

## Mom's Recipe for Any Kind of Vegetable Soup (including broccoli and cheese)

Ben

Cut up and sauté onions in a small amount of oil or butter in the pot you'll make the soup in. You can sauté in broth for lower calorie but I think a little oil adds flavor. How much onion? Depends on how much soup you are making and the taste of the onions – you can use lots of sweet onions as they add good flavor. Sharper tasting ones – I would use less. Start with one medium/large onion.

When the onion is cooked (glossy and soft) (10 minutes or so), add cut up vegetables. For example, a head of broccoli cut up. If you want to use the stem, use a carrot peeler to take off the outside layer then cut the stem up in pieces

Add stock. For this amount of vegetable, a 4 cup can is about right. I use chicken, but you could use vegetable.

Bring to boil, then let simmer until the vegetables are soft. (I partially cover, but leave the lid part way off to let steam out)

Once vegetables are soft, blend it and you have soup. Those immersion hand held blenders are great, otherwise, transfer from the pot to food processor or blender in batches (which can be a mess and makes more dishes to clean up).

For broccoli, you can add cheddar cheese (shred it and add after you have blended the soup; I also add about a teaspoon of Dijon mustard for flavor. I don't add salt, as the canned stock has plenty for me, but if you are using unsalted broth, you'll want to add a little salt. Probably lots of other vegetables

You can add spinach to broccoli soup for extra nutrition.

This recipe works for:

- \* carrots (and curry is a nice spice for that),
- \* asparagus (break off and throw away the woody end of the stem and peel the end because the outside of the stem can be stringy and tough)
- \* leek and potato (use leeks instead of onions to start and add a little nutmeg for flavor),
- \* squash (I cook the squash in the oven to soften it first then put it into the soup).
- \* No doubt for other vegetables, too.

You can put some left over rice into soup to make it like a cream soup. You can also add cream or whole milk to make a cream soup. If you have other left over vegetables – throw them in for variety if you think they'll blend well with the ones you have in it already.

Serve with croutons (or a toasted piece of garlic baguette) or shredded cheddar or parmesan for variety.

It's easy, fun and tasty! and freezes well.

## Sweet Potato Soup

Tine

### Ingredients:

50 g Butter  
1 cooking onion  
1 sweet potato (450 g)  
2 carrots ( 220 g)  
1 tbsp fresh coriander  
1 lemon, zest and juice  
850 ml vegetable stock  
pepper

### Method

1. Melt the butter in a medium sauce pan and cook the chopped onion on low heat.
2. Add the peeled and diced potato and carrots, when onion is soft .
3. Leave everything on low heat for 10-15 minutes, use a lid so the potato and carrot start to get soft.
4. After 10-15 minutes add the coriander, the lemon juice and lemon zest and the stock and pepper and cook on low heat for another 30 minutes.
5. Take off the flame, mix everything with a bar mixer or in a food processor, put it on your plate and eat.

Makes around 4-5 servings

## Spicy Thick Pumpkin Soup

Monika

### Ingredients

2 tablespoons olive oil  
2x large onion or 3x medium sized onion, chopped roughly  
½ tea spoon chilli flakes or chilli powder  
1 ½ teaspoons dried rosemary  
2-3 garlic cloves, roughly chopped  
1 big pumpkin, chopped into medium sized pieces  
4-6 potatoes, swedes, turnips or some combination of these, chopped into medium sized pieces  
2-3 carrots chopped into biggish pieces  
Kettle full of boiling water  
1 teaspoon pepper (to taste)  
1 teaspoon salt (to taste)  
¾ teaspoon ginger powder  
1 teaspoon extra chilli flakes or chilli powder

### Method:

1. Pour olive oil into big pot (pot needs to be big enough to fit everything in. Alternatively use a couple of smaller ones) and wait until hot then add chopped onion, chilli, rosemary and garlic and fry until the onion is soft then turn off the heat.
2. Meanwhile, deseed and chop the pumpkin into medium sized bits (if its organic I normally just wash it and leave the skin on) and add them to the pot (make sure you turn off the heat once the onions are soft).
3. Turn on a kettle full of water and while you're waiting for it to boil wash potatoes, swedes, turnips then peel and chop into biggish pieces then add them to the pot. Once the kettle has boiled, turn the heat under the pot back on, add enough water so that most of the veggies are covered (about 3cm from top the veggies is fine).
4. Put a lid on the pot and wait for it to come to a boil, stirring every now and again. Once its boiled, reduce the heat and let it simmer for about 30 mins or until the veggies are soft (use a fork to check).
5. Turn off the heat, remove the lid and then blend with a stick blender until its smooth (or alternatively use a food processor to blend it) and nice and thick. Make sure you stir it in between so there aren't any leftover lumps of veggies.
6. Add pepper, salt, extra chilli and ginger and stir. Taste it to see if needs more pepper, salt etc. The soup should be really thick at the this stage. If not, just turn the head back on and let it simmer and reduce for a bit making sure you stir it regularly so it doesn't burn.
7. Serve it with bread (great to toast it under the grill after brushing it with olive oil, and smearing some cut garlic cloves over it) and also a tub of natural yoghurt. You can also sprinkle some fresh chopped parsley on top to make it look extra pretty.

This recipe makes a lot of soup – enough to feed four people, some for lunch the next day and some for the freezer.

If you don't like your pumpkin soup to be spicy, just leave out the chilli, that said, the ginger and chilli in this soup make it great for warding off colds and the flu in winter. Adding more garlic also doesn't hurt in this respect.

## Grain Soup Stock

Helen

### Ingredients:

1/2 cup brown rice, barley or other grains  
1 quart cold spring water

### Method:

1. Dry-roast the grain; then put it in a pot and add the cold water.
2. Bring to a boil and cook for 2 to 3 minutes.

3. Use the stock for soup and save the grain for later use in bread, tempura or backed dishes..

This is a favourite in some Zen monasteries.

### **Tomato and Lentil Soup**

Mickey

#### **Ingredients:**

1 large onion  
810 gm can tomatoes or fresh, skinned  
125 grams red lentils (dry weight)  
2 cups vegetable stock  
Salt to taste  
Freshly ground black pepper  
Fresh basil leaves

#### **Method:**

1. Peel and finely chop the onion.
2. Simmer the onion until just softened in a little water.
3. Add the tomatoes and break them up slightly.
4. Rinse the lentils, drain and add to the tomatoes.
5. Stir in the stock. Season to taste with salt and pepper.
6. Bring to a boil, cover and simmer for 30 minutes until the lentils are tender.

### **Red Lentil and Capsicum Spicy Soup**

#### **Ingredients:**

1 green capsicum  
1 red capsicum  
1 medium onion  
3 garlic cloves  
fresh ginger (about 3cm by 1cm)  
1 tablespoon oil  
1 cup red lentils (dry)  
Stock or water doubling the onion/lentil mix  
1 teaspoon cinnamon  
½ -1 teaspoon (to taste) chilli powder OR one fresh chilli  
200 mL coconut milk  
Tamari soy sauce or salt to taste

#### **Method:**

1. Chop red and green capsicum, onion, garlic and ginger into small bits.
2. Wash red lentils and add to the onion mix
3. Stir for some seconds and then add water or stock to cover lentils.
4. Add spices.
5. Leave to simmer for about 15 minutes or until the lentils are soft.
6. Blend the soup with the coconut milk.
7. Add tamari or salt to taste,

Serve with coriander. It can be served with rice.