

## Thai Beef Soup

### Ingredients

- 100 grams beef
- 1½ cups celery
- 2 cups beef or vegetable broth (or substitute 1 cup water for 1 cup broth)
- 2 tablespoons Bragg's liquid aminos
- 1 tablespoon green onion, chopped
- 1 clove of garlic, crushed and minced, crushed and minced
- Fresh cilantro, chopped
- ½ teaspoon fresh ginger, grated
- ⅛ teaspoon chili powder or red pepper flakes
- 1 bay leaf
- Pinch of cinnamon
- Stevia to taste
- Sea salt and pepper to taste

Makes 1 serving (1 protein, 1 vegetable)
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23 grams protein
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9 grams fat
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190 calories
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### PHASE 3 MODIFICATIONS:

Add chili or sesame oil and a few bean sprouts to the soup. Top with fresh sliced mushrooms.

### Directions

1. Heat broth and then add dry spices, bay leaf, Bragg's liquid aminos, garlic, and onion, and bring to a boil.
2. Reduce heat and simmer for 5 minutes.
3. Add beef and celery and cook for 20 to 30 minutes until soft.
4. Add salt, pepper, and Stevia.
5. Garnish with fresh chopped cilantro.

