Paloma

Thyroid-friendly guide to

Sensational Pureed Soups



Featuring Ginny Mahar, FMCHC

Meet Your Chef



Ginny Mahar, FMCHC

Ginny Mahar, FMCHC, is a thyroid health and cooking coach. She has a 20+ year background as a Cordon Bleu-trained chef, food writer, and cooking instructor, but her life and career took a turn after a Hashimoto's diagnosis in 2015. Through her personal health transformation, she became a passionate thyroid advocate on a mission to empower and support others on their healing journeys. She runs a group health coaching community called The Thrivers Club and works with clients one-on-one as a Functional Medicine Health Coach. Ginny shares thyroid-friendly recipes and lifestyle content on hypothyroidchef.com and the Thyroid-healthy Bites Podcast.

Follow Along



Follow along and watch this guide live with your chef, Ginny Mahar, and learn to create nutrient-dense soups that are also beneficial for your thyroid health.



Welcome to Soup School

In this guide, you'll learn the art of crafting sensational and thyroid-healthy pureed soups. I'm Ginny Mahar, a thyroid health and cooking coach also known as Hypothyroid Chef. I can't wait to teach you this essential technique.

By the end of this guide, you'll know how to create delicious, nutrient-dense soups that support your thyroid and overall health. We'll cover how to choose the best possible ingredients, proper preparation, cooking methods, and blending techniques. We'll explore nutritional benefits, classic flavor combinations, and textural garnishes that will take your soups to the next level. We'll cover essential equipment and safe storage so that you have thyroid-healthy meals on hand at all times. And, of course, I'll share some sensational soup recipes!

Soups are like the salads and smoothies of winter. Nothing gives us a better way to pack in more nourishing ingredients, and nothing is more soothing in the chillier months than a warm cup of soup. Pureed soups are especially simple and convenient. This essential cooking technique provides endless thyroid-friendly meal options and a lifetime of delicious possibilities.

Wishing you happy soup-making and the best of health,



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Choosing The Right Ingredients

Great soups start with great ingredients. Let's explore how to choose the right ingredients for soups that support your thyroid and overall health. Below, we'll cover the basic tenets of thyroid-healthy cooking and soup making.

Choose "Thyroid-Healthy" Ingredients

There is no one-size-fits-all diet for thyroid patients, but there are some basic tenets to follow. Thyroid-healthy eating is anti-inflammatory and nutrient-dense. It's a way of eating that isn't just thyroid-healthy, it's also gut-healthy, hormone-healthy, and blood-sugar-healthy. Ultimately, your thyroid-healthy diet is also personalized to your unique needs.

The foundation of thyroid-healthy recipes is real, whole-food ingredients like colorful produce, high-quality protein, and healthy fats. All of my recipes follow these basic principles, and all of them are gluten and dairy-free.

We'll explore thyroid-healthy eating in more detail below.

Goitrogens: Do they matter?
The term goitrogenic refers to foods that contain some naturally-occurring thyroid-inhibiting compounds. Some of the most well-known goitrogenic foods include broccoli, kale, cauliflower, and other cruciferous vegetables. These also happen to be some of the most health-giving foods you can eat, with too many health benefits to list!

Many thyroid patients have been told to avoid these foods, which is now considered an outdated recommendation that many thyroid experts have gone to great lengths to correct.

The simple rule of thumb with goitrogenic foods is to eat them cooked or fermented whenever possible and raw in reasonable amounts.

Both cooking and fermentation help destroy those goitrogenic or thyroid-inhibiting compounds in these foods. For our soup-making purposes, we're talking about well-cooked veggies, so pretty much all veggies are fair game for your soups, including those goitrogenic ones.

What ingredients should we AVOID in our soups?
Chronic inflammation is associated with thyroid disorders, and one of the primary recommendations from thyroid experts is to avoid inflammatory ingredients. Some of the most common inflammatory ingredients include gluten, dairy, sugar, most processed foods, processed meats, refined oils, and any artificial ingredients. This means highly processed soup ingredients like bouillon cubes and flavored soup packets are also best to avoid.

