

Trim Healthy
W I S D O M

Okra Lovers Soup (FP or S)

Okra helps heal a leaky gut and has special lectins that act like insulin sensitizers in your body. This, in turn, helps regulate blood sugar and brings elevated insulin down. If you haven't loved okra before... this soup might just change your mind. The small amount of oats delivers beta-glucan, which, when combined with the okra, delivers an almost magical, gut-soothing experience.

If you want to make this as an FP (by using 96% lean ground meat or by rinsing it under hot water after cooking), we suggest adding a piece or two of on-plan toast to turn your meal into an adrenal soothing E or have a piece of fruit afterward for your carb dessert. Alternatively, you can use basic lean beef (rather than 96% lean) and perhaps add some diced avocado on top, which will give you an S (it is best not to transform it to a heavy S by adding lots of grated cheese). Whichever you choose... 96% lean or regular lean meat, be sure it is not super fatty if not rinsing. Fatty ground meat is lower in protein and harder for a CLBM-challenged body to burn.

The original version of this soup did not include meat protein. We're adding the ground meat protein options now to better protect your lean body mass, but if you'd prefer not to add a meat source, no worries—leave it out and check Nerd Protein notes on how to get protein in another form.

Makes Four Servings

INGREDIENTS:

- 1 pound lean ground beef or turkey
- ½ an onion (chopped)
- 1 (12–16-oz bag) frozen cut okra
- 1 (10 oz) can Rotel tomatoes & chilies (you can use hot, medium, or mild)
- 1 (15 oz can) diced tomatoes
- 2 tsp [TH Mineral Salt](#) (or more to taste)
- 1 tsp cumin (or more to taste)



- 1 tsp chili powder (or more to taste)
- onion and garlic powder (to taste)
- 32 oz high protein bone broth
- 1 cup water
- 2 generous squirts Bragg Liquid Aminos (optional)
- 1/3 cup old-fashioned rolled oats (uncooked)
- 1/4 cup [TH Nutritional Yeast](#)

INSTRUCTIONS:

1. Brown meat in a medium-sized pot. If desiring an FP soup and the meat is less than 96% lean, strain it under very hot water to remove excess fat. You don't have to worry about this if desiring an S.
2. Add onions to the pot and stir in with the meat for a couple of minutes.
3. Add frozen okra and seasonings and stir well for another couple of minutes.
4. Add all other ingredients. Bring to a boil. Turn to low/medium heat. Cover and simmer for about 30 minutes.

Protein Nerd Notes:

Your Protein Nerd Level 3 requirements are fully covered here, with the ground meat, broth, and nutritional yeast included. If you omit the meat, use a full serving of [TH ESSENTIAL](#) or one of our other Optimized Protein Powders in liquid on the side of your meal.