

the complete series

Vegetarian

SOUP RECIPES



Table of Contents

Mushroom and Barley Soup	2
Mushroom and Pasta Soup	3
Carrot, Lentil and Pasta Soup	4
Celery and Blue Cheese Soup	5
Tomato and Chickpea Soup	6
Hearty Bean Soup	7
Ripe Red Tomato Soup	8
Green Lentil and Pea Soup	9
Carrot and Orange Soup	10
Lentil Soup	11
Leek and Mushroom Soup	12

Mushroom and Barley Soup

Prep: 10 mins | Cook: 1 hr | Servings: 4

1 lb button mushrooms, sliced
1 tomato, chopped
2 carrots, chopped
1 onion, chopped
2 stalks celery, chopped
2 tablespoons chopped fresh parsley
½ cup barley
6 cups water
freshly ground black pepper



1 Place mushrooms, tomato, carrots, onion, celery, parsley, barley and water in a large saucepan and bring to the boil. Reduce heat, cover and simmer for 1 hour or until barley is tender. Season to taste with black pepper.

Note: *This is one of the simplest soups you will ever make. You can use either pot or pearl barley for this recipe. Pearl barley is the more refined grain, so it takes less time to cook than pot barley.*

Mushroom and Pasta Soup

Prep: 8 mins | Cook: 13 mins | Servings: 4

1 small carrot, cut into thin strips
1 stalk celery, cut into thin strips
3 green onions, cut into thin strips
5 1/2 cups vegetable stock
1/2 cup dry Spanish sherry
7 oz/200g mushrooms, cut into quarters then sliced
4oz/125g fresh spaghetti
freshly ground black pepper



- 1** Put the carrot, celery, green onions, stock, and sherry in a large soup pot and bring to a boil.
- 2** Cook the mushrooms in a large non-stick skillet on medium heat for 5 minutes. Add the mushroom to the soup pot.
- 3** Reduce the heat, add the pasta and simmer for 8 minutes or until pasta is cooked. Season to taste with black pepper.

Note: *This recipe also works well as an Asian-style soup. Simply replace the sherry with mirin, replace the pasta with Japanese noodles and top each soup bowl with a few drops of sesame oil and chopped green onion*

Carrot, Lentil and Pasta Soup

Prep: 15 mins | Cook: 1 hr | Servings: 4

4 oz/125g cresti di gallo pasta
1 tablespoon salt
1 tablespoon olive oil
1 carrot, coarsely chopped
2 small onions, chopped
2 cloves garlic, crushed
1/2 tablespoon garam masala
7 oz/200g yellow lentils
8 cups vegetable stock
2 tablespoons chopped fresh cilantro (coriander)



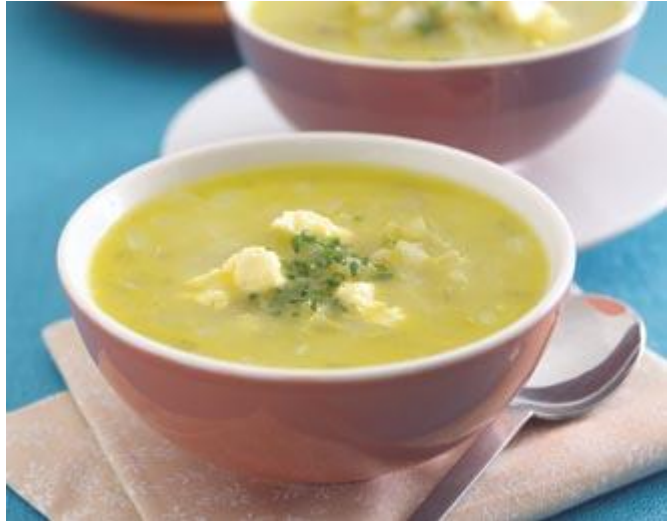
- 1** Place the pasta in lots of boiling water in a large saucepan with salt. Cook for 8 minutes or until just firm in the center (al dente). Drain, set aside and keep warm.
- 2** Heat oil in a saucepan over a medium heat, add carrot, onions and garlic and cook, stirring occasionally, for 10 minutes or until vegetables are soft. Add garam masala and cook, stirring, for 1 minute longer.
- 3** Add lentils and stock to pan and bring to a boil. Reduce heat and simmer, stirring occasionally, for 30–40 minutes or until lentils are cooked. Cool slightly.
- 4** Purée the soup mixture, in batches, in a food processor or blender. Return the purée to a clean saucepan, add the pasta and cook over a low heat, stirring, for 5 minutes or until soup is hot. Stir in cilantro and serve immediately.