Part of anti-inflammatory eating is avoiding the foods that are inflammatory to YOU. Many thyroid patients have sensitivities to otherwise healthy foods, and those sensitivities can lead to inflammation. This can include ingredients like nightshade vegetables, eggs, nuts, grains, and beans. These sensitivities vary from person to person, which is why your thyroid-healthy eating plan is ultimately personalized. Avoid any ingredients that are problematic for you.

Meals rich in anti-inflammatory ingredients can help manage and reduce inflammation. Soups typically contain ingredients with anti-inflammatory properties, such as greens, colorful vegetables, and olive oil. These components can contribute to a more balanced inflammatory response.

What ingredients should we incorporate MORE of in our soups?
Anti-inflammatory eating isn't just about what we avoid. Soups can be a great way to incorporate more anti-inflammatory ingredients! So many foods have anti-inflammatory properties. Some of the best ones we can make use of in our soups are cruciferous veggies like kale and cauliflower. Other anti-inflammatory ingredients include peppers, mushrooms, tomatoes, extra virgin olive oil, turmeric, ginger, many nuts and seeds, and other herbs and spices.

Now, if you heard "tomatoes and peppers" and thought, "Wait, I don't do well with nightshades," that's an example of where we may need to personalize these recipes for our dietary needs and sensitivities. With any of my recipes, always go with what's right for you right now.

Are Pureed Soups Right for YOU?

There is no one-size-fits-all diet for thyroid patients, but healthy meal prep techniques, like pureed soups, make it easy to keep heat-and-eat, thyroid-healthy meals on hand. As with any food choice, it's essential to consider your individual health needs, preferences, and sensitivities. While soups offer numerous benefits for thyroid patients, they are best enjoyed as part of a well-rounded diet that includes a variety of meal types made of nutritious foods.

If you're currently dealing with gut health issues (as many thyroid patients are), these well-cooked and pureed soups can be an excellent way to get easy-to-digest nutrition featuring gut-soothing ingredients. Some patients may need time to adjust to the fiber content, though.

If you are histamine intolerant, you may need to avoid bone broth and try a quicker cooking stock instead. Dr. Becky Campbell recommends using an Instant Pot for low-histamine bone broth. Quick freezing and thawing methods are also key to keeping histamine levels down.

Always work with your trusted healthcare professionals to develop a personalized eating plan that supports your specific health needs and goals.

4 Best Practices & Tips for Choosing Ingredients

1 - Use fresh ingredients.

Pureed soups can help you use up that nutritious produce that's been hanging out in the back of your vegetable drawer. They're an ideal way to reduce food waste and take your food dollars further. That said: The soup pot isn't a garbage can, so for your health and food safety, don't use anything that is far past its prime or or showing signs of rot or mold.

2 - Do organics matter?
Well, yes and no. Most of us aren't getting enough servings of fruits and vegetables, so the most important produce is the produce on your plate, er, in this case, in your bowl. That said, it's important to be aware that the thyroid is sensitive to environmental toxins, and conventional farming chemicals are high on that list. Nutritionally speaking, both organic and conventional produce are wonderful choices for your health. Eating organic is ideal for thyroid patients, but if organic is not accessible, conventional produce is a far better choice than NO produce.

3 - Choose seasonal ingredients.
Seasonal foods like spring greens, summer berries, or the squash and pumpkins of fall tend to give our bodies what they need when they need it, nutritionally speaking. Cooking seasonally is also a great strategy to get the most affordable produce with the highest nutrition content. Plus, your soups are guaranteed to taste amazing when you use ingredients at their peak of ripeness.

4 - Frozen ingredients work great too!
If you don't have access to fresh produce, frozen veggies are a great option! They can be a time saver and, in some cases, a money saver too. Some favorite frozen veggies for pureed soups include chopped kale or spinach, broccoli, peas, cauliflower, and cubed butternut squash. The nice thing about frozen vegetables is that they are already washed and chopped for you, making them more convenient than their fresh counterparts.

Whether you're using fresh or frozen, conventional or organic produce, the point is to meet yourself where you're at. Do your best, try new things, have fun, and don't let perfectionism or food fear get in the way of enjoying these wonderful, colorful, nutrient-packed soups.



Bone Broth: The Foundation

Depending on your dietary needs and preferences, you can use vegetable broth, chicken broth, or beef broth in your soups, but ideally, for the most nourishing soups possible, bone broth (or stock) is best.

