

Nourishing Fall Soups

Warming bowls built on grass-fed beef, pasture-raised chicken and slow-simmered broth

INSIDE THIS GUIDE

- Slow-Simmered Beef Bone Broth
- Golden Chicken Broth
- Grass-Fed Beef and Root Vegetable Stew
- Beef and Butternut Squash Chili
- Chicken, Sweet Potato and Ginger Soup
- Creamy Chicken and Wild Rice Soup
- Grass-Fed Meatball and Cabbage Soup
- Roasted Butternut Squash Soup

Plus a simple soup-building formula and batch-cooking tips

WELCOME

Soup season is here

When the air turns cool, there is nothing I reach for more than a big pot of soup. It is the easiest way I know to eat well all week.

Soup checks every box I talk about with clients: cooked vegetables that are gentle on digestion, quality protein, good fat and a mineral-rich broth, all in one warm bowl. Make a pot on Sunday and you have lunches and dinners ready for days.

Every recipe here is built on grass-fed beef or pasture-raised chicken and a broth you can make yourself or buy. They use simple grocery-store ingredients, freeze well and are sweetened by nothing but the vegetables themselves.

Please know this is a collection of recipes I enjoy and share for inspiration. It is not a meal plan, and I'm not a registered dietitian. Choose what works for you, and check with your own healthcare provider about your individual nutrition needs.

With warmth,

Brooke

THE FORMULA

Build any soup in five steps

1 · Start with fat

A spoonful of grass-fed butter, ghee, olive oil or the fat from browning your meat.

2 · Add aromatics

Onion, garlic, celery, carrot or leek, cooked slowly with a pinch of sea salt until soft and sweet.

3 · Choose a protein

Grass-fed beef stew meat or ground beef, or pasture-raised chicken thighs. About 1 to 1 1/2 lb per pot.

4 · Pour in broth

Homemade bone broth is best. Look for store-bought broth with just bones, water, vegetables and salt.

5 · Load the vegetables

Root vegetables, winter squash, cabbage, green beans or zucchini. Simmer until tender.

Finish well

Taste for salt, add fresh herbs and a squeeze of lemon or a splash of apple cider vinegar to brighten it.

CHAPTER ONE

The foundation: bone broth

A slow-simmered broth is the backbone of every soup in this guide.

Slow-Simmered Beef Bone Broth

MAKES ABOUT 3 QUARTS · 20 MINUTES HANDS-ON · 12 TO 24 HOURS SIMMERING

INGREDIENTS

- 3 to 4 lb grass-fed beef bones (knuckle, marrow and a meaty piece like oxtail or shank)
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 onion, quartered (skin on)
- 4 garlic cloves, smashed
- 2 tbsp apple cider vinegar
- 1 bay leaf, a few peppercorns
- Cold filtered water to cover

METHOD

1. Roast the bones on a sheet pan at 425°F for 30 to 40 minutes until browned. This gives a deep, rich flavor.
2. Move the bones to a large pot or slow cooker with the vegetables, garlic, vinegar, bay leaf and peppercorns. Cover with cold water by an inch and let sit 30 minutes.
3. Bring to a gentle simmer, skim any foam, then keep at the barest simmer 12 to 24 hours (or 8 to 10 hours on low in a slow cooker), topping up with water as needed.
4. Strain, cool and refrigerate. Lift off the fat cap once chilled and save it for cooking. Salt when you use it.

A good broth turns jiggly when cold. That's the gelatin from the bones.

Golden Chicken Broth

MAKES ABOUT 3 QUARTS · 15 MINUTES HANDS-ON · 6 TO 12 HOURS SIMMERING

INGREDIENTS

- 1 pasture-raised chicken carcass plus 1 lb feet, wings or backs
- 1 onion, 2 carrots, 2 celery stalks, roughly chopped
- 1-inch piece fresh ginger, sliced
- 1 tsp ground turmeric
- 1 tbsp apple cider vinegar
- Small bunch of parsley
- Cold filtered water to cover

METHOD

1. Add everything except the parsley to a large pot and cover with cold water. Let sit 30 minutes.
2. Bring to a gentle simmer and skim the foam. Simmer 6 to 12 hours (or 8 hours on low in a slow cooker).
3. Add the parsley in the last 15 minutes. Strain, cool and refrigerate up to 5 days or freeze up to 6 months.

