1 cup okra
½ medium onion
Equal parts water and Pacific vegetable broth to cover vegetables (about 6 cups)
½ serrano chili (optional)
Spike to taste
Curry powder to taste
Sea salt to taste

Instructions:

Place the carrots, celery, leek, broccoli, zucchini, mushrooms, okra, onion (and any other vegetables you desire) into a large pot with the water, broth, chili, and spices. Bring the mixture to a boil and simmer until the carrots are semisoft.

As with all homemade soups, the longer the vegetables soak in the water (even while in the refrigerator), the more flavorful the soup will become. For a thicker soup, you may blend half the mixture then add it back to the batch.

SLIMMING DETOX SOUP

Courtesy of www.theviewfromgreatisland.com

Ingredients:

2 Tbsp olive oil or coconut oil
1 large shallot, peeled and thinly sliced
2 cloves garlic, minced
1 thumb sized piece of fresh ginger, peeled and grated
32 ounce carton of Unsalted Vegetable Broth or Bone Broth
1 large carrot, peeled and thinly sliced
1 medium golden beet, or several baby beets, peeled and sliced
A handful of small broccoli florets
A handful of small cauliflower florets
1 hot chili pepper, I used a Serrano pepper, sliced (optional)
A handful of pea pods, any type, halved if large
Several mushrooms, sliced
A handful of shredded red cabbage
1 bell pepper, any color, cut in strips
Sea Salt and black pepper to taste
Handful of baby kale and or spinach leaves
Handful of small grape tomatoes, cut in half

Instructions

1. Heat the olive oil in a large heavy bottomed pan. Gently saute the shallot, garlic, and ginger for a few minutes until softened.
2. Add the broth to the pan and bring up to a simmer. Add the carrots and beets and simmer for several minutes.
3. Add in the broccoli and cauliflower florets and the hot pepper, if using, and simmer for another couple of minutes. The veggies should be just barely tender. If not, cook a little longer.
4. Next go the pea pods, mushrooms, red cabbage, and bell pepper. Bring back to a boil and then turn down the heat again, these veggies don't require much cooking at all. Season to taste with salt and black pepper.
5. When you are ready to serve, throw in the leafy greens and the tomatoes and give everything a stir.. Garnish each bowl with a sprinkle of cheese.

Notes:

- I use ‘handful’ as a measure for this recipe – don’t stress over it – veggies are difficult to measure, and there’s lots of leeway here for you to decide how much or how little of each ingredient you want to add. Do you want a super chunky soup? Add more. A lighter more broth-centered soup? Just add less.
- This recipe has plenty of room for improvisation when it comes to what ingredients you choose, too. You can use any vegetable you like, but to stay true to the slimming and detox theme, you might want to avoid starchy veggies like potatoes, corn, peas, lima beans, etc. Other ideas might be asparagus, Brussels sprouts, Napa cabbage, celery, green beans, onions, bok choy, eggplant, edamame beans, summer squash, etc.
- This is not a strongly flavored soup, it’s mild and focuses on the flavors and textures of the vegetables themselves, which I find is part of the ‘re-setting’ process. But don’t leave out the shallot, garlic, and ginger, they form a flavor base for the broth. If it is too mild for you you might try adding a can of crushed tomatoes for another layer of flavor.

RAW BUTTERNUT & COCONUT SOUP (serves 4)

Ingredients:

Meat of 2 young coconuts
1 12/ cus coconut water
1 cup of butternut or pumpkin cubes (about 1-inch cubes)
1 tsp of stevia or to taste
1 pinch of nutmeg, cinnamon, or pumpkin spice

Instructions:

Place all ingredients in a blender and blend on high until smooth and creamy. Serve and enjoy!!!

CARROT-SWEET POTATO BISQUE

Ingredients:

2 sweet potatoes
2 cups organic baby carrots
1 cup filtered water
2 cups vegetable broth
½ teaspoon sea salt
1 tsp. stevia
¼ teaspoon cumin
½ teaspoon coriander powder
¼ teaspoon minced ginger
¼ teaspoon minced garlic

Instructions:

1. Bake the sweet potatoes and boil the carrots until soft.
2. Place all the ingredients in a blender and blend until smooth and creamy.
3. Pour soup into a large sauce pan and heat to taste.

RAW SPINACH SOUP (serves 4)

A Dr. Linda favorite because it's quick and easy; done in about 5-10 minutes.

Ingredients:

4oz/120g baby spinach, washed well, drained and dried	Pinch of salt
1 cup water	1 ripe of avocado, cut in half and pitted
2-3 cloves roasted garlic or 1 clove raw garlic	1/3 cup of raw or germinated cashews
1-2 tsp lemon juice or juice from 1 lemon	

Instructions:

1. Puree spinach, water, garlic, lemon juice and salt. I would start with less water and only add more at the end if it's too thick.

