

## CREAMY TOMATO SOUP<sup>o</sup>

**SERVES:** 4 (1 cup each) **Prep Time:** 15 min. **Cooking Time:** 23 min.

**CONTAINER EQUIVALENTS** (per serving):  1  1



|                         |  |
|-------------------------|--|
| <b>1 Tbsp.</b>          | <b>olive oil</b>   |
| <b>½ cup</b>            | <b>chopped onion</b><br>(approx. ¾ medium onion)                 |
| <b>2 cloves</b>         | <b>garlic, finely chopped</b>                                    |
| <b>1 (28-oz.) can</b>   | <b>whole peeled tomatoes, pureed</b><br>(preferably San Marzano) |
| <b>1½ cups</b>          | <b>unsweetened almond milk</b>                                   |
| <b>1 Tbsp. + 1 tsp.</b> | <b>coconut sugar</b>   |
| <b>¼ tsp.</b>           | <b>sea salt (or Himalayan salt)</b>                              |
| <b>1 sprig</b>          | <b>fresh basil, leaves and stem</b><br><b>attached</b>           |
| <b>2 tsp.</b>           | <b>dry sherry (for garnish; optional)</b>                        |

1. Heat oil in medium saucepan over medium heat for 1 minute, or until fragrant.
2. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until translucent.
3. Add garlic; cook, stirring frequently, for 2 minutes.
4. Add tomatoes, almond milk, sugar, salt, and basil. Bring to a boil. Reduce heat to medium low; gently boil for 10 minutes.
5. Remove basil. If you want a smooth soup, place soup in a blender or food processor, in small batches; cover with lid and kitchen towel. Blend until smooth.
6. Garnish each portion with ½ tsp. sherry (if desired); enjoy.

### RECIPE NOTE:

If you are making this soup for kids, you can remove the whole basil and puree the soup so that there are no little green bits and no large pieces of onion and garlic, which some kids can find off-putting.

### SERVING SUGGESTION:


Pair this recipe with our **FIX-ed Grilled Cheese** (see separate recipe for **FIX-ed Grilled Cheese**). With multiple versions, you'll be able to find one that fits your mood.


### COOKING TIPS:

- The tomatoes known as San Marzano, grown in the volcanic soils around Mt. Vesuvius, are among the best in the world, but don't be fooled by American-grown tomatoes marketed as San Marzano—their prices are highly inflated with little return in quality. True San Marzano tomatoes come from Italy, where their labeling is codified by law.
- American tomato growers save the ripest, highest quality tomatoes for cans of whole peeled tomatoes. These tomatoes are sweeter, so less sweetener is used in canning. You can use these instead of San Marzano. Look for tomatoes that are soft with deep red flesh, not translucent or watery. Quality varies widely among growers, and you don't know what you'll get until you open the can. When you come across a can that's great, make a note of it and look for that brand in the future.

<sup>o</sup>This recipe works well with 80 Day Obsession. Make sure it works with your container counts.

**NUTRITIONAL INFORMATION** (per serving): **Calories:** 118 **Total Fat:** 5 g **Saturated Fat:** 0 g **Cholesterol:** 0 mg **Sodium:** 259 mg **Carbohydrates:** 16 g **Fiber:** 4 g **Sugars:** 12 g **Protein:** 2 g

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.




Recipes containing the  icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

## FIX-ED GRILLED CHEESE<sup>o</sup>

VG

**SERVES:** 2 (2 sticks each) **Prep Time:** 5 min. **Cooking Time:** 8 min.

**CONTAINER EQUIVALENTS** (per serving):  1  1  ½



### CLASSIC GRILLED CHEESE:

**2 slices** low-sodium sprouted whole-grain bread (like Ezekiel 4:9®)  
**1 tsp.** ghee (organic grass-fed, if possible)  
**1 dash** sea salt (or Himalayan salt)  
**2 slices** Muenster cheese (approx. 2 oz.)

1. Spread each slice of bread with ½ tsp. ghee. Season with salt.
2. Top dry slice of bread with cheese and second slice of bread. Make sure buttered sides of bread are on the outside of the sandwich.
3. Grill sandwich in small skillet, over medium-low heat, for 4 minutes on each side, or until bread is golden brown and cheese is melted. Press down on sandwich to seal. Remove from heat.
4. Cut off crusts; cut sandwich into four sticks.

### SERVING SUGGESTION:

Serve with our **Creamy Tomato Soup** (see separate recipe for **Creamy Tomato Soup**) for a hearty and complete kid-friendly meal!

### VARIATIONS:

- To transform your classic grilled cheese into **FIX-ed Pepperoni Pizza Grilled Cheese**, substitute 2 slices low-moisture part-skim mozzarella cheese for Muenster cheese. Add 1 Tbsp. **FIXATE Marinara** (see separate recipe for **FIXATE Marinara**) and 2 Tbsp. **Chicken Pepperoni Crumbles** (see separate recipe for **Chicken Pepperoni Crumbles**).

