

Four Recipes for Tummy Care

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I have found that when my stomach is flaring, food is medicine. The following recipes are my “go to” friends that help to calm, heal, and soothe my GERD. They are also helpful for the bowels, rich in antioxidants and fiber. If you are on a FODMAP diet for SIBO or IMO, please consult with the list of foods to avoid and do not use those in these recipes. Add garlic and onion ONLY if you can tolerate those to suit your tastes. They are not listed in the recipes. ENJOY!! All recipes benefit from organic ingredients, if possible.

Marianne’s Colorful Carrot and/or Squash Soup

6 large carrots, do not peel, but scrub to clean and cut into pieces. Also, if you have kabocha squash available, you can substitute half the carrots for a cup of squash. You can also make this a completely squash soup!

1 white or yellow potato, ditto.

Two slices of fennel bulb, chopped up.

1 celery stick, cut up into pieces.

Chopped ginger, about ½ tsp.

Chopped turmeric, about ¼ tsp.

Season with herbs like coriander, cardamom, cinnamon to taste.

About ¼ tsp of Himalayan salt.

If stomach not flaring, add a pinch of cumin.

Have oat, rice, or almond milk to add later. Use whatever amount you wish.

Have very small amount of olive oil to add later. You can leave this out if you are having a GERD flare.

Four cups of filtered water.

Blender.

Directions:

Fill a pan with four cups of water, turn on medium, and add the seasoning herbs. While that’s warming, chop up the veggies. If you are not having a flare, you can stir fry the celery, ginger, and turmeric in olive oil (low heat) and add. Or use an air fryer. Otherwise, just add all the ingredients you need to chop up to the water. Bring to a boil, reduce heat, and let simmer for 20 minutes.

After 20 minutes, carefully scoop out half of the mixture (it’ll be hot!) and blend. Then pour the blended half into another bowl. Scoop out all the rest of the mix into the blender and blend again. Scoop into the pan with the first half. Add about 3 tablespoons of the plant-based milk and one/two tsps to one tablespoon of the olive oil. Stir well and serve with garnish of parsley, thyme, and/or cilantro. You can top with non-flavored plant-based yogurt as a nice garnish with the herbs.

Marianne's Artichoke Ally Soup

1 jar of cut artichoke hearts, water based (not marinated). If need be, cut them in half.

1 yellow or white potato, cut up (no need to peel but you can if you wish).

4 cups of water.

One bay leaf.

Thyme, parsley, coriander, and Himalayan salt (to taste).

About two tablespoons finely chopped fennel bulb.

1 celery stalk, chopped up fine.

You can add chopped carrots if you like.

Heat up the water and add the herbs and salt. While it's warming, chop up the veggies and add them. Bring to boil and reduce to simmer. Let cook for 20 minutes and serve after removing the bay leaf. You can add a little olive oil, but not much.

Blue Zone Cookbook Mashed Purple Sweet Potatoes (Okinawa)

I love this easy peasy dish. Very filling but rich with antioxidants. Great as a side dish.

1 pound purple sweet potatoes, peeled and cut into 2 inch cubes

One 13.5 ounce can or carton of organic coconut milk. I'm going to add if you have IBS to use the lower fat coconut milk.

Steam the sweet potatoes for 15 minutes (10 might be enough) until soft. Mash them after they cool a little while and add gradually the coconut milk until the consistency is what you desire.

That's it!! Enjoy with butter and top with your favorite garnish herbs like parsley, etc.

Calming Cooked Cabbage

When your tummy needs soothing (heartburn/gastritis) or you just want a comfort soup, this fits the bill. Use organic red or green cabbage. Wash and cut up as desired.

Boil some water, adding some chopped ginger/turmeric and a little salt. Add chopped cabbage and boil for 20 minutes. You can strain the stuff and just drink the liquid, or you can add sliced potatoes and carrots to make a yummy cabbage soup. Add other herbs like thyme or parsley if you like. You can also include a little chopped fennel bulb.

Cabbage is an excellent tummy healer. But always boil it. Raw cabbage is OK, but more difficult to digest. If you want a raw cabbage, then sour kraut is superb. It has beneficial bacteria and goes great with sandwiches, salads, etc. if the taste is too strong for you. I've learned to love it!