2. Spoon the avocado out of its shell and into the blender/food processor and process until smooth. Taste for seasoning.

Divide into 4 equal portions.

(**Optional: I like to add 2 dates without the pit, ¼ cup of cashews, a bunch of basil, parsley and Trocomere Seasoning)

GAZPACHO

This is a quick soup that is tasty and only takes a few minutes to make. You will need a blender, a food processor would be great for chopping the vegetables but not necessary. It takes about 20 minutes and serves 4-5 people.

Ingredients:

¼ cup extra virgin olive oil	1 large avocado, cut into ¼ inch cubes
¼ cup lemon juice	1 medium bell pepper, cut into ¼ inch cubes
5 large ripe tomatoes	4 stalks celery, cut into ¼ inch cubes
2 cloves garlic or spicy pepper to taste	1 small onion, cut into ¼ inch cubes
1 tbs raw honey or agave nectar	
½ teaspoon sea salt	chopped parsley
1 bunch fresh basil	

Instructions:

1. Blend the olive oil, lemon juice, tomatoes, garlic, honey, sea salt and basil with ½ cup of water until smooth.

2. Pour the soup into a large bowl, and add the chopped avocado, bell pepper, celery and onion.

3. Mix all the ingredients together and sprinkle with chopped parsley.

CREAMY BELL PEPPER SOUP

This takes about 20 minutes to prepare, serves 8 and you will need a vita-mix or a blender will work just fine.

Ingredients:

2 medium sized red or yellow bell peppers, stems removed, chopped
2 medium cucumbers, chopped
½ medium red onion, chopped
¼ cup cold pressed olive oil from a dark bottle or coconut oil
1 teaspoon sea salt
1 teaspoon carway seeds
2 medium cloves garlic
3 cups filtered water

Instructions:

Combine all the ingredients in a high speed blender and blend until creamy and smooth.

BORSCHT

Takes about 20 minutes to prepare, serves 7-10, and requires a Vita-Mix or blender.

Ingredients:

3 beets peeled
1 small root ginger, peeled
6 to 7 bay leaves
2 carrots, chopped
2 stalks celery
2 tablespoon apple cider vinegar
1 tablespoon honey
3 to 4 oranges, peeled, seeds removed
1 cup olive oil
Sea salt to taste ½ cup walnuts ¼ head cabbage, diced or grated
1 to 2 carrots, diced or grated
1 bunch parsley, diced or grated

Instructions:

1. Blend the beets, ginger, garlic and bay leaves with 2 cups water in a blender or Vita-Mix.
2. Pour the mixture into a big bowl.
3. Blend the carrots, celery, apple cider vinegar, oranges, honey, olive oil, and sea salt with 2 cups water about 30 seconds.
4. Stop the blender; add the walnuts and blend on low speed very quickly, so they break into small pieces but do not blend. Pour in the same bowl and sit.
5. Add the cabbage, carrots and parsley to the blended mixture.
6. Stir and serve

CREAMY AVOCADO GAZPACHO

Ingredients:

1 cup of filtered water
Flesh of 1 medium avocado, reserving 1 T. for garnish
2 cups chopped cucumber
1 1/2 cups chopped tomatoes
1/2 to 1 Serrano chile, with seeds, sliced (optional)
1 large clove garlic, minced
1 sprig mint leaves
Juice of 2 lemons or limes
1/2 tsp. salt
1 tsp. maple syrup (can use dates or honey to sweeten)

2 small mint leaves
Paprika (optional)

Instructions:

1. Combine all ingredients in a blender in the order listed. Start blender on low speed for a few seconds, then switch to high. Blend until creamy and smooth, about 1 1/2 minutes.
2. Pour into 2 soup bowls.
3. Dice reserved avocado and gently drop them into the center of the bowl. Add a mint leaf and sprinkle diced avocado with paprika if desired. Serves 2.

SOUTH OF THE BORDER SOUP

Ingredients:

6-8 roma tomatoes
1/4 onion
2 carrots
handful of cilantro
1 tsp TACO SEASONING
1 cup of filtered water (optional)
1/4 jalapeno pepper
3 stalks of celery

Instructions:

Add all items into blender and blend. Enjoy!

SPICY RAINBOW & GARLIC SOUP

Takes about 15 minutes to prepare, serves 4 and you will need a blender.

Ingredients:

For the base:

½ to ¾ cup pine nuts

2 tablespoons or more olive oil

Juice of ½ lemon

6-8 small tomatoes (cherry or other)

6-8 garlic cloves

Salt

2 dried cayenne pepper

In the base/cut into bowls

Avocado, cucumber, red and yellow bell pepper (cut into small chunks) (reserve a little for garnish)

Instructions:

1. Mix all base ingredients in blender.
2. When blended, stir in or cut into bowls small chunk of avocado, cucumber, red and yellow bell pepper. Decorate top(s) with the same.

