



OAKLAND ACUPUNCTURE &  
INTEGRATIVE MEDICINE CLINIC

Presents:

**6 DELICIOUS RECIPES FOR A HEALTHY WINTER**

Enjoy these 6 hearty soup and stew recipes recommended by your practitioners at **Oakland Acupuncture & Integrative Medicine Clinic** for healthy eating this winter.

Winter Root Soup

Cream of Carrot Soup

Gypsy Soup

Winter Sunshine Soup

Goat Stew

Beef Stew

“Warm hearty soups, whole grains and roasted nuts sound good on cold days...In the winter, cook foods longer at lower temperatures and with less water.” (p. 355- Healing with Whole Foods)

For additional guidance on eating right in every season and personalized therapeutic nutrition counseling, please book a personal consultation with August- G Varlack, L.Ac.

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### **Winter Root Soup**

½ cup whole oat groats, cooked (5-6 cups water)

1 leek, sliced into rounds

1 cup rutabaga, sliced

1 carrot, cut into wedges

½ -1 teaspoon sea salt

Blend oats until creamy in water

Saute leeks, rutabaga and carrots for 8 minutes

Add oat mixture and salt. Simmer 15 minutes until vegetables are tender

Serves 6

### **Cream of Carrot soup**

1 tablespoon sesame oil

6 tablespoons flour

5-6 cups hot broth

2 medium carrots, cut into wedges

Sea salt to taste

Parsley

Cook flour in oil 3-5 minutes

Remove pan from heat and slowly add broth, stirring constantly.

Add carrots and salt. Stir occasionally and simmer until tender

Garnish with parsley

Serves 6

### **Gypsy Soup**

1 leek, diced

2 carrots, sliced

1 cup cabbage, chopped

2 cups butternut squash

2 quarts hot water

½ teaspoon sea salt

1 teaspoon oil

Saute leeks, carrots, cabbage and squash for 10 minutes

Add water and salt

Reduce heat. Simmer 35 minutes

Serves 8

## Winter Sunshine Soup

1 cup split peas, soaked  
2 quarts water  
1 5 inch piece kombu, soaked  
½ onion, cut into crescent moons  
2 carrots, cut into flowers  
1 cup winter squash, diced  
½ cup parsley, chopped  
¼ teaspoon salt  
Miso to taste

Place kombu and peas in a pot with water

Bring to scald. Reduce heat and simmer 30 minutes

Add onion, carrots, squash, and salt. Simmer until peas and vegetables are tender

Add miso diluted in stock and simmer 5 minutes more

Serves 8

## Goat Stew

4 1/2 pounds goat stew meat  
1 teaspoon salt  
1/2 teaspoon black pepper  
2 teaspoons coriander  
1 teaspoon cinnamon  
1 onion, sliced  
3 carrots, sliced  
3 garlic cloves, chopped  
1 cup dry white wine  
2 cups chicken or beef stock  
2 bay leaves

Preheat oven to 350 degrees Fahrenheit. Season meat with salt, pepper, coriander and cinnamon. In a large Dutch oven or deep oven proof pot, warm several tablespoons of oil or butter. Sear meat in batches, browning all sides of the meat. Set the meat aside.

Add a little more oil to the pot, then the onion, carrot and garlic. Saute several minutes then add wine, stock and bay leaves. Scrape up any browned bits on the bottom of the pot. Bring to a simmer and add meat back to the pot.

Serve with a garnish of fresh mint or parsley and a side of cooked vegetables that will soak up the liquid, such as mashed cauliflower or parsnips.

Serves 5

### **Beef Stew**

- 2 pounds stew beef
- 2 tablespoons vegetable oil
- 2 cups water
- 1 tablespoon Worcestershire sauce
- 1 clove garlic, peeled
- 1 or 2 bay leaves
- 1 medium onion, sliced
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/2 teaspoon pepper
- 1/2 teaspoon paprika
- Dash ground allspice or ground cloves
- 3 large carrots, sliced
- 3 ribs celery, chopped
- 2 tablespoons cornstarch

Brown meat in hot oil. Add water, Worcestershire sauce, garlic, bay leaves, onion, salt, sugar, pepper, paprika, and allspice. Cover and simmer 1 1/2 hours. Remove bay leaves and garlic clove. Add carrots and celery. Cover and cook 30 to 40 minutes longer. To thicken gravy, remove 2 cups hot liquid.

Using a separate bowl, combine 1/4 cup water and cornstarch until smooth. Mix with a little hot liquid and return mixture to pot. Stir and cook until bubbly.

Serves 6