



# *Soups*

**EASY & DELICIOUS**

**BIRGITTE HAANING CHRISTENSEN**



Hi, I'm Birgitte — a holistic health practitioner for more than 20 years, and now the heart behind Hygge Homestead.

Through my work and writing, I've learned that true wellness comes from simple, steady practices — not quick fixes or chasing perfection.

That's why I created My Seven Steps:

*food, water, sleep, exercise, fresh air, silence, and gratitude.*

These steps are the foundation for living with more balance and less stress, no matter where you are.

Over the years, I've seen how powerful small changes can be — a glass of clean water, a walk outside, a pause for gratitude — and how they often bring more lasting results than the biggest health trends.

My focus is on helping people reconnect with what really matters: nourishment, rhythm, and the joy of everyday life.

Today, I do my best to live out these steps in my own life, whether I'm tending the garden, working on projects alongside my husband, or cooking in my Homestead Kitchen and sharing simple, nourishing recipes.

For me, health is built one small choice at a time. My hope is to inspire you to slow down, breathe a little deeper, and discover that health and happiness often begin with the simplest everyday moments.

# **In This Guide, We'll Explore:**

***The Season for Soup***

***The Secret to Every Soup***

***Pantry & Fridge Staples***

***A Few of My Favorite Soups***

***Recipes***

***Final Thoughts***

# The Season for Soup

When the air turns crisp and evenings come a little earlier, nothing feels quite as comforting as a steaming bowl of soup. It's cozy, filling, and somehow makes the whole house smell like home.

Soup is also the perfect way to make the most of what's already in your kitchen. A few carrots, a tired onion, or leftover herbs can all find new life in a pot of simmering broth. You don't need fancy ingredients—just a little creativity and a pinch of love.

That's what I adore about soup: it's forgiving and flexible. Some days it's smooth and creamy, other days hearty and chunky. However you make it, it always feels nourishing, simple, and just right for the season.



Simple ingredients,  
slow moments,  
and a pot on the stove —  
that's Hygge

## The Secret to Every Soup

In our house, every soup starts with a rotisserie chicken. It's my not-so-secret shortcut to both easy meals and flavorful broth. Once we've had the chicken for dinner, I place the bones and carcass in my slow cooker, cover it with plain water, and let it simmer overnight.

That's it—no seasoning, no vegetables, just water.

By keeping it plain, I have a blank canvas to build on when it's soup time. If I want a mild soup, I add herbs and garlic. If I want something richer, I'll add curry paste or roasted vegetables. This way, every soup tastes unique while still starting from the same base.

It's also a simple way to reduce waste and make the most out of what you already have. You're using every part of the chicken, and by morning, your kitchen smells like comfort itself. I usually pour the broth into glass jars and keep it in the fridge for a few days—or freeze a few jars for when life gets busy.

This little habit has saved me countless times when I didn't have dinner planned. A good broth can turn into soup, sauce, or even a quick warm drink on a cold day.

## Pantry & Fridge Staples

When it comes to building flavor, I always keep a few staples on hand. These are the ingredients that turn a simple pot of vegetables into something special:

Red onion, garlic, and ginger – these three create a deep, rich base of flavor that works with just about any kind of soup.

Fresh herbs – I love parsley, thyme, basil, or oregano. They brighten everything up and add that fresh, homemade feel.

Thai Kitchen curry paste – a spoonful adds instant depth, warmth, and just the right amount of spice.

Thai Kitchen organic full-fat coconut milk – this is a must for creamy, rich soups. It makes everything smooth and comforting.

Spring onions – I almost always use them as toppings. They add a fresh crunch and a pop of color right before serving.

You can also add whatever leftovers you have—roasted vegetables, a bit of rice or quinoa, even a few spoonfuls of beans or lentils. Soups are incredibly forgiving and flexible. As long as the ingredients taste good on their own, they'll taste even better together in a pot.



Soup doesn't need perfection — just patience  
and a pinch of love

# A Few of My Favorite Soups

These vegetables are almost always in our fridge during the fall and winter months, which makes it super easy to whip up a cozy soup whenever we feel like it. I love how each one brings its own color, texture, and flavor — and depending on what's on hand, I simply mix and match. No rules, just real food made simple.

## **Butternut Squash Soup**

Golden, silky, and just a little sweet, this one feels like fall in a bowl. It's one of those soups that's equally at home on a weeknight table or a holiday dinner. I love how it brings warmth and balance to cooler days and pairs perfectly with homemade bread or crackers.

## **Carrot Soup**

Bright, smooth, and full of natural sweetness. Carrot soup always feels cheerful and refreshing, even on gray winter days. It's light but satisfying and leaves you feeling nourished without being heavy.

## **Potato Soup**

This is the kind of soup that reminds me of simple comfort food—creamy, cozy, and full of flavor. It's a great way to use up potatoes that are starting to sprout and pairs beautifully with herbs or bits of leftover chicken.

## **Curry Cabbage Soup**

My all-time favorite. It's full of flavor, a little spicy, and wonderfully creamy thanks to coconut milk. The cabbage makes it hearty without being heavy, and the curry adds a perfect touch of warmth. I could eat this one every week and never get tired of it.