Note: *Cresti di gallo or 'cock's crests' is so named because it resembles a cock's comb. About 1 in/3cm long, it's slightly curved, with a curly outer rib along the back. Any small pasta shape suitable for soups, such as elbow (short-cut) pasta or macaroni can be substituted.*

Celery and Blue Cheese Soup

Prep: 10 mins | Cook: 40 mins | Servings: 4

2 tablespoons margarine
1 small bunch celery, finely chopped
2 onions, chopped
1 tablespoon all-purpose flour
4 cups vegetable stock
2 oz/60g strong creamy blue cheese, mashed
freshly ground black pepper
2 tablespoons snipped fresh chives



- 1** Melt margarine in a large saucepan. Add celery and onions and cook over a medium heat, stirring occasionally, for 4 minutes or until onions are soft but not browned.
- 2** Stir in flour and cook for 1 minute longer. Gradually stir in stock and mix until smooth. Bring to the boil, then reduce heat and simmer for 30 minutes, or until celery is very soft.
- 3** Stir in cheese and season to taste with black pepper. Ladle soup into warm bowls, sprinkle with chives and serve immediately.

Note: *Several creamy blue cheeses are available. Castello, Roquefort, Gorgonzola or a creamy Stilton are all suitable to use in this recipe.*

Tomato and Chickpea Soup

Prep: 10 mins | Cook: 25 mins | Servings: 4

1 tablespoon olive oil
1 small onion, sliced
2 cloves garlic, crushed
4 oz/125g spiral pasta
1 small carrot, chopped
1 small zucchini, sliced
15 oz/440g canned tomatoes, undrained and coarsely chopped
½ teaspoon dried oregano leaves
6 cups vegetable stock
15 oz/440g canned chickpeas, rinsed and drained



1 Heat the oil in a large saucepan over low heat, add the onion and garlic and cook, stirring, for 5 minutes or until onion softens slightly.

2 Add pasta, carrot, zucchini, tomatoes, oregano and stock. Bring to a boil, reduce heat and simmer for 10 minutes. Stir in chickpeas and cook for approximately 8 minutes longer, until pasta is cooked but a little firm in the center.

Note: *You can also use cold cooked chickpeas. To cook chickpeas, soak them overnight in cold water, drain and place in a large saucepan. Cover with cold water and bring to a boil over a medium heat. Reduce heat and simmer for 45–60 minutes or until tender. Drain and cool.*

Hearty Bean Soup

Prep: 10 mins | Cook: 1hr 40 mins | Servings: 4

7 oz/200g dried navy beans
1 tablespoon oil
2 onions, chopped
2 cloves garlic, crushed
2 carrots, sliced
2 stalks celery, sliced
1 potato, chopped
15 oz/440g canned tomatoes, undrained and mashed
6 cups water
2 tablespoons chopped fresh parsley
freshly ground black pepper



- 1 Place the beans in a large bowl, cover with water and set aside to soak overnight.
- 2 Drain beans, place in a large saucepan with enough water to cover and bring to a boil. Boil for 10 minutes, reduce heat and simmer for 1 hour or until beans are soft. Drain and reserve 2 cups of cooking water. Place reserved cooking water and half the beans in a food processor or blender and process until smooth.
- 3 Heat the oil in a large saucepan, add the onions and garlic and cook, stirring, for 4–5 minutes or until onions are soft. Add carrots, celery, potato, tomatoes, water, beans and bean purée and bring to a boil. Reduce heat and simmer for 20 minutes or until vegetables are tender. Stir in parsley and season to taste with black pepper.

Ripe Red Tomato Soup

Prep: 20 mins | Cook: 60 mins | Servings: 4

- 1 tablespoon vegetable oil**
- 2 cloves garlic, crushed**
- 2 fresh red chilies, finely chopped**
- 1 red onion, chopped**
- 3 green onions, chopped**
- 2 tablespoons chopped fresh thyme**
- 2 oz/60g sun-dried tomatoes, chopped**
- 1 1/2 lb/750g very ripe tomatoes, peeled and chopped**
- 3/4 cup dry white wine**
- 3 1/2 cups vegetable stock**
- 1 teaspoon sugar**
- 1/4 cup sour cream**
- 1/4 cup fresh basil leaves, torn**



- 1** Heat the oil in a large saucepan. Add garlic, chilies and red onion and cook over a medium heat, stirring, for 4 minutes or until onion is golden.
- 2** Add green onions, thyme, sun-dried tomatoes, tomatoes, wine and stock. Bring to a boil, reduce heat and simmer, covered, for 45 minutes.
- 3** Remove the pan from the heat and set aside to cool slightly. Place soup mixture, in batches, in a food processor or blender and process until smooth.
- 4** Return the soup to a clean saucepan, add the sugar and cook over medium heat, stirring, until hot. Serve soup topped with sour cream and basil.

