

A close-up photograph of a white ceramic bowl filled with a vibrant green soup. Several pieces of fresh broccoli are floating on the surface of the soup. The bowl has a handle visible on the left side.

RediCareControl^{DTx} Soup Pack



2024

Queries: info@controldtx.com

Broccoli Cheddar Soup



Serves: 4



Prep Time 10 mins



Cook Time: 15 mins

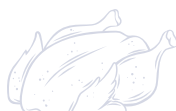
Carbohydrates: 6 grams Fat: 14 grams Protein: 7 grams

Ingredients:

- 650g broccoli, chopped
- 250ml heavy cream
- 250ml chicken broth
- 120g grated cheddar cheese
- 2 tsp butter

Instructions:

1. Simmer broccoli in chicken broth for 5 minutes.
2. Add cream and cheese, stirring until melted.
3. Blend to your desired consistency and serve.



Ham & Mushroom Soup



Serves: 4



Prep Time 10 mins



Cook Time: 20 mins

Carbohydrates: 5 grams Fat: 15 grams Protein: 18 grams

Ingredients:

- 200g ham, diced
- 250g mushrooms, sliced
- 1 onion, chopped
- 2 cups chicken broth
- 1 cup heavy cream
- 2 tbsp butter

Instructions:

1. Sauté onions and mushrooms in butter until soft.
2. Add ham and chicken broth, bring to a boil, then simmer for 10 minutes.
3. Stir in cream, simmer for 5 more minutes, and serve.



Meatball Soup



Serves:2



Prep Time 10 mins



Cook Time: 40 mins

Carbohydrates: 2 grams **Fat:** 5 grams **Protein:** 18 grams

Ingredients:

- 1½ lb minced beef
- 1 large courgette, spiralized
- 1 medium tomato, diced
- 1 shallot, chopped
- 30 oz beef stock
- 1 egg
- 45g Parmesan cheese
- 6 garlic cloves, minced

Instructions:

1. Mix minced beef, Parmesan, garlic, and egg to form meatballs.
2. Brown meatballs in a pan and set aside.
3. Add courgette, tomato, shallot, and stock to a slow cooker. Add browned meatballs and cook on low for 6 hours.



Gut Healing Bone Broth



Serves: N/A



Prep Time 10 mins



Cook Time: 12–24 hours

Carbohydrates: 0 grams **Fat:** 5 grams **Protein:** 8 grams

Ingredients:

- 1 kg beef or chicken bones (with marrow)
- 2 tbsp apple cider vinegar
- 1 onion, chopped
- 2 garlic cloves, smashed
- 2 carrots, chopped
- 2 celery stalks, chopped
- Water (enough to cover bones)

Instructions:

1. Add bones, vegetables, and vinegar to a large pot. Cover with water.
2. Bring to a boil, then reduce heat and simmer for 12–24 hours.
3. Strain the broth, discard solids, and store the liquid.



Keto Mushroom Soup



Serves: 4



Prep Time 5 mins



Cook Time: 25 mins

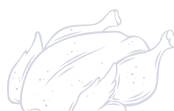
Carbohydrates: 6 grams Fat: 29 grams Protein: 6 grams

Ingredients:

- 380g mushrooms, sliced
- 120g onion, chopped
- 1 clove garlic, minced
- 380ml chicken stock
- 120ml heavy cream
- 110g cream cheese
- 2 tbsp olive oil

Instructions:

1. Sauté onions and garlic in olive oil until soft.
2. Add mushrooms and cook for 5 minutes.
3. Pour in chicken stock and simmer for 10 minutes.
4. Stir in cream and cream cheese, then blend until smooth. Simmer for another 5 minutes and serve.



Broccoli Soup



Serves:1



Prep Time 10 mins



Cook Time: 15 mins

Carbohydrates: 6 grams **Fat:** 29 grams **Protein:** 6 grams

Ingredients:

- 650g broccoli florets
- 650g cauliflower florets
- 250ml heavy cream
- 250ml chicken broth
- 120g grated cheese
- 2 tsp butter

Instructions:

1. Simmer broccoli and cauliflower in chicken broth for 5 minutes.
2. Add cream and cheese, stirring until the cheese melts.
3. Blend to your desired consistency, simmer for another 5–8 minutes, and serve.