***If you are histamine intolerant, see note on page 6 regarding bone broth.**

What is Bone Broth?
Bone broth, also known as "stock," is made by simmering animal bones with water, some simple herbs and seasonings, and mirepoix, which is a combination of diced onion, carrot, and celery.

Regular broth (vs. bone broth) is made with meat and vegetables only, no bones. Bone broth and stock are made with bones, but bone broth simmers for 24 hours or more, whereas stock cooks for just 4 to 6 hours.

With bone broth, that long, slow cooking process pulls flavor, vitamins, minerals, and nourishment from the veggies, bones, meat, and connective tissue (i.e., cartilage and tendons) in the pot. Collagen, gelatin, and an array of nourishing amino acids are rendered during this long simmer and make bone broth one of the most ancient and time-tested healing foods there is. There really is medicine in a bowl of chicken soup.

These rendered amino acids not only make for a delicious and rich-tasting broth, but they're also what supports our gut, skin, hair, joint, and nail health. These healing properties are especially helpful for those of us with thyroid issues, as many of us struggle with these issues.

The highest-quality bone broth will GEL as it's chilled, kind of like jello. That's from all that nourishing gelatin, so if you see that, it's a good thing!

If you don't eat animal protein or wish to use regular broth as opposed to bone broth for any reason, broths work great in soups and taste delicious, but do be aware that your soups will contain less protein, and less healing effects.

Is Store-bought Bone Broth a Good Choice?
It can be. There are pros and cons to both homemade and store-bought broth. While homemade broth is typically the best-tasting and most nourishing option, it takes time to prepare. Store-bought bone broth is a great way to save time. Having some on hand makes it easy to whip up a quick batch of soup with no muss and no fuss. I always keep some on hand.

On the downside, store-bought bone broth can be quite expensive. Some products that are labeled "bone broth" aren't all that nourishing or flavorful and can taste pretty watered down. I recommend the brand Kettle & Fire for its consistent quality and good flavor.

Is Bone Broth Hard to Make?
Not at all! While it does take time to simmer, bone broth takes minutes to throw together. It's also a great way to reduce food waste. Once you learn how you'll be whipping up bone broth like it's no big deal!

Here's How: Keep a bag in the freezer where you can toss your bones and veggie scraps. When it's full, put the contents in a pot, cover with water, and simmer for 24 hours. Strain, store in airtight glass or ceramic containers, and voila! You've got homemade bone broth to cook with.

You'll find my recipe for homemade bone broth on the next page. You can also check out my video tutorial on bone broth for a demonstration of how to make your own, including all the yummy things you can throw into the pot.

Recipes

In the next pages, you'll find recipes for bone broth and four sensational pureed soups.





Homemade Bone Broth

Gluten-free, Dairy-free, Paleo, AIP, Low Carb. MAKES 3 QUARTS.

Ingredients:

- 2 to 3 pounds of poultry bones, beef bones, or a mixture
- 2 - 3 ribs celery, chopped
- 3 - 4 large carrots, chopped, unpeeled
- 1 yellow onion, roughly chopped, skin included to add color
- 2 - 3 cloves garlic, smashed
- 1/2 teaspoon dried turmeric, or a few coins of fresh turmeric root
- 1 teaspoon sea salt or Himalayan salt
- 2 - 3 bay leaves
- 1/2 teaspoon whole peppercorns (omit for elimination-phase AIP)
- 1 - 2 tablespoons apple cider vinegar to help extract nutrients from the bones
- 3 - 4 quarts filtered water, or enough to cover bones and veggies

Instructions:

- Combine all ingredients in a large stock pot or slow cooker. Bring to a simmer, cover, and cook over low heat for approximately 24 hours. To extract maximum nutrients, do not cook at a rolling boil.
- After 24 hours, strain the stock into another large pot or mixing bowl. Place in an ice bath and cool for up to 30 minutes.
- Skim the fat. This can be done easily if the cooled broth is left to chill overnight in the fridge, hardening the surface fat and making it easy to remove. Otherwise, just skim the top with a spoon, or use a gravy separator to strain.
- Set aside any stock you may want for immediate use, and freeze the rest in glass or ceramic containers for later use.



Irish Colcannon Soup

Gluten-free, Dairy-free. SERVES 4 - 6.