Save chicken bones in a bag in the freezer until you have enough for a batch.

CHAPTER TWO

Grass-fed beef soups and stews

Hearty, warming bowls for the coldest nights.

Grass-Fed Beef and Root Vegetable Stew

SERVES 6 · 30 MINUTES HANDS-ON · 2 HOURS SIMMERING

INGREDIENTS

- 2 lb grass-fed beef chuck, cut into 1 1/2-inch cubes
- 2 tbsp ghee or tallow
- 1 onion, diced; 3 garlic cloves, minced
- 2 tbsp tomato paste
- 5 cups beef bone broth
- 3 carrots and 2 parsnips, in chunks
- 1 medium sweet potato, in chunks
- 2 sprigs rosemary, 4 sprigs thyme, 1 bay leaf
- Sea salt and pepper, chopped parsley

METHOD

1. Pat the beef dry and season well with salt and pepper. Brown in the ghee in a Dutch oven in batches, then set aside.
2. Lower the heat, add the onion and cook 5 minutes. Stir in the garlic and tomato paste for 1 minute.
3. Return the beef, add the broth and herbs, cover and simmer gently 1 1/2 hours.
4. Add the carrots, parsnips and sweet potato and simmer 30 to 40 minutes more until everything is tender. Remove the herb stems, taste for salt and finish with parsley.

Even better the next day. It also works in a slow cooker: 8 hours on low.

Beef and Butternut Squash Chili

SERVES 6 · 45 MINUTES · NO BEANS

INGREDIENTS

- 2 lb grass-fed ground beef
- 1 tbsp avocado oil
- 1 onion and 1 red bell pepper, diced
- 3 garlic cloves, minced
- 2 tbsp chili powder, 2 tsp cumin, 1 tsp smoked paprika, 1/2 tsp cinnamon
- 1 can (28 oz) crushed tomatoes
- 2 cups beef bone broth
- 3 cups butternut squash, 1/2-inch cubes
- Sea salt; avocado and cilantro to serve

METHOD

1. Brown the beef in the oil in a large pot, breaking it up. Add the onion and pepper and cook 5 minutes.
2. Stir in the garlic and spices for 1 minute until fragrant.
3. Add the tomatoes, broth, squash and 1 1/2 tsp salt. Simmer uncovered 25 to 30 minutes until the squash is tender and the chili has thickened.
4. Serve topped with sliced avocado and cilantro.

CHAPTER THREE

Pasture-raised chicken soups

Comforting, gentle and easy on a busy week.

Chicken, Sweet Potato and Ginger Soup

SERVES 6 · 40 MINUTES

INGREDIENTS

- 1 1/2 lb pasture-raised boneless chicken thighs
- 2 tbsp grass-fed butter
- 1 onion, 2 celery stalks, 2 carrots, diced
- 1 tbsp fresh ginger, grated; 3 garlic cloves
- 1/2 tsp ground turmeric
- 8 cups chicken bone broth
- 2 medium sweet potatoes, 1/2-inch cubes
- 2 cups green beans, cut in 1-inch pieces
- Juice of 1/2 lemon, sea salt, fresh dill or parsley

METHOD

1. Melt the butter in a large pot. Cook the onion, celery and carrots with a pinch of salt for 6 to 8 minutes.
2. Add the ginger, garlic and turmeric for 1 minute, then the broth and whole chicken thighs. Simmer 20 minutes.
3. Lift out the chicken and shred it. Add the sweet potatoes and green beans to the pot and simmer 10 to 12 minutes until tender.
4. Return the chicken, add the lemon juice, season with salt and finish with fresh herbs.