# Butternut Squash Soup

## Ingredients:

1 medium butternut squash,  
peeled and cubed  
1 red onion, chopped  
2 cloves garlic, minced  
1-inch of fresh ginger, grated  
1/2 tsp chili flakes  
(optional, for gentle heat)  
Sea salt and black pepper,  
to taste  
3 - 4 cups chicken broth  
1 can of organic coconut milk  
1 heaping tbs of coconut oil.



Warm the coconut oil in a large pot over medium heat. Add onion, garlic, and ginger. Sauté until fragrant and slightly golden. Sprinkle with chili flakes, salt, and pepper.

Add the cubed butternut squash and let it brown lightly for about 5 minutes to bring out its sweetness.

Pour in the chicken broth and coconut milk. Stir and simmer until the squash is tender — around 20–25 minutes.

Carefully transfer to a blender and blend until smooth and creamy (or use an immersion blender).

Return to the pot and adjust seasoning to taste.

To serve, ladle into bowls, add a spoonful of ground beef and a little rice, and finish with a sprinkle of your favorite fresh herbs, and crunchy pumpkin seeds.

# Carrot Soup



## Ingredients:

- 1 tbsp coconut oil
- 1 red onion, chopped
- 3 cloves garlic, minced
- 8 medium carrots
- 2 medium potatoes
- Sea salt and black pepper to your taste
- ½ tsp ground cumin
- 1 tsp fresh thyme (chopped)
- ¼ tsp chili flakes (optional)
- 3 - 4 cups chicken broth
- 1 cup canned coconut milk

## Topping:

- 1 lb of ground beef (You can use any cooked meat you have on hand)
- ¼ cup pumpkin seeds
- Pinch sea salt and pepper

Warm coconut oil in a soup pot and sauté the red onion and garlic for about 3 minutes. Then add the peeled and chopped carrots, potatoes, salt, pepper, cumin, thyme, and a pinch of chili flakes. Let everything roast for about 8–10 minutes.

Add the chicken broth, bring to a boil, then simmer until the vegetables are tender. Blend until smooth, stir in the coconut milk, and season to taste.

Serve the creamy soup warm, topped with meat and pumpkin seeds, and a few fresh thyme leaves.

# Potato Soup

## Ingredients

2 tbsp coconut oil  
1 large red onion, dice  
3 cloves garlic, minced  
1-inch piece of fresh ginger, grated (optional)  
6 medium potatoes,  
peeled and cubed  
2 carrots, peeled and chopped  
4 cups chicken broth  
1 can of coconut milk  
Salt and pepper to your taste  
Fresh parsley, chives,  
or spring onion for garnish



In a large pot, heat coconut oil over medium heat. Add onion and sauté until soft and golden. Stir in garlic (and ginger, if using) and cook another minute. Add the potatoes and carrots. Let them brown lightly for a few minutes to deepen the flavor.

Pour in the broth, thyme, and oregano. Bring to a boil, then reduce to simmer. Cook 20–25 minutes, until vegetables are soft.

Blend the soup carefully in batches in a blender until creamy. Stir in the coconut milk and get it to a boil. Add salt and pepper to your taste.

Serve warm, topped with fresh parsley or chives.

# Curry Cabbage Soup

## Ingredients

- 1 tbsp coconut oil
- 1 red onion, chopped
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 tbsp Braggs amino acids
- Freshly ground black pepper
- 3 tsp Thai Kitchen green curry paste
- ½ small cabbage, sliced
- 4 cups chicken broth
- 1–2 cans full-fat organic coconut milk
- 4 large carrots, peeled and sliced
- ½ head broccoli, cut into florets
- 1 cup green peas (fresh or frozen)
- ½ cup canned organic black beans, rinsed
- 2 cups cooked rice
- 1–2 cups cooked chicken breast (or any leftover meat)



Warm coconut oil in a large pot over medium heat. Add onion and sauté for a few minutes until soft, then stir in garlic and ginger. Add the amino acids, black pepper, and green curry paste. Stir and let the mixture cook for about 2 minutes to deepen the flavor.

Add the sliced cabbage and stir well so it's coated with the curry mixture. Pour in the broth and coconut milk. Simmer uncovered for about 45 minutes until the soup thickens slightly and the flavors blend. Then add the carrots and cook for another 10 minutes, then stir in broccoli, peas, and black beans. Let it all cook until the vegetables are tender.

Just before serving, add the cooked rice and chicken (or any leftover meat). Warm through for 5 minutes and adjust seasoning to taste. Serve warm and enjoy a simple bowl of comfort.

I know there are a little more ingredients in this one, but you can do just cabbage if you want easy, or you can add basically any vegetable you have in the fridge.



Soup is one of the simplest ways to bring warmth and gratitude into the day. Each season has its own flavors, and a cozy bowl brings them all together — a little comfort, a little nourishment, and a whole lot of homemade love.

*~Birgitte Christensen, HHP*

## Final Thoughts

Soup season is all about slowing down, staying cozy, and making good use of what's already in your kitchen. It's an invitation to create something nourishing from the simplest ingredients — often the ones you might have overlooked.

It is one of the simplest ways to bring warmth and gratitude into the day. Each season has its own flavors, and a cozy bowl brings them all together — a little comfort, a little nourishment, and a whole lot of homemade love.

So, grab your slow cooker, open the fridge, and start with what you've got. You'll be surprised how easy it is to create something wonderful from so little. Because at the end of the day, the best soups are the ones made from the heart — and a touch of hygge never hurts.



Your next step toward simple,  
no stress, and seasonal living...

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