

BROCCOLI & CAULIFLOWER SOUP

Broccoli and cauliflower are from the cruciferous which are packed full of antioxidants and nutrients. Get your greens for the day with this tasty soup. Serves 4.

INGREDIENTS:

- 2 broccoli heads
- Half a cauliflower head
- 2 tbsp oil
- 1-2 cloves garlic, crushed
- 2 rashers bacon (optional)



Cut broccoli and cauliflower into small pieces. Heat a large saucepan and cook bacon and garlic until just cooked. Add the broccoli and cauliflower that has been cut into small pieces. Stir to allow flavours to combine. Add enough water to cover half the saucepan. Simmer for 10 minutes, covered. Blend into a smooth consistency with a stick blender.

CURRIED CARROT SOUP

Try this carrot soup with a twist. Adjust the cayenne/chili depending on how spicy you want the soup to be. Serves 6.

INGREDIENTS:

- 2 tbsp oil
- 1 onion, finely diced
- 2 cloves garlic, crushed
- 3 tsp curry powder
- ½ tsp cayenne/chili
- 1 tsp fresh ginger, minced
- 10-12 carrots, peeled and diced
- ½ small pumpkin, peeled and diced
- 5 cups of vegetable stock (*can use 5 stock cubes with 5 cups of water*)
- 125 ml (small can) coconut milk
- Handful of fresh parsley, chopped - *optional*



Heat oil in a large pot. Cook onion for 5 minutes until soft. Add garlic, curry powder, cayenne/chili and ginger and cook for 1 minute. Add carrots, pumpkin and stock – bring to the boil. Reduce heat and simmer for 20 minutes. Add coconut milk and puree using a wizz stick/potato masher. Serve with parsley as a garnish.

COLOURFUL CHICKEN SOUP

A great way to use up leftover chicken or warm the body on a cold winter's day. Recipe adapted from www.bite.co.nz Serves 4.

INGREDIENTS:

- 1tbsp olive oil
- 1 onion, finely diced
- 1 garlic clove, finely chopped
- 1 capsicum, finely chopped
- 2 celery stalks, finely chopped
- 3 cups chicken stock (*or 2 cubes of stock in 3 cups of water*)
- Corn of 1 cob, or 1 can of corn (not creamed)
- Large bunch of bok choy/puk choy or greens e.g. spinach
- 2 chicken breasts (sliced) or leftover cooked chicken (shredded)
- Juice of 1 lemon
- Handful of fresh herbs - *optional*



Heat the olive oil in a large pot and gently fry the onion, garlic, capsicum and celery until the onion is clear. Add the chicken stock bring to a gentle simmer. Add the corn, greens and chicken. Simmer until the chicken is cooked (10 min). Add the lemon juice and herbs.

HAM HOCK & BEAN SOUP

This soup is a great winter warmer, add as many coloured veges as you like. Recipe adapted from www.bite.co.nz Serves 6.

INGREDIENTS:

- 1 cube/tbsp of vegetable stock
- 1 smoked ham hock
- 4 courgettes, chopped chunky
- 1 tin white harriot beans
- 5 carrots peeled and roughly chopped
- 1 tin lentils
- 1 packet spinach (stalks removed), roughly chopped.
- ½ cup mung bean sprouts



Put the ham hock in a large pot and cover with cold water. Add stock and bring to the boil. Reduce heat, skim off the scum. Cook for 45 minutes until meat softens. Add carrots, courgettes, beans and lentils, return to the pot and cook for 15 minutes. Remove hocks, allow to cool then shred the meat off the bone (discard skin). Return to the pot. Add spinach and mung bean sprouts. Heat and serve.

DHAL SOUP

This vegetarian soup will save you money but keep you feeling full and satisfied. Recipe adapted from www.bite.co.nz. Serves 6.

INGREDIENTS:

- ¾ cup dry red lentils
- ½ cup dry yellow split peas
- 2 carrots, peeled and chopped
- ½ tsp turmeric
- 1 tin canned tomatoes
- 1 tbsp curry powder
- 4 cloves garlic, crushed
- 2 cm fresh ginger, finely chopped
- 4 tbsp oil
- ¼ tsp cumin
- 1 onion, finely diced
- Fresh coriander – *optional*



Wash the lentils and split peas together 2-3 times under cold water. Heat oil in a large pot, add the diced onion and cook until clear, add the curry powder, cumin and cook for 1 minute. Stir in the remaining ginger and garlic. To the same pot add 1L of water. Bring to the boil and add the lentils, split peas, carrot, turmeric, crushed tomatoes and curry powder. Simmer for 40 minutes then remove from the heat. You can either blend this soup or leave it chunky. Serve with coriander.

BRILLIANT BEETROOT SOUP

Try this beetroot soup for something a bit different! Recipe adapted from www.bite.co.nz. Serves 4.

INGREDIENTS:

- 1kg beetroot, peeled and chopped
- 1 large onion, chopped
- 1 large carrot, chopped
- 3 gloves garlic
- 1 L vegetable stock
- 1 block of feta - *optional*



Place beetroot, carrot, onion and garlic in a large lined baking tray, cover with tin foil and bake at 180°C for 1-1.5 hours. Put all vegetables in a large pot with stock. Puree with a stick blender. Place on stove and bring to a simmer. Serve with crumbled feta. You can thin out the soup with more water/stock if it is too thick.

EGG DROP SOUP

This is a Chinese soup with whisked eggs that form noodle like ribbons.

INGREDIENTS:

- 3 large eggs, lightly beaten
- 4 cups chicken stock
- ½ tsp ginger, grated
- 1 tbsp soy sauce
- 3 spring onions, chopped
- 8-10 small mushrooms
- 2 carrots, sliced into thin rounds
- 1 bunch greens (spinach, bok choy, silverbeet), shredded



Place all ingredients (except the eggs) in a large pot. Bring to the boil and cook until the vegetables are tender. Slowly pour in the beaten eggs while stirring the soup. The egg will spread out into ribbons. Turn off the heat and serve immediately.

LEAFY GREENS SOUP

This soup is a sure way to get your daily dose of healthy leafy greens. Recipe adapted from www.bite.co.nz. Serves 4.

INGREDIENTS:

- 2 large bunches of leafy greens (calvo nero, kale, choy sum, spinach, silverbeet)
- 1 tbsp oil
- 2 stalks celery, sliced
- 3 spring onions, chopped
- 2 cloves garlic, crushed
- 3 cups chicken stock
- 1 bunch coriander and parsley
- 1 lime



Separate the leaves and stems from the greens. Roughly chop the stems. Heat oil in a saucepan, add celery, spring onions, garlic and cook gently until soft. Add the stems and 1 cup of chopped coriander stems, cook for 5 minutes. Add 1 cup hot chicken stock and simmer for 10 minutes. Add 2 more cups of stock, the leafy greens, a handful of fresh coriander and parsley leaves. Simmer for 5 minutes. Remove from heat and add juice of 1 lime. Cool for 10 minutes. Puree and reheat to serve.