Ingredients:

- 3 tablespoons grass-fed ghee
- 1 large or 2 small leeks, finely chopped
- 4 cups finely chopped kale
- 2 pounds Yukon Gold potatoes, peeled and cut into 1/2-inch cubes
- 4 cups chicken bone broth
- 1 1/2 teaspoons fine sea salt
- 1/4 teaspoon white pepper
- 4 ounces bacon, cooked and crumbled, for garnish
- 2 green onions, sliced for garnish

Instructions:

- Melt the ghee in a large soup pot over medium heat. Add leeks and kale to the pot and cook, stirring over medium or medium-low heat, for 10 minutes or until soft.
- Add potatoes to the pot, along with broth, sea salt, and white pepper. Bring to a boil, reduce heat, cover, and let simmer for 20 minutes or until the potatoes are tender.
- Use a potato masher to mash about half the pot of soup so you end up with a nice mixture of potato cubes and hearty potato puree. Alternatively, you can puree the soup with an immersion blender.
- Taste and adjust seasoning. Serve garnished with crumbled bacon and sliced green onion. Enjoy!



Curried Pumpkin Soup

Gluten-free, Dairy-free, Paleo, Vegan-friendly. SERVES 4 - 6.

Ingredients:

- 2 tablespoons organic,unrefined coconut oil
- 1 cup diced shallot
- 2 cloves garlic, chopped
- 1 tablespoon fresh ginger, chopped
- 1 tablespoon curry powder
- 1/4 teaspoon cinnamon
- 3 cups chicken bone broth (sub. veggie broth for vegan version)
- 1 cup coconut milk
- 3 cups pumpkin puree (or 2 - 14 oz cans)
- 1 tablespoon maple syrup
- fine sea salt and freshly cracked pepper, to taste
- Pinch cayenne
- Optional Garnishes: Pumpkin seeds, pumpkin seed oil, coconut milk, fried sage leaves, cilantro, green onion, or Sweet & Spicy Pumpkin Seed Brittle

Instructions:

- In a medium-sized cooking pot, heat 2 tablespoons of coconut oil over medium-high heat. Add shallot and saute until soft and translucent, about 4 minutes. Add garlic and ginger to the pot, and cook for 1 - 2 minutes or until fragrant.
- Stir in curry powder and cinnamon, and let the spices sizzle with the shallot for a minute to help the flavors bloom.
- Next, pour in broth and coconut milk. Add 3 cups of pumpkin puree. Give it a stir, scraping up any spices stuck to the bottom of the pan. Add maple syrup, and season with salt, pepper, and a few shakes of cayenne pepper. Bring to a boil, reduce the heat to low, cover the pot, and let simmer for about 20 minutes.
- Remove from heat and allow to cool slightly, and then puree the soup in batches in an upright blender or with a hand-held immersion blender until velvety smooth. Taste and adjust seasoning. Garnish as desired. Enjoy!



Toasted Garlic and Cauliflower Soup

Gluten-free, Dairy-free, Paleo, AIP, Low-Carb, Vegan-friendly. SERVES 4 - 6.

Ingredients:

- 1/2 cup extra virgin olive oil
- 4 - 6 large cloves of garlic
- 1 sprig of fresh rosemary, finely chopped
- 1 medium yellow onion, roughly chopped
- 4 cups chicken bone broth (sub. veggie broth for vegan version)
- 1 medium head cauliflower, chopped into florets
- 1 - 2 teaspoons fine sea salt

First, make the toasted garlic oil: In a small skillet, heat ½ cup of extra virgin olive oil over medium-low heat. Add 4 - 6 large cloves of garlic, peeled and sliced into thick coins. Cook for 5 minutes, stirring occasionally and watching to make sure the garlic doesn't brown. Lower the heat if necessary to maintain a gentle simmer. Remove from heat, and stir in freshly chopped rosemary, and let steep while you prepare the soup.

Instructions:

- Add 2 tablespoons of the garlic and rosemary oil to a medium soup pot over medium heat. Add onion and cook, stirring, until soft and translucent, about 6 to 8 minutes. Add chopped cauliflower and 4 cups broth to the pot.
- With a slotted spoon, scoop the garlic from the oil, and add it to the soup. Season with 1 teaspoon salt. Bring it to a boil, reduce heat, and simmer, covered for 20 minutes or until the cauliflower is tender.
- Add all but two tablespoons of the garlic and rosemary oil to the pot. Remove from heat and allow soup to cool slightly, before pureeing the soup in batches in an upright blender or with a hand-held immersion blender until velvety smooth.
- Taste and adjust seasoning as desired. To serve, ladle soup into bowls and drizzle atop the garlic and rosemary oil. Enjoy!



