



# Chicken & Vegetable

How To  
Soup  
Serves 4

## Ingredients:

- 1 medium onion
- 1 stick celery (finely chopped)
- 3 medium carrots (grated)
- 1 dessertspoon olive or vegetable oil
- 1 teaspoon garlic pureé
- 1 dessertspoon thyme
- 6 mugs water
- 1 stock cube (any kind)
- 1 mug frozen chicken chunks (check packaging for instructions)
- black pepper to taste

Notes: .....

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### Tip

You can add 4 dessertspoons of broth mix.

## How to...

1. Peel, chop and grate all the vegetables.
2. Place a large pot on a medium heat and add oil. When the oil is hot add onion, celery, carrots, garlic pureé and thyme.
3. Cook for 3 minutes, add water, stock cube and mix well.
4. Cook on a medium heat for a further 15 minutes or until all vegetables are soft.
5. Add chicken chunks and cook for a further 15 minutes.
6. Add black pepper to taste.
7. Serve with crusty bread.

Notes: .....

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# Pea & Ham

How To  
Soup  
Serves 4

## Ingredients

- 1 medium onion (diced)
- 2 mugs water
- 4 mugs frozen peas
- 2 slices smoked bacon (diced - removing any fat)
- 1 teaspoon garlic pureé
- 1 stock cube (any kind)
- black pepper to taste

Notes: .....

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### Tip

To make this vegetarian remove the ham.

## How to...

1. Peel and dice the onion.
2. Add 2 mugs of water to a large pot on a medium heat.
3. Add onion, peas, bacon, garlic pureé and stock cube. Stir well and bring to boil.
4. Reduce heat and cook for a further 15 minutes.
5. Add black pepper to taste.
6. Remove from heat, blend until smooth using a hand blender.
7. If too thick you may need to add a little more water.
8. Serve with crusty bread.

Notes: .....

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# Minestrone

How To  
Soup  
Serves 4

## Ingredients:

- 5 mugs water
- 3 cups mixed vegetables (frozen)
- 3 dessertspoons tomato pureé
- 1 teaspoon garlic pureé
- 1 stock cube (any kind)
- 1 large tin chopped tomatoes
- 1 large tin kidney beans (drained and washed)
- ½ cup dried pasta (any kind)

Notes: .....

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### Tip

This soup is good for using up any spare veg that you may have.

## How to...

1. Add 5 mugs of water to a large pot on a medium heat.
2. Then add mixed vegetables, tomato and garlic pureé, stock cube, chopped tomatoes, kidney beans and mix well.
3. Bring to the boil.
4. Add pasta, and then reduce to a medium heat.
5. Simmer for 15 minutes or until pasta is cooked.
6. Serve with crusty bread.

Notes: .....

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# Sweet Potato

How To  
Soup  
Serves 4

## Ingredients:

- 1 medium onion
- 2 medium carrots
- 3 medium sweet potatoes
- 1 dessertspoon olive or vegetable oil
- 1 teaspoon garlic pureé
- 1 teaspoon dried parsley
- 5 mugs water
- 1 stock cube (any kind)
- black pepper to taste

Notes: .....

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### Tip

If you want to make this soup spicy add 1 teaspoon of chilli powder or dried chilli flakes.

## How to...

1. Peel and chop all the vegetables.
2. Place a large pot on a medium heat and add oil. When the oil is hot add onion, garlic pureé and mix well.
3. Cook for 3 minutes, add carrots, sweet potatoes, parsley, water, stock cube and mix well.
4. Cook on a medium heat for 15 minutes or until all vegetables are soft.
5. Add black pepper to taste.
6. This can be served chunky or have it smooth using a hand blender.
7. If too thick you may need to add a little more water.
8. Serve with crusty bread.

Notes: .....

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# Red Pepper & Tomato

How To  
Soup  
Serves 4

## Ingredients:

- 1 medium onion
- 1 red pepper (deseeded)
- 1 medium carrot
- 1 medium potato
- 1 dessertspoon olive or vegetable oil
- 2 teaspoons garlic pureé
- 2 teaspoons dried mixed herbs
- 1 large tin chopped tomatoes
- 5 mugs water
- 1 stock cube (any kind)
- black pepper to taste

Notes: .....

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### Tip

You can serve this soup with a sprinkle of parmesan cheese.

## How to...

1. Peel and chop all the vegetables.
2. Place a large pot on a medium heat and add oil. When the oil is hot add onion, pepper, carrot, potato, garlic pureé and herbs.
3. Cook for 3 minutes. Add chopped tomatoes, water, stock cube and black pepper to taste.
4. Cook on a medium heat for 20 minutes or until all vegetables are soft.
5. This can be served chunky or have it smooth using a hand blender.
6. If too thick you may need to add a little more water.
7. Or if you want to make this soup spicy add ½ teaspoon of chilli flakes.
8. Serve with crusty bread.

Notes: .....

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# Carrot & Coriander

How To  
Soup  
Serves 4

## Ingredients:

- 1 medium onion
- 8 medium carrots
- 1 medium potato
- 1 dessertspoon olive or vegetable oil
- 1 teaspoon garlic pureé
- 1 teaspoon dried coriander
- 6 mugs water
- 1 stock cube (any kind)
- black pepper to taste

Notes: .....

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### Tip

You can add 2 dessertspoons of low fat creme fraiche to make it a creamier soup.

## How to...

1. Peel and chop all the vegetables.
2. Place a large pot on a medium heat and add oil. When the oil is hot add onion, carrots, potato, garlic pureé and coriander.
3. Cook for 3 minutes, add water, stock cube and mix well.
4. Cook on a medium heat for 20 minutes or until all vegetables are soft.
5. Add black pepper to taste.
6. This can be served chunky or have it smooth using a hand blender.
7. If too thick you may need to add a little more water.
8. Serve with crusty bread.

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