

Trim Healthy
W I S D O M

Adrenal Soothe Soup (E)

This is a whole new take on our *Incredible 95-Calorie Soup* recipe. It is still reminiscent of a comfort food style, cheesy potato soup (without all the cheese and potatoes), but this version has two added benefits. Beyond the great taste and filling powers of the original, this one is protein-nerd-friendly and is an E, which will help soothe your adrenals, turn down cortisol, and help spare your muscles from breaking down. No, it is no longer just 95 calories, but it is still density-minded. It will better help your long-term healthiest weight by aiding your lean body mass yet not being too high in density for you to burn.

This recipe uses Light Laughing Cow Cheese, but you can prepare it dairy-free by omitting the cheese and using an extra 2 teaspoons of nutritional yeast, 1 rounded teaspoon of tahini, and a squirt of lemon juice.

Makes 2 Very Large Servings

INGREDIENTS:

- 4½ cups water
- 1 (12 oz bag) frozen cauliflower florets
- ½ tsp [TH Mineral Salt](#) (rounded)
- 2 Tbs [TH Nutritional Yeast](#) (for dairy-free, use 2 extra teaspoons)
- 2 wedges Light Laughing Cow Cheese
- ¼ tsp onion powder
- ¼ tsp black pepper
- hot sauce (any desired amount)
- Bragg Liquid Aminos (any desired amount)
- 1 dash cayenne pepper (plus any desired amount to dust on top of the soup)
- 1 tsp [TH Glucomannan \("gluccie"\)](#) (rounded)
- 1 Tbs natural bacon bits



- ½ cup canned or pre-cooked beans of choice
- ½ cup pre-cooked brown or black rice
- up to 8-12 ounces pre-cooked chicken breast
- Parmesan cheese (optional; desired amount to dust on top of the soup)

INSTRUCTIONS:

1. Place the water and the frozen cauliflower florets in a saucepan and cook until the cauliflower is fork-tender.
2. Spoon most of the cauliflower into a blender and add some of the water from the saucepan. Leave some of the cauliflower in the pan for some texture to your soup.
3. Add the remaining ingredients to your blender and blend for one minute or until the mixture thickens. Once you have blended it for the right amount of time, you will see a lovely thick cheese sauce consistency.
4. Pour the cheese sauce mixture directly back into the saucepan with the remainder of the water and whatever cauliflower florets you left in the pan.
5. Stir in the bacon bits, beans, rice, and chicken breast, and then simmer the soup over low heat for 10-15 minutes.
6. You can smash any of the leftover cauli pieces down a bit while the soup is simmering.
7. If desired, you can top your soup with a dusting of Parmesan cheese, cayenne pepper, and paprika.

Protein Nerd Notes:

If you're still working on regaining lost lean body mass, consider using Protein Option 1 for this E Meal and use the garnish amount (just 4-6 ounces) of chicken for the entire recipe, which will provide just 2 – 3 ounces per serving. Alternatively, you can leave the chicken out entirely and go for Protein Option 3. In either case, you'll need to get more protein via a powdered form. You can have a ½ serving of [TH ESSENTIAL](#) (or a full serving if using no chicken), or if you prefer getting super filled up... *Side Protein & Fiber Chocolate Milk* should do the trick (use 4 Tbs of the whey if using no chicken). Other ways to get more protein would be to use close to a full serving of [TH Optimized Collagen](#) in a coffee or tea on the side or chug it before a meal with an added tsp or so of [TH ESSENTIAL](#) to make the chug more palatable or by including the *PYY Booster*.