



Winter Warming Soup Recipes

FROM THE
HEALTHY WORKPLACE

Easy Vegan Tomato Soup



Rate me



🕒 30 MINUTES

INGREDIENTS

1 tin of chopped tomatoes
garlic clove
1 carrot
250ml vegetable stock
chopped herbs
pepper
a pinch of salt

DIRECTIONS

1. Finely chop carrot and mince/grate garlic clove.
2. Gently fry in olive oil until soft.
3. Add chopped tomatoes and stock plus herbs and seasoning. Continue to cook for five minutes or so according to your preference.
4. Serve chunky or whisk to smooth in a blender.

Beetroot, Apricot and Cumin Soup (Vegan)



Rate me



 35 MINUTES

INGREDIENTS

4 x large, cooked
beetroots roughly
chopped
1 x small onion roughly
chopped
600 ml vegan vegetable
stock
200g dried apricots
250 ml orange juice
Salt and pepper to taste
Vegan natural yogurt if
desired

DIRECTIONS

1. Place the beetroot and half of the onion in a saucepan with the stock. Bring to the boil, then reduce the heat, cover with a tight-fitting lid and simmer for about 10 minutes. Puree in a food processor or blender.
2. Place the rest of the onion in a pan with the apricots and orange juice, cover and simmer gently for about 15 minutes until tender. Puree in a food processor or blender.
3. Return the two mixtures to the saucepans and reheat. Season to taste with salt and pepper, then swirl the mixtures together in individual soup bowls to create a marbled effect. Swirl a spoonful of vegan natural yogurt on top if desired.

OR

Throw all ingredients into a soup maker and set to smooth!

Carrot and Coriander Soup



Rate me



🕒 40 MINUTES

INGREDIENTS

- 1 tbsp vegetable oil
- 1 onion chopped
- 1 tsp ground coriander
- 1 potato chopped
- 450g carrots peeled and chopped
- 1.2 l vegetable stock
- 1/2 packet of coriander



DIRECTIONS

1. Heat 1 tbsp oil in a large pan, add 1 chopped onion, then fry for 5 minutes until softened.
2. Stir in 1 tsp ground coriander and 1 chopped potato, then cook for 1 minute.
3. Add 450g peeled and chopped carrots and 1.2l vegetable stock. Bring to the boil, then reduce the heat.
4. Cover and cook for 20 mins until the carrots are tender.
5. Tip into a food processor with a handful of coriander, then blitz until smooth (you may need to do this in two batches). Return to pan, then reheat to serve.

Stilton and Cauliflower Soup



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 40 MINUTES

INGREDIENTS

1/2 oz butter
1 cauliflower chopped
into florets
1 bouquet garni
1 tbsp cornflour
4 oz blue stilton crumbled
1 onion chopped
1 pt light stock
1/2 pt milk

DIRECTIONS

1. Melt butter in pan. Fry onions until soft.
2. Add cauliflower, stock, salt and pepper.
3. Bring to the boil. Simmer for 15 minutes.
4. Cool slightly. Blend soup and puree.
5. Blend flour with 2 tbsp milk. Add to puree with remaining milk. Bring to boil, stirring.
6. Remove from heat. Stir in cheese.

Gourmet Mushroom Soup



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🕒 50 MINUTES

INGREDIENTS

2 tbsp oil
1/2 oz butter
1 chopped onion
2 leeks sliced
1 fresh rosemary sprig
11oz brown mushrooms
sliced
3 tbsp flour
1 1/4 pts chicken stock
Salt and pepper
pinch of mace
8 fl oz milk
1 tbsp soy sauce
pinch of sugar
2 tbsp sherry
3 tbsp whipped cream
fried onions to garnish

DIRECTIONS

1. Heat oil and butter, add onions and leeks. Allow to soften without browning.
2. Add rosemary and 1/2 mushrooms. Fry until soft, remove rosemary and add flour.
3. When well stirred add stock slowly, stirring.
4. Season lightly with salt, pepper and mace.
5. Cover and simmer for 15 minutes. Cool for 10 mins, then puree until smooth.
6. Return to saucepan, add remaining mushrooms, milk, soy sauce and sugar.
7. Cover and simmer for 10 minutes, add sherry.
8. Finally, swirl in whipped cream, serve at once garnished with fried onion.



