

**"Healthy Doesn't Have To Be Hard"**

**FUELLED Bermuda Group Cooking Demonstrations**



**Grocery List – Monday, November 9, 2020**

**“Fall Warming Soup”**

- **Chicken Taco Soup**

**Produce**

6 cloves garlic

3 onions

1 bunch parsley

2 cups raw green beans

2 lbs. pumpkin, cut into cubes

½ small cabbage

4 carrots

### **Meat & Fish/Optional Plant Protein**

2 lbs. of organic or grass-fed chicken (I use the Joyce farms brand)

Optional: black beans or any kind of beans you'd like to add

### **Spices and Condiments**

Pink Himalayan salt (ground)

Virgin coconut oil – big container (best price is at Price Rite for Virgin Organic Coconut Oil ~\$23)

4 packages of your favourite Taco Seasoning (go for organic or McCormick's Original Taco, or just make sure to read the label carefully and check that it doesn't include any chemicals, colourings, wheat flour, corn products or hydrogenated oils)

1 Tbsp dried parsley

1/4 cup balsamic vinegar

Pinch of cracked black pepper

16-18 cups of water

### **Flour, Grains & Pasta**

None, but plain brown rice tastes nice with this soup.

### **Dairy**

None