Ginger Beet Breakfast Soup

Gluten-free, Dairy-free, Paleo, AIP, Vegan-friendly. SERVES 6.

Ingredients:

- 2 tablespoons unrefined coconut oil
- 3 medium carrots, roughly chopped
- 3 ribs celery, roughly chopped
- 1 large apple, tart variety, peeled and roughly chopped
- 3 medium beets, approx. 1 1/4 lbs., peeled and roughly chopped
- 2 tablespoons minced fresh ginger, divided
- 1 teaspoon dried turmeric
- 1 1/2 teaspoons fine sea salt
- Freshly ground black pepper, to taste (omit for AIP)
- 1 cup fresh squeezed orange juice (about 2 med. oranges)
- 5– 6 cups chicken bone broth (sub. veggie broth for vegan version)
- Optional drizzle: coconut milk

Instructions:

- In a large soup pot, melt coconut oil over medium heat. Add carrots, celery, apple, beets, 1 tablespoon of the minced ginger, turmeric, salt, and pepper to taste. Saute for 10 - 15 minutes, stirring occasionally, until vegetables are slightly tender.
- Add 5 cups broth. Bring to a boil, reduce heat, and simmer 20 minutes or until vegetables are soft and tender. Remove from heat and stir in fresh orange juice and remaining minced ginger. Let cool slightly before pureeing with an immersion blender or in a regular blender.
- Season to taste with salt and pepper. If necessary, add additional broth to thin. To serve, drizzle the top with full-fat coconut milk (optional). Enjoy!



AIP Zucchini Basil Breakfast Soup

Gluten-free, Dairy-free, Paleo, AIP, Vegan-friendly. SERVES 6.

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 large sweet onion, roughly chopped
- 4 cloves garlic
- 2 1/2 pounds zucchini, roughly chopped
- 1 1/4 teaspoons fine sea salt
- 4 cups chicken bone broth, preferably homemade (sub. veggie broth for vegan version)
- juice and zest of 1 lemon
- 1 tablespoon nutritional yeast powder* (optional)
- 1/8 teaspoon white pepper* (omit for strict AIP)
- 1 large bunch fresh basil, roughly chopped
- Optional additions: Fresh thyme, fresh tarragon, fresh parsley, fresh mint, fresh sage, fresh nutmeg* (omit for strict AIP), fresh spinach, celery.

Instructions:

- In a large soup pot, heat the olive oil over medium-high heat. Add chopped onion and garlic. Cook, stirring, until softened, about 3 minutes
- Add zucchini and salt to the pot. Saute 8 to 10 minutes or until zucchini has softened. Add 4 cups broth, and bring to a boil. Reduce heat, cover, and simmer for 15 minutes.
- Remove from heat and stir in juice and zest of 1 lemon, nutritional yeast powder (optional), white pepper (if using), and fresh basil.
- Let cool slightly before pureeing with an immersion or stand blender* (see notes) to a smooth and velvety consistency. Taste and adjust seasoning as desired.



Classic Flavor Combos

Carrot + Ginger + Orange Juice

Tomatoes + Basil + Garlic

Butternut Squash + Sage + Caramelized Onion + Nutmeg

Sweet Potatoes + Cumin + Garlic + Coriander

Mushrooms + Thyme + Shallots + Beef Bone Broth

Peas + Mint + Sweet Onion

Zucchini + Lemon + Dill

Roasted Red Peppers + Coconut Milk + Cayenne

Asparagus + Lemon + Pine Nuts + Tarragon



Pro Tips & Secrets

I've made a lot of soup in my 20+ years as a professional chef, recipe developer, and home cook! Here are my six top tips for sensational soups.

