CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Kangaroo Soup

High-Protein & Iron Support

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What This Supports

Supports protein intake and iron availability for muscle recovery.

Why It Works

Kangaroo meat is lean and iron-rich, supporting oxygen transport and recovery.

Ingredients

Kangaroo Soup

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1 lb ground kangaroo (any ground meat would work)

1-2 tbsp cooking fat (butter, ghee, coconut oil)

2 red Thai chilies

1 bunch broccoli, with stems

4-8 cups chopped greens (I used 1 bunch kale, 1 bunch beet greens, and 1 bunch radish greens)

1-2 zucchini’s (yellow or green)

Salt

Pepper

MCT oil or olive oil

Fermented salsa

Basil (optional)

Directions

1-2 tbsp cooking fat (butter, ghee, coconut oil)

Heat cooking fat in pan. Add in diced chilies and stir.

Add in meat and cook half way through. Add salt and pepper.

Peel and chop broccoli stems. Add and stir. Next add broccoli crowns.

Chop hardier greens (like kale) and add.

Add in 1/2-1 cup broth. Stir to combine.

Chop zucchini into bite sized pieces and add. Stir to combine. Cover with lid.

Chop lighter greens (beet greens, radish greens,...) and add.

Stir to combine and add in another 2 cups broth. Cover and heat on low until veggies are desired tenderness.

Add in as much broth as you would like and serve warm.

Optional: remove from heat and package as is and store in fridge. Warm up broth in the morning and put in a contigo for hot soup at lunch

Best Use

Use as a high-protein meal; substitute lean red meat if needed.

Food Safety & Notes

Cook thoroughly and refrigerate promptly.

Storage & Reheating

Refrigerate up to four days or freeze.