

# Flourish

Feeding your Microbiome to Optimize your Health



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Vegan - Gluten Free - Nut Free - Peanut Free - Soy Free - Soluble & Insoluble Fiber - Beta Glucans - Folate

## Chock-Full-of-Veggies Tuscan Ribollita Soup

In the early 2000s, I spent summers in Italy learning the language, enjoying her culture and most definitely her food! I remember stopping at this unpretentious little restaurant one afternoon around 4 PM. If you've been in Italy you know most restaurants close in the afternoon and don't open until dinner time. I walked into this restaurant starving and explained to the chef in my broken Italian that I was vegetarian and was looking for something to eat. He muttered something to the waiter who motioned me to sit down and 10 minutes later he came back with ribollita. They watched in astonishment as I polished off two whole bowls of soup! It had just the right flavor, and I was taken in by the creaminess of the beans, the aromatics, and the heavenly crunch of a day old bread. Needless to say, that little gem of a restaurant was my afternoon stop almost daily that summer and soon the chef was a friend who shared this recipe with me in Italian. As I always do, I tried to recreate this recipe upon my return. I tried it with a variety of beans, greens and veggies. I present here a simple but delicious version of the soup.

The idea is veggie diversity! Buon appetito!

**Prep Time:** 30 minutes   **Cook Time:** \_\_\_\_   **Portions** 6-8

### Ingredients

#### For the Base (Soffritto)

6 tablespoons olive oil  
2 onions, chopped  
2 carrots, chopped  
1 celery stalk, chopped  
4 garlic cloves, peeled and crushed

#### For the Soup

4 cups cannellini beans, washed and drained  
15-ounce glass jar crushed tomatoes  
1 cup zucchini, diced  
1 cup cauliflower florets  
1-1.5 cups of green cabbage  
4 cups vegetable stock or water  
2 cups finely chopped Tuscan kale  
2 cups Swiss chard, chopped  
4 slices gluten free sourdough bread, toasted (optional)

#### To Garnish (Battuto)

2 tablespoons fresh rosemary  
1 fresh sprig of thyme  
2 tablespoons garlic, minced fine  
Salt and pepper to taste  
½ cup freshly grated vegan parmesan



## Method

### Preparing Soffritto

In a medium size pan, heat extra-virgin olive oil, and sauté the carrot and celery over medium-high heat, until golden in color, about 7-8 minutes.

Stir often to avoid burning.

Add garlic and onion and fry until lightly caramelized.

### Preparing the Soup

In a large pot make a broth with vegetable stock and crushed tomatoes and bring it to a gentle boil. Keep stirring and breaking the tomatoes with a wooden ladle.

Blend 1 cup of cannellini beans and 1 cup of the tomato broth in the blender.

Add the tomato bean paste to the pot along with the rest of the veggies (except kale and swiss chard), cannellini beans, salt and cook for 8-10 minutes or until tender.

Add the soffritto base and cook for a few more minutes.

Stir in the kale and cook until wilted.

Add black pepper and salt and adjust seasonings.

Break bread into thick pieces and add it to the soup.

### Garnish

Flavor the soup with the herb mix (battuto) and cook for an additional two minutes.

Plate the soup.

Drizzle with olive oil before serving.

## About Soffritto

Soffritto is an aromatic base for Italian dishes. Like dashi in Japanese or tadka in Indian cooking, soffritto adds depth to a dish. It means lightly fried in Italian. It is important to ensure that all the veggies in the soffritto are all diced the same size. Preparing soffritto is an important step when you first learn to make this soup. With a little practice, you will be able to do this as part of preparing the soup like my Italian friends.

## Tips

For a cleaner option, buy cannellini beans in glass jars or make a batch of beans in your Instant Pot. Look under beans for directions. If you are on a weight loss journey, omit the bread. To make it spicy, add calabrese peppers, harissa, and/or lots of black pepper.