WATERCRESS PEAR SOUP

Takes about 2 hours of before preparation to soak the pecans, 10 minutes of immediate prep time, makes about 4-6 cups, and you will need a blender.

Ingredients:

2 pears

½ bunch water cress

½ cup soaked pecans

sea salt to taste

1 Tbsp. allspice

¼ cup olive oil

2 Tbsp. pumpkin seed oil

1 -2 cups filtered water or more if desired

Instructions:

1. Blend all the ingredients together in a high speed blender.
2. Add more water and blend until smooth and creamy. Continue slowly adding water and blending until desired consistency is achieved.

EXPRESS SOUP

Takes about 20 minutes to prepare, serves 4 and you will need a blender or champion juicer

Ingredients

For the Base:

5 carrots
4 stalks celery
2" slice of beet
1 apple
2 avocados, peeled and de-pitted
1 red bell pepper, seeded and chopped
2+teaspoons curry powder
1 clove fresh garlic, pressed
1 teaspoon salt or to taste

For Serving:

1 avocado, peeled, pitted and cubed
2 tomatoes, cubed
½ cucumber, cubed
Cilantro and finely chopped onion for garnish

Instructions:

1. Juice the carrots, celery, beet and apple.
2. Pour juice into blender and add the other **base ingredients**. Blend until smooth.
3. Chop the serving ingredients into four bowls.
4. Pour soup from blender into bowls and garnish with cilantro and finely chopped onion.

CARROT SOUP (serves 4)

Easy curried carrot soup. Although this soup is served room temperature, it feels quite warm.

Ingredients:

6 carrots, chopped	1 small lemon
1 ½ avocado	2 tsp curry powder
2 cups water	½ teaspoon cumin
3 clove garlic	pinch of cayenne pepper
1 tsp powdered ginger	celtic sea salt and pepper to taste

Instructions:

Toss all ingredients in blender and blend until smooth. For a pretty finish, sprinkle with curry powder

GREEN SPINACH SOUP (Serves 6)

3 Small avocados (or one extra large)	2 Small lemons (without seeds)
2 Red bell peppers	
½ Bunch cilantro	3 Cups of pure water
½ Bunch Organic Spinach	½ teaspoon celtic sea salt (optional)
1 Small jalapeno pepper	

Instructions:

1. Put all the ingredients in a Vita-Mix blender and blend well using the tamper.
2. Once the ingredients are well blended, pour the soup into a large bowl.
3. Add thinly sliced napa cabbage or red cabbage and dulse leaves or flakes.

BROCCOLI SOUP (Serves 4)

Ingredients:

3 cups water	1 tablespoon olive oil
1 cup unsalted raw cashews	1 teaspoon onion
1 teaspoon honey	1 teaspoon sea salt
2 cups broccoli	1/8 teaspoon cumin
1 avocado	1/8 teaspoon black pepper
1/2-1 garlic cloves	

Instructions:

1. Blend water, cashews, and honey until smooth.
2. Add the rest of the ingredients and blend until creamy.

BROCCOLI SOUP (Serves 4)

By Paleo Leap

Ingredients

3 medium zucchinis, with skin cut in large chunks
1 onion quartered
2 cloves garlic sliced
4 cups vegetable stock
2 tablespoons coconut milk
Coconut or olive oil for cooking
Sea salt and fresh ground black pepper

Instructions:

1. Melt oil in a saucepan over medium heat
2. Add the onion, garlic and zucchinis and cook for 4 to 5 minutes
3. Add the vegetable stock, season to taste with salt and pepper and bring to a boil

DETOX CABBAGE SOUP

This soup is a lifesaver during the 31 day detox. The secret to a great tasting soup is sautéing the vegetables first. You can add canned tomatoes after a couple of days of left over soup. This soup is surprisingly filling.

Ingredients:

1/4 head cabbage, roughly chopped
1 large onions, chopped
1 green peppers
2 stalks celery
3 large carrots, sliced
1/4 pound green beans, sliced on diagonal
1/2 pound mushrooms, sliced
1/4 cup fresh Italian parsley, roughly chopped
1 Quart of vegetable chicken or bone broth stock
Sea salt and freshly ground pepper to taste
Coconut oil to sauté vegetables
OPTIONAL: 8 ounces canned tomatoes, chopped

Instructions:

1. Place coconut oil in Dutch oven or large stock pot and sauté the mushrooms until they are golden brown.
2. Remove the mushrooms
3. And add the onions, green peppers, carrots, and celery.
4. Sauté for 5-7 minutes until vegetables are softened.
5. Add the cabbage, mushrooms, green beans, parsley, sea salt and pepper to the pot and cover with stock or broth.
6. Cover and bring to a boil.
7. Turn burner down to low and allow the soup to simmer for 20-30 minutes or until vegetables are just tender (not mushy).

For version 2 of the soup, add the canned tomatoes after a couple of days. Enjoy!!