1. **If your soup needs a flavor boost**, make sure you've added enough salt, and also play with additions that are sweet, spicy, or sour. This might include touches like pepper, cayenne, a squeeze of lemon juice, or even a touch of sweetness like maple syrup.
2. **When seasoning or experimenting with soup additions**, use a small bowl to taste, and tinker with a small portion of soup before adding things to the pot. This will tell you if your seasoning instincts are on point and if that special addition is right for your soup (or a flop) before you add it to the whole batch.
3. **If you oversalt a soup**, add a peeled whole potato to the pot and simmer briefly. The potato will help absorb the excess salt!
4. **One key to well-balanced soups** is to strike the right ratio of liquids to solids. This will vary depending on what vegetables you're using and how starchy or watery they are. It's a good idea to have a little extra broth on hand to adjust the thickness of your soups if needed.
5. **Soups are not just for home**! Pureed soups can be a portable and thyroid-friendly meal option, perfect for work lunches or on-the-go snacks. Enjoy them from a bowl, mug, travel mug, or thermos!
6. **Creative garnishes add visual and textural appeal** and a touch of culinary magic. From toasted nuts to flavorful oils, fresh herbs, crispy shallots, seeds, and even gluten-free croutons, there are countless ways to add pizzazz to your pureed soups.



Blending Tools & Techniques

There's more than one way to blend your pureed soups. Here are the three primary tools and techniques, including tips for how to avoid a hot mess!

Immersion (Hand-held) Blender

An immersion blender is a time and space-saving kitchen tool for those who don't want to endure the hassle of pureeing hot soup in a blender. The nice thing about an immersion blender is that there's a lot less cleanup. The key is to keep it fully submerged in the soup, and while a slight angle will help circulate the soup, too much of an angle is going to send soup flying. The downside of immersion blenders is that they sometimes don't get the soup as velvety smooth as a blender. Keep blending probably longer than you think you need to until your soup is as smooth as possible

Upright Blender

A high-powered, upright blender makes the smoothest soups. But blending hot soups safely does require a little bit of know-how. What we want to avoid is steam building up in the blender and blowing the top off, sending soup flying everywhere - been there, done that! This isn't too hard to avoid if you know what to do, so pay close attention to these instructions:

- First, let the soup cool down just a bit so it's not boiling hot before blending.
- Next, fill your blender no more than half full. This will allow for more room inside the blender for steam to expand. Also, soup tends to expand the longer you blend it, so you want LOTS of extra headroom.
- Lastly, start low and slow. Whatever the lowest speed is on your blender, start with that and slowly work your way up. If you can, try to keep a hand on the lid so you can crack it just a bit and let some of that steam escape, especially as you start to blend.

If you follow these guidelines, you should have no trouble blending hot soups safely and effectively.

One downside of using a blender is that there's more cleanup. Not only do you have to wash the blender out, but if you're working in batches, you'll need to pour the blended soup into another bowl or pot.

Potato Masher

This is the most low-tech and inexpensive way to puree your soups. A potato masher obviously won't create the smoothest soups, but it's easy to use, easy to clean, and in the right soup (like the Irish Colcannon recipe on page 11), it can be ideal for creating a rustic pureed texture. If you like your soups chunky but still want them a little bit pureed, a potato masher is the way to go!



Storage & Handling

One of the greatest things about these soups is that in addition to being easy to make, they're also easy to store. In fact, most soups are even better after a day or two in the fridge, so these are leftovers you'll want to eat.

Because these soups are dairy-free, they're also freezer-friendly and a wonderful way to ensure that you have quick and easy thyroid-healthy meals available. Try making a double batch and freezing half for later.

Here are a few simple guidelines for proper soup storage and handling:

- When storing these soups, be sure to use glass or ceramic containers vs. plastic to avoid thyroid and endocrine-disrupting toxins.
- When freezing these soups, leave a bit of headroom in your containers as liquids expand when they freeze.
- Mason jars work well for refrigeration, but their thin glass shatters easily when the liquid inside expands as it freezes. Not recommended.
- I recommend Pyrex storage containers with silicone lids for freezing soups and broth.
- Avoid the "Danger Zone." For food safety, any perishable food that has been left in the danger zone, which is between 40 and 140 degrees Fahrenheit, for a total of 4 hours or more should be discarded.
- To quickly chill broth or soups before refrigerating or freezing, fill a clean sink with ice and water to a depth that's lower than the pot or bowl your broth or soup is in. Gently lower it into the ice bath, and stir occasionally for 20 to 30 minutes to chill.
- The best way to thaw frozen soups is by moving them to the fridge for a day or two, but you can also microwave or reheat them on the stovetop.



