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# FAT BURNING SOUPS

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### Recipe Photography:

Erin Druga  
Stephanie Goldfinger  
Jennifer Ashley  
Aline Ponce  
Shelley Judge  
Felicia Lim  
Zoe Lyons

### Cover Photography:

Jennifer Ashley

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## RECIPE KEY

### Measurements

T = Tablespoon

oz = ounces

t = teaspoon

lb = pounds

**L** Total: \*

\* The time for the pressure to build is not included in this total.





# BASIC PALEO BONE BROTH

By Dr. Loren Cordain – [ThePaleoDiet.com](http://ThePaleoDiet.com)

**L** Prep: 5 mins

**L** Cook: 24-48 hrs

**L** Total: 24-48 hrs 5 mins

**🍴** Yield: 4 servings

## Nutritional info per serving:

Calories	Carbs	Protein	Fat
30	2g	2g	0g

## INGREDIENTS:

*½ -1 lb bones (your choice of free-range chicken, beef, bison, or wild-caught fish)*

*1 T apple cider vinegar*

*Your choice of keto-friendly vegetables\**

*\*Note: See shopping guide.*

## METHOD:

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Place the bones into a slow cooker, and cover with cold water. You can roast the bones beforehand to make a darker broth. (Preheat the oven to 350°F, and roast until brown)

Add the apple cider vinegar.

Add your choice of vegetables. This could be fresh chopped herbs, pepper, garlic, onions, or anything you like.

Place a lid over the pot, and let simmer. Skim any particles or foam from the broth's surface while cooking.

For chicken and fish bone broth, a minimum 4 hour cook time is necessary. Beef and bison bone broth will be ready in a minimum of 6 hours.\*

**\*Note:** We recommend cooking the broth anywhere between 24-48 hours. The longer you cook it, the more collagen will be extracted from the bones.





# "MISO" MUSHROOM SOUP WITH ZOODLES

**L** Prep: 5 mins

**L** Cook: 15 mins

**L** Total: 20 mins

**🍴** Yield: 4 servings

## Nutritional info per serving:

Calories	Carbs	Protein	Fat
108	9g	5g	6g

## INGREDIENTS:

*3¼ cups water, divided*

*3 cups vegetable stock*

*1 T garlic, thinly sliced*

*1 T tahini*

*1 T fish sauce*

*1 T coconut aminos, plus extra for serving*

*2 cups white mushrooms, thinly sliced*

*1 T fresh lime juice*

*1 t salt*

*6 cups zucchini noodles*

*1 T spring onions, finely chopped*

*1 T fresh red chili, finely chopped*

*1 T sesame seeds*

## METHOD:

Combine 3 cups of water, 3 cups of vegetable stock, and sliced garlic in a large pot, and bring to a boil.

While the water-stock mixture is coming to a boil, whisk the tahini, fish sauce, coconut aminos, and ¼ cup of hot water together in a small bowl until smooth and creamy.

Stir the tahini mixture into the pot, add the sliced mushrooms, and bring the heat down to medium. Cook the mushrooms for 5 minutes until tender. Stir in the lime juice and add the salt.

Add the zucchini noodles to the pot, and cook for 2 minutes until al dente.

Divide the noodles and soup evenly between two bowls. Garnish with spring onions, red chili, and a sprinkle of sesame seeds.





# THAI COCONUT GINGER CHICKEN SOUP

**L** Prep: 10 mins

**L** Cook: 30 mins

**L** Total: 40 mins

**L** Yield: 2 servings

## Nutritional info per serving:

Calories	Carbs	Protein	Fat
487	10g	41g	35g

## INGREDIENTS:

2 T coconut oil

1 T minced garlic

1 T freshly grated ginger

½ cup bell peppers, sliced

½ cup spring onions, sliced

8 oz chicken breast, cut into  
1-inch cubes

2 T ground turmeric

1 T ground paprika

2 T fish sauce

1 cup water

1 cup full-fat coconut milk

Fresh chopped cilantro, for  
garnish

## METHOD:

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Melt the coconut oil in a large skillet over medium heat and sauté the garlic, ginger, onions, bell peppers, and spring onions for 10 minutes.

