

Soup recipes

Leek & Pea soup

Ingredients:

- 1 tbsp olive oil
- 2 leeks, chopped, washed & well drained
- 1 tsp soft thyme leaves
- 1 garlic clove, finely chopped
- 900ml (1½ pints) gluten free chicken or vegetable stock
- 275g shelled or frozen peas
- 1 round lettuce, washed and chopped
- 1 tbsp finely chopped mint
- Ground black pepper to taste



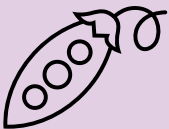
Serves: 4



Prep: 20 mins

Directions:

- Heat the oil in a saucepan and cook the leeks with the thyme and garlic over a gentle heat, until soft but not brown. Add a drop of water, if necessary, to prevent sticking.
- Add the stock and bring to the boil. Add the peas and the lettuce and continue cooking until the peas are tender.
- Stir in the mint and if you like you can liquidise about half the mixture. Return to the rest of the soup, reheat and season to taste with black pepper.



Soup recipes

Homemade vegetable and lentil soup

Ingredients

- 2 tbsp olive oil
- 4 cloves garlic, crushed or finely grated
- 2 onions, finely chopped
- 4 carrots, chopped
- 2 sticks celery, chopped (optional)
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tbsp fresh rosemary
- 1 mug red lentils
- 8 cups gluten free vegetable stock
- Bag baby spinach, washed
- Salt & pepper
- 1 tbsp fresh parsley (optional)
- 2 tbsp fresh coriander (optional)

Directions

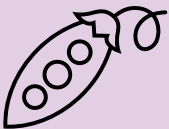
- Heat a large saucepan, add the oil and gently sweat the onions, garlic, celery and carrots for 5 mins.
- Add the coriander, cumin and rosemary and continue to cook gently for 2 minutes. Then add in the lentils and vegetable stock and cook for 15 minutes, until the lentils are disintegrating and the carrots are cooked.
- Add in the spinach, season well and cook for another 2 minutes.
- Blend with food processor or hand blender if desired.
- Finely chop fresh parsley and coriander if using and sprinkle on top.



Serves: 6



Prep: 10 mins
Cook: 30 mins



Soup recipes

Thai butternut squash and spinach soup

Ingredients:

2 small / 1 large butternut squash
2-3 tbsp olive oil
6-8 large garlic cloves
114oz can coconut milk
½ red onion, finely sliced
1 tsp red Thai curry paste
800ml gluten free vegetable stock
Bag fresh spinach leaves, finely sliced
Chopped fresh coriander and toasted pumpkin seeds to serve



Serves: 8

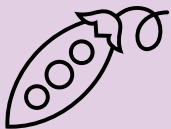


Prep: 10 mins
Roasting time:
40-50 mins

To make this dish more filling, add a tin of butter beans to the coconut milk and curry paste

Directions

- Preheat oven to 200C
- Cut the butternut squash into quarters and remove seeds. Then cut into smaller chunks, leaving skin on. Toss with olive oil and place on baking sheet. Roast for 40-60 minute, turning occasionally, until tender.
- Separate the garlic cloves and add to squash half way through cooking time.
- When squash is ready, remove from oven. Then heat coconut milk and curry paste in a large saucepan for 2-3 minutes until hot.
- Add vegetable stock and cook for 1-2 minutes.
- Squeeze roast garlic from outer skin and add to squash.
- Add spinach and cook for a further 2 minutes. Remove from heat, blend and serve with toasted pumpkin seeds and chopped coriander.



Soup recipes

Spicy carrot and lentil soup

Ingredients:

½ tbsp coconut or olive oil
1 onion, finely chopped
2 cloves garlic, crushed
Large piece of fresh ginger, grated
1 red chilli, finely chopped (optional)
1 tsp curry powder / Thai curry paste
1 kilo of carrots
1 cup red lentils
750ml of gluten free vegetable stock
½ can coconut milk

Directions

- Gently sauté onion in the olive oil for 1-2 minutes, then add garlic, ginger and chilli and cook for an additional 3-4 minutes until soft.
- Add in curry powder/paste and cook for another minute.
- Add in carrots, lentils, stock and coconut milk and bring to the boil and simmer for 15-18 minutes until carrots and lentils are cooked.
- If liked use a hand blender to blend until smooth.
- Freeze leftover coconut milk for future use.

