



Everything-But-the-Fridge Soup

A hearty, comforting soup crafted from the week's leftover ingredients.

Servings: 10 | Serving Size: 300 ml | Calories: 300 | Carbs: 40 g | Fat: 15 g | Protein: 20 g

Ingredients:

(flexible based on what you have!)

- 1 rotisserie chicken (bones/scrap for broth)
- Carrot, celery, onion/leek trimmings
- Raw veggies: carrots, celery, leeks, green onions
- Cooked veggies: roasted potatoes, carrots, asparagus, peppers
- Cooked proteins: ham, grilled chicken
- Garlic
- 1-2 bay leaves
- Peppercorns
- Sea salt
- 2 tbsp butter
- 1 cup shredded cheese
- 1 cup 10% cream
- Approx. 2 cups water (or enough to cover for broth)

Equipment:

- Instant Pot or large pot
- Knife & chopping board
- Spoon & ladle
- Fine mesh sieve
- Mason jars

Instructions:

Sort Leftovers:

Group into raw veggies, veggie scraps, cooked veggies, proteins and dairy.

Make Broth:

In a pot, combine chicken bones, veggie trimmings, garlic, bay leaves, peppercorns, and salt.

- Instant Pot: 90 min on high pressure
- Stovetop: 3-4 hrs on medium heat

Strain, discard solids, and store broth.

Prep Ingredients:

Finely dice raw and cooked veggies. Chop proteins.

Cook Soup:

- Sauté raw veggies in butter with salt & pepper until soft
- Add cooked veggies, proteins, and broth
- Simmer 45 mins, stirring occasionally
- Stir in roasted peppers, cheese, and cream
- Cook 10 more mins, season to taste

Enjoy within 3 days!

Tip: Every batch is different – this recipe is meant to be flexible! Focus on flavour, texture, and what you have in the fridge.

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