When the vegetables are tender, add the cubed chicken, and continue sauteing for about 5 minutes or until chicken is no longer pink.

Add the ground turmeric, paprika, fish sauce, water, and coconut milk, then reduce the heat to low. Allow the ingredients to simmer for 20 minutes or until the chicken is tender.

Divide the soup between two bowls, and garnish with fresh chopped cilantro.



# SLOW COOKER CHICKEN NOODLE SOUP

**L** Prep: 5 mins

**L** Cook: 4 hrs

**L** Total: 4 hrs 5 mins

**🍴** Yield: 4 servings

## Nutritional info per serving:

Calories	Carbs	Protein	Fat
238	8g	34g	8g

## INGREDIENTS:

2 chicken breasts

2 T olive oil

2 celery stalks, sliced

1 yellow onion, diced

2 T fresh parsley

2 zucchini

½ t dried thyme

8 cups chicken bone broth

Salt and pepper to taste

## METHOD:

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Cut ends off zucchini; place zucchini through the spiralizer to create zucchini noodles.

Drizzle slow cooker with olive oil.

Place chicken in the bottom of the slow cooker, and then top with celery, zucchini noodles, thyme, chicken bone broth, salt, and pepper.

Cook on high for 4 hours.

Chicken should now be easy to cut. Serve noodle soup in bowls; add more salt and pepper to taste.

Enjoy!





# CHICKEN CHILE VERDE SOUP

**L** Prep: 10 mins

**L** Cook: 1 hr 5 mins

**L** Total: 1 hr 15 mins

**🍴** Yield: 2 servings

## Nutritional info per serving:

Calories	Carbs	Protein	Fat
280	10g	38g	4g

## INGREDIENTS:

2 cups halved tomatillos

¼ cup chopped fresh cilantro,  
plus more for garnish

½ cup Cubanelle green  
peppers, diced

1 T garlic, minced

¼ cup fresh lime juice

1 cup water

4 cups chicken bone broth

1 T cumin powder

1 T red chili flakes

½ lb chicken breast

Salt and pepper, to taste

Lime wedges, for garnish

## METHOD:

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Place the halved tomatillos onto a baking sheet, and broil them in the oven for five minutes, or until the tops are blistered.

Combine the broiled tomatillos, cilantro, Cubanelle peppers, minced garlic, fresh lime juice, and water in a blender at high speed. Blend until you get a homogenous bright green salsa verde.

Transfer the salsa verde to a medium pot, and add in the chicken bone broth, cumin powder, and chili flakes. Mix well to combine.

Submerge the chicken breast into the liquid, and switch the heat to medium-low. Continue cooking for 1 hour or until the chicken juices run clear when prodding.

Remove the chicken breast from the pot, and set it onto a cutting board. Use two forks to shred the meat into thin strips.

Return the shredded chicken to the pot, and add in the salt and pepper to taste.

Let it simmer for about 3 minutes, and divide the soup evenly into 2 bowls. Garnish with fresh cilantro and lime wedges before serving.







# CHICKEN TORTILLA-LESS SOUP

**L** Prep: 20 mins

**L** Cook: 4 hrs

**L** Total: 4 hrs 20 mins

**🍴** Yield: 6 servings

## Nutritional info per serving:

Calories	Carbs	Protein	Fat
211	10g	23g	7g

## INGREDIENTS:

2 T olive oil

1 small yellow onion, diced

1 red bell pepper, diced

1 jalapeño, diced

3 cloves garlic, minced

3-4 boneless, skinless chicken breast

1 28-ounce can diced tomatoes

1 4-ounce can diced green chiles

4 cups chicken bone broth

2 t chili powder

1 t ground cumin

black pepper to taste

chopped cilantro, for garnish

guacamole, for garnish

## METHOD:

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Preheat olive oil in a large skillet over medium-high heat. Sauté onion, bell pepper, jalapeño, and garlic until onions are translucent. Transfer the cooked vegetables into the slow cooker, and add the remaining ingredients (excluding the cilantro and guacamole). Cook everything for 4 hours on high or 8 hours on low.