Creamy Chicken and Wild Rice Soup

SERVES 6 · 1 HOUR

INGREDIENTS

- 1 1/2 lb pasture-raised chicken thighs
- 3 tbsp grass-fed butter
- 1 onion, 2 carrots, 2 celery stalks, diced
- 8 oz mushrooms, sliced
- 3 garlic cloves, 1 tsp dried thyme
- 3/4 cup wild rice blend, rinsed
- 7 cups chicken bone broth
- 1 can (13.5 oz) full-fat coconut milk or 1 cup heavy cream
- Sea salt, pepper, parsley

METHOD

1. Melt the butter and cook the onion, carrots, celery and mushrooms with salt for 8 minutes. Add the garlic and thyme for 1 minute.
2. Add the broth, rice and whole chicken thighs. Cover and simmer 40 to 45 minutes until the rice is tender.
3. Shred the chicken in the pot, stir in the coconut milk or cream and warm through without boiling. Season and finish with parsley.

The soup thickens as it sits. Loosen leftovers with a splash of broth.

CHAPTER FOUR

Cozy weeknight bowls

Two favorites that come together quickly.

Grass-Fed Meatball and Cabbage Soup

SERVES 6 · 45 MINUTES

INGREDIENTS

- *Meatballs:* 1 1/2 lb grass-fed ground beef, 1 pasture-raised egg, 2 tbsp chopped parsley, 2 garlic cloves (grated), 1 tsp sea salt, 1/2 tsp oregano
- *Soup:* 2 tbsp olive oil, 1 onion, 2 carrots, 2 celery stalks
- 1 can (14 oz) diced tomatoes
- 8 cups beef or chicken bone broth
- 1/2 small green cabbage, thinly sliced
- 1 medium zucchini, diced
- Sea salt, pepper, fresh basil

METHOD

1. Mix the meatball ingredients gently and roll into 1-inch balls.
2. Warm the oil in a large pot and cook the onion, carrots and celery 6 minutes. Add the tomatoes and broth and bring to a simmer.
3. Drop in the meatballs and simmer 10 minutes without stirring so they set.
4. Add the cabbage and zucchini and simmer 8 to 10 minutes until tender. Season and finish with basil.

Roasted Butternut Squash Soup

SERVES 4 · 50 MINUTES · PAIR WITH A PROTEIN

INGREDIENTS

- 1 large butternut squash (about 3 lb), peeled and cubed
- 1 onion, quartered; 2 carrots, chopped
- 2 tbsp ghee or avocado oil
- 4 cups chicken bone broth
- 1/2 tsp each cinnamon, nutmeg and ground ginger
- 1/2 cup full-fat coconut milk
- Sea salt; toasted pumpkin seeds to serve

METHOD

1. Toss the squash, onion and carrots with the ghee and a good pinch of salt. Roast at 425°F for 30 to 35 minutes until caramelized.
2. Move to a pot with the broth and spices and simmer 10 minutes.
3. Blend until silky (an immersion blender is easiest), stir in the coconut milk and season to taste.
4. Top with toasted pumpkin seeds.

Make it a meal: serve alongside roasted chicken thighs, or stir in shredded chicken or browned grass-fed sausage.

A simple soup Sunday

A few batch-cooking ideas to make soup night easier.

When	What to do
Saturday night	Start a pot of beef or chicken bone broth in the slow cooker on low.
Sunday morning	Strain the broth. Chop onions, carrots and celery for two soups at once.
Sunday afternoon	Make one beef soup and one chicken soup. Let them cool before storing.
During the week	Alternate between the two pots. Freeze anything you won't eat within 4 days.

Storing and freezing

- Cool soup quickly, then refrigerate in glass jars or containers for up to 4 days.
- Freeze in single portions for up to 3 months. Leave an inch of space at the top of jars.
- Soups with rice or coconut milk may thicken. Add a splash of broth when reheating.
- Reheat gently on the stove and add fresh herbs or lemon just before serving.

Curious what your minerals are showing?

An HTMA hair test reflects about a 3-month average of your mineral patterns and gives unique insight into trends in cellular health. I review your 28-page report with you and share personalized mineral-balancing recommendations, retesting every 90 days to see how your patterns shift.

Start with a Comprehensive Analysis at rootcausemethodwellness.com · rootcausemethodwellness@gmail.com

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