

## Recipe – Serenity Soup

Serenity soup is more of a concept than a recipe. It is based on research in nutrition and alcoholism that shows that certain foods promote stability while others destabilize. It uses almost exclusively single, whole, fresh ingredients and excludes processed and drug-like foods that can cause craving. Serenity soup is a complete meal in a pot; it is inexpensive, flavorful and easy to make. Any recipe that follows the basic formula is a serenity soup.

The guidelines are as follows.

In a large soup pot, under medium heat, put enough olive oil to coat the bottom

- Add chopped high fiber vegetables - onion, garlic, carrots, celery, greens of any kind, cabbage; any other non-starchy vegetable (limit potatoes or corn)
- Add any animal or vegetable protein - turkey, chicken, beef, pork, a sturdy fish, like tilapia (If you use fish, add it when the rest is cooked halfway)
- Or, for Vegetarian Soup add cooked chick peas, beans, or lentils
- It is optional to add a whole grain (brown rice or barley)
- Add a little beneficial fat after the cooking is done (extra virgin olive oil)
- Add broth or bouillon about half and half with water
- Add permitted flavorful things like stewed tomatoes, unsweetened salsa, curry paste, salt and spice

Simmer until it's cooked through, maybe 20 – 30 minutes

The wiggle room on “single, fresh, and whole” is in the broth. Purchased stock, bouillon, salsa or curry paste, etc. may be used to make a flavorful broth. Where the format of the meeting doesn't allow for dry beans to be prepared from scratch because they are too time consuming, canned beans may be used. Other than that, the most sobriety-supporting meals will be achieved by sticking with the single ingredients, things that are very close to how they appear in nature.