Once everything is cooked, use a pair of tongs to remove the chicken to a cutting board or plate. Using two forks or a knife, shred the chicken into bite-sized pieces. Transfer the chicken back into the slow cooker, and stir to mix.

Spoon the soup into serving bowls, and top with cilantro and guacamole. Enjoy!



# INSTANT POT HUNGARIAN GOULASH

**L** Prep: 5 mins

**L** Cook: 35 mins

**L** Total: 40 mins\*

**🍴** Yield: 6 servings

## Nutritional info per serving:

Calories	Carbs	Protein	Fat
275	7g	28g	13g

## INGREDIENTS:

2 T almond flour

1 T water

2 T cooking fat, divided

2 lbs stew beef, cut into 1-inch cubes, divided

1 t sea salt, divided

½ t black ground pepper, divided

1 medium onion, chopped

2 bell peppers, chopped

1 t garlic, minced

1 t caraway seed

2 T paprika

2 cups beef bone broth

1 cup crushed tomatoes

3 T red wine, optional

Fresh parsley

## METHOD:

In a small bowl, mix the almond flour and water to form a paste. Set aside.

Select "Saute" mode on the Instant Pot, and heat half the cooking fat until warm, but not smoking.

Place half the beef cubes in the pot, and season with half the salt and pepper. Brown on all sides for 3–4 minutes. With a slotted spoon, remove the beef from the pot, and set aside. Repeat with the remaining beef.

After all the beef has been removed from the pot, add the remaining cooking fat to the juices in the pot and saute the onion and bell pepper until soft (about 3 minutes).

Stir in the garlic, caraway seed, paprika, and cook for 1 minute.

Press cancel and add the beef back to the pot along with the bone broth, tomatoes, wine (if using), and the almond flour mixture. Stir to combine all the ingredients.

Secure the lid on the Instant Pot, and move the vent knob to the sealed position.

Select "Stew" or "Manual," and cook on high pressure for 25 minutes.

Once the cooking time is up, release the steam naturally.\*

Serve with fresh parsley.

**\*Note:** For a thicker sauce, let the goulash simmer on "Saute" mode, uncovered, for 15–30 minutes.





# ITALIAN SAUSAGE SOUP

**L** Prep: 5 mins

**L** Cook: 10 mins

**L** Total: 15 mins\*

**🍴** Yield: 4 servings

## Nutritional info per serving:

Calories	Carbs	Protein	Fat
388	10g	39g	21g

## INGREDIENTS:

*1 T avocado oil or cooking fat of choice*

*1 lb Italian sausage, casings removed*

*1 medium yellow onion, diced*

*3 cloves garlic, minced*

*1 t dried oregano*

*¼ cup sundried tomatoes, drained and chopped*

*6 cups chicken bone broth*

*1 bunch (4 cups) kale leaves, stems removed, chopped into bite-sized pieces*

*¾ cup coconut cream*

*Sea salt and ground black pepper, to taste*

*Optional: ¼ nutritional yeast flakes for a "cheesy" finish and chopped parsley for garnish*

## METHOD:

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Select "Saute" on the Instant Pot, and cook the sausage in the oil until lightly browned (about 4–5 minutes). Drain the excess fat if desired, and add the onion and garlic. Saute for 2–3 minutes until the onion is softened and fragrant.

Press "Cancel" and add the oregano, sundried tomatoes, and bone broth. Stir to combine.

Secure the Instant Pot lid and move the vent knob to the sealed position.

Press "Manual," and cook on high pressure for 5 minutes. When the cooking time is up, move the vent knob to "Venting" to quickly release the pressure.

Remove the lid and select "Saute" mode. Stir in the kale and coconut cream.

Season with salt and pepper to taste.

Serve hot, and garnish with nutritional yeast flakes and parsley, if desired.