Curried Parsnip Soup



Rate me



🕒 40 MINUTES

INGREDIENTS

1lb parsnips peeled
and chopped
1 1/2 pts chicken stock
pinch of salt
pepper
1 tspn curry powder

DIRECTIONS

1. Place chopped parsnips in a saucepan with stock, salt and pepper.
2. Bring to boil, cover and simmer for 20 mins or until parsnips are tender.
3. Cool slightly, pour into blender and liquidise until smooth, adding curry powder.
4. Return soup to pan and reheat.

Butternut Squash Soup



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🕒 1 HOUR

INGREDIENTS

- 1 butternut squash
- 1 onion
- 1 shallot
- 2 potatoes
- 1 tsp dried mixed herbs
- 3 to 4 chilli flakes
- salt
- pepper
- 1 knorr vegetable stock cube

DIRECTIONS

1. Remove outer skin of squash. Slice in half, remove seeds. cut into smallish chunks.
2. Fry onion and shallot (if available) in butter to soften. Add salt and pepper to taste, sprinkle in dried mixed herbs and 3 or 4 chilli flakes (optional).
3. Add squash and 2 potatoes peeled and cut up. Add enough water to cover vegetables. Add knorr vegetable stock cube.
4. Cook until vegetables are soft.
5. Liquidise when cool.



Lentil and Vegetable Soup



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 50 MINUTES

INGREDIENTS

250g red lentils

1 onion (chopped)

2 celery sticks (chopped)

2 cloves of garlic (crushed)

750 ml hot vegetable stock

(I use stock powder)

3 tbsp olive oil

1 carrot peeled and diced

1 potato (peeled and diced)

½ tsp cumin

2 bay leaves

½ tsp cayenne or hot chilli powder

Salt and black pepper to season



DIRECTIONS

1. Heat oil in pan and saute vegetables and garlic for 5 mins or so.
2. Add vegetable stock, lentils, bay leaves, cayenne or chilli powder, and cumin, and stir well in.
3. Simmer gently until lentils are well cooked and veggies soft (approx 30-40 mins).
4. Stir frequently and top up with more stock/water if required as it is simmering.
5. Remove bay leaves and discard.
6. Blend with a hand blender, or food processor until smooth.
7. Adjust seasoning if required.



Butternut Squash



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Soup WITH CHILLI AND CREME FRAICHE



🕒 1 HOUR

INGREDIENTS

- 1 butternut-squash peeled and deseeded.
- 2 tablespoons olive oil
- 2 tablespoons of butter
- 2 medium white onions peeled and chopped
- 1-2 garlic cloves finely sliced
- 2 red chillis deseeded and finely sliced
- 850 ml/ 1.5 pints vegetable stock
- 2 table spoons crème fraiche plus more to serve

DIRECTIONS

1. Heat oven to 200 degrees, chop squash into 1.5 cm cubes, toss in half of the olive oil in baking tray/roasting tin and roast for 30 mins, turning half way through cooking time, until golden and soft.
2. Meanwhile, melt butter with rest of olive oil in large pan and add onions, garlic and half of chilli. Cover and cook on low heat for 15-20 minutes until onions are soft.
3. Tip squash into the saucepan, add stock and crème fraiche. Whizz in blender or with hand blender until smooth.
4. Return to the pan, gently stir and season to taste.
5. Serve topped with rest of sliced red chilli and a swirl of crème fraiche and crusty bread.
6. Quick, easy, delicious and wholesome! Enjoy.