Green Lentil and Pea Soup

Prep: 15 mins | Cook: 10 mins | Servings: 4

14 oz shelled fresh or frozen peas
2 oz green lentils
1 small onion, finely chopped
3 1/2 cups vegetable stock
3 tablespoons margarine
1 oz/30g all-purpose flour
2 teaspoons hot Madras curry powder
3 cups water
3 1/2 oz thin spaghetti, broken into pieces
1/3 cup pouring cream
2 tablespoons chopped fresh mint
freshly ground black pepper
1 baguette
4 oz cream cheese
4 oz Parmesan cheese, grated
1 teaspoon black pepper
fresh mint, to garnish



- 1 Place peas, lentils, onion and stock in a saucepan and bring to a boil. Reduce heat and simmer, stirring occasionally, for 40–45 minutes or until lentils are cooked.
- 2 Remove pan from heat and set aside to cool slightly. Purée pea mixture in batches in a food processor or blender. Set aside.
- 3 Melt the margarine in a saucepan over low heat, add flour and curry powder and cook, stirring, for 1 minute. Remove pan from heat, gradually stir in the water and continue mixing until smooth. Return pan to heat and cook, stirring, until soup boils and thickens.
- 4 Reduce heat, stir in pea purée and spaghetti and simmer for 10 minutes or until spaghetti is cooked. Stir in cream, mint and black pepper to taste, and simmer for 1 minute.
- 5 Make cheese toasts. Cut the baguette into 1/5 in/5mm-thick slices and toast on one side under a broiler until golden. Combine cream cheese and grated Parmesan cheese with the pepper. Spread cheese mixture over the untoasted sides of bread. Return to the broiler and cook for 3–4 minutes or until cheese melts. Top each bowl of soup with a broiled toast and garnish with a sprig of mint.

Carrot and Orange Soup

Prep: 25 mins | Cook: 30 mins | Servings: 4

4 oz/125g cashews, roasted and chopped
1 tablespoon chopped fresh mint
1 tablespoon vegetable oil
2 leeks, thinly sliced
6 large carrots, sliced
1 tablespoon finely grated lemon zest
1 cup orange juice
1 1/2 cups coconut milk
2 cups vegetable stock
freshly ground black pepper
1/3 cup natural yogurt
4 oz/125g cashews, roasted and chopped
1 tablespoon chopped fresh mint



- 1 Heat the oil in a large saucepan. Add the leeks and cook over a medium heat, stirring, for 5 minutes or until golden.
- 2 Add the carrots, lemon zest and orange juice to the pan, bring to a boil and simmer for 10 minutes or until carrots are soft.
- 3 Stir in coconut milk and stock and simmer for 10 minutes longer.
- 4 Remove the pan from heat and set aside to cool slightly. Place soup mixture, in batches, in a food processor or blender and process until smooth.
- 5 Return the soup to a clean saucepan and heat over a medium heat, stirring, for 4–5 minutes or until hot. Season to taste with black pepper. Serve soup topped with yogurt, cashews and mint.

Lentil Soup

Prep: 15 mins | Cook: 45 mins | Servings: 4

2 teaspoons vegetable oil
1 onion, chopped
2 small leeks, chopped
2 cloves garlic, crushed
10 oz/300g green lentils
9 cups vegetable stock
12 arugula leaves, coarsely chopped
1 tablespoon lemon juice
1/4 cup yogurt
8 mint leaves, to garnish



- 1 Heat the oil in a large saucepan. Add onion, leeks and garlic and cook over a medium heat, stirring constantly, for 5 minutes or until onions are golden.
- 2 Stir in lentils and stock and bring to a boil. Reduce the heat and simmer for 30 minutes or until lentils are tender. Add arugula and lemon juice and simmer for 5 minutes longer, remove pan from heat and set aside to cool slightly.
- 3 Place the lentil mixture, in batches, in a food processor or blender and process until smooth.
- 4 Return soup to a clean saucepan, bring to a boil and simmer over a medium heat for 2–3 minutes or until soup is hot. Top with yogurt and garnish with mint leaves.

Note: *If arugula is unavailable, use watercress instead. If the soup is very thick add a little extra stock or water.*

Leek and Mushroom Soup

Prep: 8 mins | Cook: 30 mins | Servings: 4

3 tablespoons margarine
2 leeks, thinly sliced
1 tablespoon yellow mustard seeds
8 oz/250g button mushrooms, sliced
2 teaspoons dried thyme
4 cups vegetable stock
4 oz/125g risoni
½ cup heavy cream



- 1** Melt the margarine in a large saucepan over a medium heat, add leeks and mustard seeds and cook, stirring, for 5 minutes or until leeks are soft and golden.
- 2** Add mushrooms and thyme to pan and cook for 5 minutes longer. Add stock and pasta, bring to a boil, then reduce heat and simmer for 15 minutes or until pasta is tender. Stir in cream and simmer for 5 minutes longer.

Note: *Risoni is a small rice-shaped pasta used mainly in soups. Any other small shaped pasta can be used instead.*