# SLOW COOKER NACHO SOUP

**L** Prep: 15 mins

**L** Cook: 8 hrs 30 mins

**L** Total: 8 hrs 45 mins

**🍴** Yield: 6 servings

## Nutritional info per serving:

Calories	Carbs	Protein	Fat
385	18g	26g	22g

## INGREDIENTS:

1 lb ground beef, cooked

1 cup chopped yellow onion

1 cup chopped green bell pepper

1 jalapeño, seeds removed and diced

1 cup chopped yellow bell pepper

1 cup chopped carrot

1 (28 oz) can diced tomatoes

3 cloves garlic minced

2 t chipotle chili powder

2 t salt

1 t ground black pepper

3½ cups chicken bone broth

1 T arrowroot starch

1 cup coconut cream

*Optional: Top with chopped green onions, coconut yogurt, and cilantro.*

## METHOD:

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Combine the cooked beef, vegetables, seasonings, and broth in the bowl of a 6-quart slow cooker. Stir gently to combine. Cover, and cook on low for 8 hours.

Whisk together the arrowroot starch and coconut cream until smooth.

When the soup is done, pour the arrowroot mixture into the slow cooker, and stir to combine. Cover, and continue cooking for an additional 30 minutes to thicken.

Serve warm with chopped green onions, coconut yogurt, and cilantro. Enjoy!



# BEEF MINESTRONE

**L** Prep: 20 mins

**L** Cook: 40 mins

**L** Total: 1 hr

**🍴** Yield: 12 servings

## Nutritional info per serving:

Calories	Carbs	Protein	Fat
128	7g	14g	5g

## INGREDIENTS:

2 T avocado oil

1 lb stew beef

½ cup onion, diced

2 cloves garlic, peeled and  
diced

1 cup celery stalks, diced

1 (28-oz) canned diced  
tomatoes

2 cups kale, chopped

2 T tomato paste

4 cups beef bone broth

1 cup green beans, snipped  
and cut

1 cup zucchini, diced

1 cup cabbage shredded

1 cup bell pepper, diced

2 T Italian herb blend

1½ t salt

1 t pepper

## METHOD:

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Add 2 tablespoons of avocado oil to a heavy bottom pot and turn the heat on to medium-high. Add the stewing beef that's been cut into smaller chunks, and brown in batches if necessary.

Add the onion, garlic, and celery, and continue to cook for 3-4 minutes or until the onion is soft and translucent.

While this is cooking, prepare the kale. Wash it thoroughly and remove the leaves from the stems. Roughly chop it.

Put the low-sodium beef broth, a whole 28-ounce can of diced tomatoes, tomato paste, and kale into the pot with the beef, and onions.

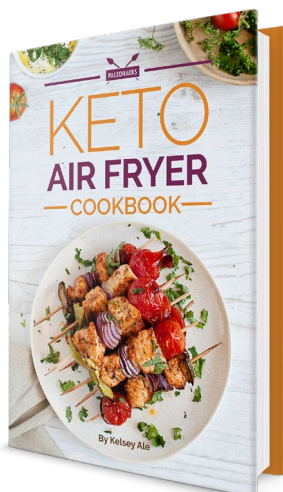
Simmer over low heat, covered, for about 20 minutes or until the beef is tender.

Add the remaining veggies and your favorite Italian seasoning blend, and simmer for an additional 10-15 minutes.

Season with 1½ teaspoons of salt and ½ teaspoon of pepper, or to taste. Serve with a sprinkle of [nutritional yeast flakes](#), and dig in!



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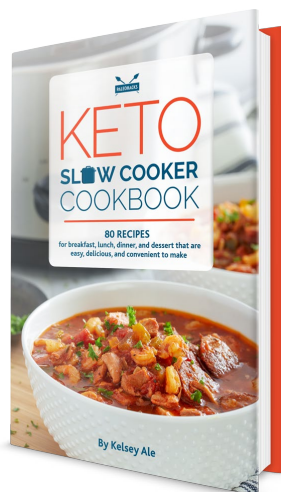
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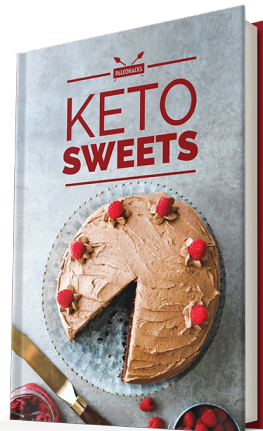
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