

SAVING DINNER
by Leanne Fly

HOT MELT FAVORITES



MITOCHONDRIA MIRACLE SOUP

 30 minutes  4-9 hours  serves 12

- 3 tablespoons olive oil
- 3 large onions, chopped
- 3 large leeks, chopped
- 6 cloves garlic (or more!), pressed
- 3 large carrots, peeled and chopped
- 3 small stalks celery, chopped
- 1 medium turnip, peeled and chopped
- 2 huge leaves chard, deribbed and chopped
- 4 leaves each, black kale and Scotch kale, deribbed and chopped
- 1/4 head cabbage chopped
- 1/2 teaspoon dried thyme
- Sea salt and freshly ground black pepper to taste
- 2 small sweet potatoes, peeled and chopped
- 2 (14.5-oz.) cans diced tomatoes, un-drained
- 4 quarts homemade bone broth or low-sodium chicken broth

In a large soup pot*, heat the olive oil over medium-high heat; add the onion and cook until nearly translucent. Add the garlic and sauté for a couple of minutes, but don't let it brown!

Add remaining veggies; sauté for just a minute or 2 (you're not cooking them, just getting the wonderful flavor this quick step will infuse in your soup). Add the thyme, salt and pepper while sautéing.

Now place the veggies in a large slow cooker; add diced tomatoes and broth. Cover and cook on LOW for 7 to 9 hours or on HIGH for 4 to 6 hours (all slow cookers differ, depending on size, age, brand, etc...your mileage may vary). If your slow cooker isn't large enough, simmer the mixture in the soup pot on the stovetop for at least 1 hour. Just before serving, gently mash some of the sweet potato chunks against the side of the slow cooker or soup pot to thicken the soup; give it a stir and serve.

***LEANNE'S NOTE:** This is a BIG pot of soup, you may need to do a half batch so it will fit in your pot or crock cooker. It freezes well. I like to make a huge batch and freeze some of it in single servings for later.

Quick Fixes for Soup Variations (Now remember: Don't do this to the whole pot of soup...just the amount you pull out to fix yourself for lunch, etc.):

Quick Fix #1: Tex-Mex Veggie Soup: Add some salsa for a little heat (and a dash of cayenne if you like), a little ground cumin and chopped cilantro. Top with some diced avocado and more chopped cilantro.

Quick Fix #2: Tuscan Veggie soup – Add some fresh chopped basil leaves, chopped tomato and gluten free and nitrate free sausage.

Quick Fix #3: Autumn Veggie Soup – Add some diced acorn or butternut squash, a sprinkling of ground nutmeg and some chopped parsley. I also add an ample sprinkling of curry powder.

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HOT MELT GARLIC LIME SALMON

 2 servings

 20 minutes

[SALMON]

2 salmon fillets

2 tablespoons ghee (divided)

1/2 teaspoon chili powder

1/2 teaspoon cumin

1/2 teaspoon garlic powder

1/4 teaspoon freshly ground pepper

1/4 teaspoon sea salt

[AVOCADO SALSA]

1 ripe avocado, pitted and diced

2 tablespoons salsa (your choice)

2 tablespoons red onion, diced

2-3 tablespoons cilantro, chopped coarsely (use the stems, too!)

1 tablespoon olive oil

1/2 lime, squeezed

sea salt and fresh ground pepper, to taste

In a small bowl, toss together chili powder through sea salt. Rub half the melted ghee onto the salmon fillets, then follow up with the spices and sprinkle on the fillet.

In a skillet over a medium high heat, melt remaining ghee and let the pan get hot. Now add the salmon, skin side down, and cook for about 3 to 5 minutes, depending on the thickness of the fillet.

While the salmon is cooking, make the Avocado Salsa.

In a medium bowl, toss all salsa ingredients together. Refrigerate if not using right away.

HOT MELT FAT BOMBS

 10 servings

 30 minutes

1/2 cup coconut butter
1/2 cup coconut oil
1/2 cup shredded, unsweetened coconut
3 tablespoons xylitol
3 ounces sugar free dark chocolate, melted (like Valor or Lily's)

First off, you'll need a mini-muffin pan and some mini muffin pan parchment paper liners. Line the pan and set aside. In a small saucepan, combine all ingredients together except the chocolate and heat over medium heat, turning it down if it's too hot. You want everything melted and mixed well.

Now spoon the mixture into each muffin liner, then freeze for at least 20 to 30 minutes. To melt the chocolate, use a double boiler or a stainless bowl over a boiling pot of water. Once chocolate is melted, bring the frozen coconut mixture muffin pan out of the freezer and divide the chocolate up on top of each one.

Let sit for at least 30 minutes to harden. You CAN put it in the fridge, but the chocolate will sweat. Can be stored in a sealed container in your pantry for a week.

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