**CONTAINER EQUIVALENTS** (per serving):  1  1  ½

- To transform your classic grilled cheese into **FIX-ed Chicken and Broccoli Grilled Cheese**, substitute 2 slices Monterey jack cheese for Muenster cheese. Add 2 Tbsp. thinly sliced broccoli florets and 2 Tbsp. thinly sliced grilled chicken breast.

**CONTAINER EQUIVALENTS** (per serving):  1  1  ½

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**NUTRITIONAL INFORMATION** (per serving) **FIX-ed Classic Grilled Cheese only:** Calories: 200 Total Fat: 11 g Saturated Fat: 6 g Cholesterol: 36 mg Sodium: 333 mg Carbohydrates: 15 g Fiber: 3 g Sugars: 0 g Protein: 10 g

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## FIXATE MARINARA<sup>o</sup>



**SERVES: 8** (2 Tbsp. each) **Prep Time: 10 min.** **Cooking Time: 16 min.**

CONTAINER EQUIVALENTS (per serving): ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½

*This flavorful sauce accompanies the Cheesy Cauliflower Bread Sticks, but is just as wonderful with your favorite sautéed veggies, quinoa pasta, or any meatball recipe!*

- 1 (14.5-oz.) can** **canned whole peeled tomatoes**
- 2 tsp.** **olive oil**
- ½ cup** **chopped onion**  
(approx. ½ medium)
- 2 cloves** **garlic, finely chopped**
- 2 Tbsp.** **dry white wine**  
(like pinot grigio)
- ¼ tsp.** **sea salt (or Himalayan salt)**
- 4** **fresh basil leaves,**  
**finely chopped**

- 1.** Place tomatoes in a medium bowl; crush by hand (or pulse in a food processor or blender) to achieve slightly chunky consistency. Set aside.
- 2.** Heat oil in medium nonstick skillet over medium-high heat.
- 3.** Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
- 4.** Add garlic; cook, stirring frequently, for 1 minute.
- 5.** Add wine; cook over medium heat, stirring frequently, for 1 to 2 minutes, or until almost all the liquid has evaporated.
- 6.** Add tomatoes and salt. Bring to a gentle boil. Reduce heat to low; gently boil, stirring occasionally, for 7 to 8 minutes, or until sauce has thickened slightly. Remove from heat.
- 7.** Add basil; mix well. Cool to room temperature before serving. Set aside.

### RECIPE NOTE:

- For a smoother marinara sauce, place in a food processor (or blender) and pulse until it reaches desired consistency.

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**NUTRITIONAL INFORMATION** (per serving): **Calories: 33** **Total Fat: 1 g** **Saturated Fat: 0 g** **Cholesterol: 0 mg** **Sodium: 84 mg** **Carbohydrates: 4 g** **Fiber: 1 g** **Sugars: 3 g** **Protein: 1 g**

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## CHICKEN PEPPERONI CRUMBLES

**SERVES: 6** (½ cup each) Prep Time: 10 min. Cooking Time: 8 min.

CONTAINER EQUIVALENTS (per serving): ½

|         |                                |
|---------|--------------------------------|
| ¾ tsp.  | sea salt (or Himalayan salt)   |
| ½ tsp.  | ground black pepper            |
| 1 Tbsp. | ground sweet paprika           |
| 1 tsp.  | garlic powder                  |
| ¼ tsp.  | ground fennel seed             |
| 1 pinch | cayenne pepper                 |
| 1 lb.   | raw lean ground chicken breast |
| 1 Tbsp. | olive oil                      |

1. Combine salt, pepper, paprika, garlic powder, fennel, and cayenne in a large mixing bowl; mix well.
2. Add chicken; mix well with clean hands or a rubber spatula. Over kneading can make the chicken a little tough, so be sure to mix just until the spices are incorporated. Set aside.
3. Heat oil in large skillet over medium-high heat.
4. Add chicken mixture; cook, stirring frequently to break up large pieces, for 5 to 7 minutes, or until chicken is cooked through and is broken into small crumbles. Remove chicken with a slotted spoon; cool on a plate lined with paper towels to absorb any excess fat.

### RECIPE NOTE:

This recipe is made for our **Gluten-Free Chicken Pepperoni Pizza** (see separate recipe for **Gluten-Free Chicken Pepperoni Pizza**) but is great in other dishes. Save the leftovers for topping salads, folding into wraps, or better yet, adding it to our **FIX-ed Grilled Cheese** (see separate recipe for **FIX-ed Grilled Cheese**)!

**NUTRITIONAL INFORMATION** (per serving): Calories: 134 Total Fat: 9 g Saturated Fat: 2 g Cholesterol: 65 mg Sodium: 332 mg Carbohydrates: 1 g Fiber: 0 g Sugars: 0 g Protein: 14 g

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