Option:

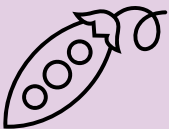
- *Also delicious with baby spinach added in for final minute of cooking.*



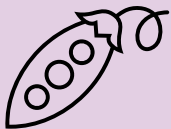
Serves: 6



Prep: 10 mins
Cook: 25 mins



Soup recipes



Mediterranean tomato, lentil and roast vegetable soup

Ingredients:

1tbsp olive oil
3 cloves garlic, crushed
1 cup puy lentils
2 tins chopped tomatoes
3 tsp gluten free vegetable bouillon e.g. Marigold
Roast vegetables (can be prepared beforehand)
Handful fresh basil, chopped

Directions

- Gently sauté garlic in the olive oil for 1-2 minutes.
- Add in the lentils, tinned tomatoes, 1 litre boiling water and the vegetable bouillon, cover and cook for 30 minutes.
- Add in the roast vegetables and cook for a further 10 minutes or until the lentils are fully cooked.
- Serve sprinkled with chopped basil and a slice of wholegrain bread.



Serves: 4-6



Prep: 5 mins
Cook: 45 mins

Soup recipes

Butterbean soup with veg and coconut

Ingredients:

- 1 tsp or coconut oil for sautéing
- 1 medium onion, sliced
- 3 carrots, sliced
- 2 leeks washed and sliced thinly
- 2 sticks celery, chopped
- 2 sweet potatoes peeled and chopped into small chunks or
- ½ peeled butternut squash cut into small chunks
- Water to cover vegetables
- 2 cloves garlic, sliced
- 1 tsp turmeric
- 1 tin of butterbeans – in unsalted water
- 1 handful of coriander and or parsley chopped (optional)
- Salt and black pepper to taste
- 2 oz creamed coconut / 150g coconut milk



Serves: 4

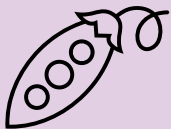


Prep: 15 mins
Cook: 30 mins

Directions:

- Gently fry the onion in olive oil or healthy sautéing some stock.
- Add carrots, celery, sweet potato or butternut squash and cook for 5-6 minutes.
- Add the garlic and turmeric and the tin of butterbeans including their water.
- Top up with more water until vegetables are covered and simmer until soft – about 20 minutes.
- Add the creamed coconut or coconut milk.
- Use a hand blender or liquidizer to blend until smooth.
- Stir in the chopped coriander and parsley if using and season to taste.

Soup recipes



Minestrone soup

Ingredients:

- 1 large onion, roughly chopped
- 2 large carrots, roughly chopped
- 5 sticks celery, roughly chopped
- 1 courgette, roughly chopped (optional)
- ½ tbsp olive oil
- 2 cloves garlic, crushed
- Pinch dried chilli (optional)
- 1 can chopped tomatoes
- 100g wholegrain pasta (gluten free, if necessary)
- 1.5-2L gluten free vegetable stock
- 1 can borlotti / cannellini beans
- ½ head green cabbage, shredded
- Green pesto to serve (gluten/dairy free if necessary) - optional

Directions:

- Place onions, carrots, celery and courgette in a food processor and whizz into small pieces (or just chop them finely if no food processor)
- Heat olive oil in a large saucepan and gently fry the chopped vegetables, together with the garlic and chilli for 5 minutes.
- Add in the tomatoes, pasta, stock and cook for 7 minutes.
- Add in the beans and cabbage and cook for a further 3 minutes, or until pasta is cooked.
- Serve each bowl drizzled with a teaspoon pesto, if desired.



Serves: 6



Prep: 10 mins
Cook: 15 mins

Soup recipes

Sweet potato and red pepper soup

Ingredients:

- 1 red onion, finely chopped
- 1tbsp coconut or olive oil
- 3 cloves garlic, grated/crushed
- 1 tbsp tomato puree
- 1 tsp turmeric
- 1 large red pepper, diced
- 2 medium sweet potatoes, peeled and diced
- 1 tin cannellini beans
- 250ml water or vegetable stock (gluten free)
- 50g creamed coconut, roughly chopped
- Salt and pepper, to taste
- Handful chopped parsley or coriander to garnish

If you don't have creamed coconut, coconut milk from a tin is a good replacement

Directions:

- Heat pan and gently fry onion in oil for 3-4 minutes until soft.
- Add in garlic, tomato puree and turmeric and cook for a further 2 minutes, then add in pepper and sweet potato and cook for an additional 2 minutes.
- Add in beans, tomatoes and water and cook for 20 minutes or until vegetables are soft.
- Add in creamed coconut, stir and cook for a further minute or two.
- Using a hand blender liquidise soup briefly, leaving some chunks.
- Serve sprinkled with fresh herbs.

Recipe taken from the wonderful 'My Goodness' cookbook by Nutritional Therapist Liz Nolan.



Serves: 6



Prep: 10 mins
Cook: 25 mins