Essential Equipment Guide

The right equipment can make the difference between looking forward to soup prep and dreading it. Give yourself the tools to succeed so you can whip up, blend, and store sensational soups with pleasure and ease.



Mueller Immersion Blender
The Mueller Ultra-Stick Immersion Blender promises ultra-smooth soups and smoothies and easy cleanup. With almost 50K reviews on Amazon, this is well-loved and one of the latest additions to my own kitchen.



Vitamix
Vitamix is the GOAT of all blenders for a reason. This workhorse of personal and professional kitchens makes the most velvety pureed soups. If you want to cut down on plastic exposure, you can even order a stainless steel pitcher to go with it. The model I own is discontinued but is most similar to the Vitamix 5200 Professional-Grade. The model pictured (left) is the Vitamix VM0197 Explorian Blender which is the most popular and comes in at a more accessible price point than the pro-grade models.



Zyliss Potato Masher
This thoughtfully designed Zyliss Potato Masher has won my heart. It's comfortable and functional, and it makes the smoothest mashed potatoes!



Pyrex Food Storage

These Pyrex Food Storage Containers with Silicone Lids are a staple in any thyroid-friendly kitchen. Refrigerate leftover soups, freeze them, reheat them, and even eat them out of these heavy-duty, non-toxic containers.



OXO Ladle

OXO Good Grips Stainless Steel Ladle. When it comes to serving time, a ladle is the right tool for the job. Ours always seems to be in the dishwasher! LOL. Leave it to OXO to create the ultimate tool for serving your sensational pureed soups.



Tramontina Soup Pot

Tramontina Lock & Drain Pot. If I had to pick just one pot from my collection, this would be the one, with high utility and quality at a low price. This heavy-bottomed, 8-quart pot is designed for pasta, perfect for soups, and big enough for a small batch of bone broth. The lock-on strainer lid works beautifully for straining bone broth. I found it years ago at Costco and feel like I hit the jack-POT!! Get it?



Summary & Closing Thoughts

Congratulations, you're now equipped with everything you need to know to make sensational pureed soups. Let's review what we've learned today...

✓ Soups are the salads of winter and provide an easy and delicious way to incorporate lots of colorful produce and other healing foods into your diet.

✓ Great ingredients make great soups! Thyroid-healthy soups are made with anti-inflammatory, real-food ingredients. Goitrogenic or thyroid-inhibiting foods are not really a concern with these soups, as they're all well-cooked.

✓ Bone broth is the foundation of sensational soups. Making your own bone broth is easy and cost-effective, while store-bought bone broth provides a quick and convenient option.

✓ If you are histamine intolerant, you may need to avoid bone broth and try a quicker cooking stock instead. Quick freezing and thawing are also key to keeping histamine levels down.

✓ Pureed soup recipes follow the same technique of sauteeing veggies and aromatics, adding broth, simmering until everything is tender, and then pureeing. You can use this simple technique and some of the classic flavor combinations provided to create your own sensational soups.

✓ Puree your soups with an immersion blender, an upright blender, or a potato masher, but do use cautionary guidelines when blending hot soup.

✓ These soups can be refrigerated or frozen, ensuring you have thyroid-friendly meals on hand at all times. Enjoy them from a bowl, mug, or travel thermos! Pyrex storage containers are a thyroid-healthy option for storage, freezing, and reheating.

✓ Set yourself up for success with the right soup-making equipment. At a minimum, you'll need a good soup pot, a ladle, and something to puree these soups with.

There you have it! Everything you need to know to craft sensational and thyroid-healthy pureed soups. I hope you're inspired to bring these delicious creations into your kitchen and get creative in creating your own pureed soups.

The possibilities are endless, and the great thing about soups is that they're very forgiving and can almost always be fixed if things go awry.

Food is medicine, and these soups embody that 100%! Incorporating these nutrient-dense soups into your cooking repertoire is a surefire way to boost your energy, nourish your body, and get the nutritional support you need to thrive!

Thank you for joining me on this culinary adventure, and until next time, happy cooking, happy thriving, and enjoy the recipes!

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