## Convenience Leads to Consistency

Buy chopped cabbage and kale. Batch cook this soup. Store in the fridge for 3-4 days in an airtight container. (Ribollita s even better the following day!)

**Dairy Free - Gluten Free - Soy Free - Beta Glucans - Prebiotics**

# Savory Oat Bran Upma

Upma is a southern Indian porridge dish made with dry roasted semolina or cracked rice. Mom usually made this on a Saturday morning and served it with yogurt. When I went gluten free I switched to making this with cracked rice. This recipe was born from my desire to increase beta glucans in my diet.

## Ingredients

1 cup oat bran

1 tablespoon extra virgin olive oil

1 medium sized red onion, chopped fine

1 carrot, peeled and chopped into small pieces

1 medium green pepper, chopped into small pieces

1 inch ginger, finely chopped

Juice of 1 lemon

2.5 cups of water

¼ cup chopped cilantro

4-8 curry leaves (optional)

4-5 cashews chopped

¼ cup plant based yogurt or sour cream

¼ teaspoon coconut sugar

## Method

Heat oil in a medium size pan. Add white lentils. When they turn a golden brown add in the nigella, curry leaves and onions. Stir until the onions are translucent.

Fold in the carrots, green pepper and ginger and saute for 5-6 minutes until they are cooked but still have a bite to them. Add 2 cups of hot water to this mix and some salt to taste. bring the mixture to a boil and lower the heat.

Add the oat bran to the pan and mix well so that there are no clumps. If it appears to be dry add another ½ cup of water and mix well. It should look like a thick porridge.

Stir in the lemon juice and mix well.

Garnish with chopped cilantro and cashews.

Plate it with a dollop of yogurt or plant based sour cream and sprinkle some coconut sugar on top of the sour cream. It gives the dish just a hint of sweetness.

## Tips

I love this with a few raspberries for color! Change up the fruit to increase diversity Peaches and Kiwi are great add ins. If your blood sugar is stable add in half a banana or or other high GI fruit like mango.

Looking for a low GI sweetener? I top the porridge with a drizzle of yacon syrup and it tastes amazing. Allulose, monk fruit or stevia all work as well.





**Dairy Free - Gluten Free - Soy Free - Resistant Starch - Beta Glucans - Fiber**

## Nutty Oat Bran Smoothie

This recipe is something I created for my clients going through an elimination diet before they start their Metabolic Reset and I bring it back when they are in maintenance. It is rich in resistant starch, beta glucans, antioxidants and fiber.

### Ingredients

½ cup oat bran  
½ cup flax milk or almond milk  
1 cup blueberries or raspberries (fresh or frozen)  
1 cup water  
1 tablespoon ground flax  
1 scoop pea protein  
¼ cup green banana flour  
1 tablespoon yacon syrup  
Almond granola (optional, see pg. \_\_\_\_)  
Ice cubes

### Method

Place oat bran in a blender and powder it.  
Add the rest of the ingredients and blend until smooth, approx. 2 minutes.

## Oat Bran Porridge

Most of us have grown up eating some form of porridge especially in the winter months. Oat porridge is typically Scottish and is thick and creamy. I've had so many different versions of it on my many trips to England. This is a client favorite because of its simplicity and the ability to vary it with adding different toppings.

### Ingredients

1 cup gluten-free oat bran (Bob's Red Mill brand)  
1 cup almond milk  
1 cup filtered water + 2 tablespoons water  
1 Tbsp pea protein  
2 tbsp flaxseed ground  
1/2 tsp cinnamon  
1 low GI sweetener of your choice  
1 tbsp almond butter  
optional toppings: fresh berries or choice, nuts, seeds, goji berries, cacao nibs or shredded coconut.

### Method

Heat almond milk and water and bring it to a gentle boil.  
Turn off the heat and add oat bran and mix well.  
Mix the 2 tablespoons of water and protein powder to form a paste.  
Stir in the spices, protein powder, almond butter and toppings.  
Adjust the thickness of porridge to your liking.