

Tofu Vegetable Noodle Soup

Preparation time: 10 mins

Cooking time: 30 mins

- 1 tablespoon oil (eg Rice Bran oil)
- 2 cloves garlic (crushed)
- 1 tablespoon jar ginger
- 1 tablespoon Thai squeeze (from cold vegetable section in supermarket)
- 1 brown onion (thinly sliced strips)
- 3 medium potatoes (peeled and cut fine julienne)
- 4 medium carrots (peeled and cut fine julienne)
- 3 medium zucchini (cut fine julienne)
- 4 celery stalks (cut fine)
- 2 litres boiling water
- 4 tablespoons Massel Chicken-style stock powder (or to taste)
- ½ cup Vetta Angel Hair #91 noodles (from Woolworths)
- 1 pkt Soyco Japanese Tofu (cut in half and finely sliced)

1. Heat oil in large stock pot. Lightly cook onion then add garlic, ginger and Thai squeeze. Cook until it starts to sizzle then add potatoes, carrots, celery and zucchini.
2. Stir vegetables through oil/spice mix, then add 2 L boiling water from kettle.
3. Add stock powder.
4. Bring to a rapid boil for approx 20 minutes until vegetables are tender.
5. Add angel hair noodles whilst stirring, then bring to the boil again for a further 5 minutes.
6. Add finely cut tofu strips then turn off the heat.
7. Place lid on and allow to sit for 5 – 10 minutes before serving.

Serves 6 - 8. Great to eat as leftovers the following day as the flavour is even better!

From Vanessa Geelan

Red Lentil and Tomato Soup

1 tablespoon oil
1 medium onion, chopped
2 cloves garlic, crushed
2 tsp ground coriander
2tsp ground cumin
500g packet dried red lentils
7 cups water
850g can chopped tomatoes
415g can tomato soup
2 zucchini, grated
1 tsp salt (optional)

1. In a large saucepan, heat oil and sauté onion, garlic and spices.
2. Add washed lentils, water, tomatoes and soup, and bring mixture to the boil.
3. Reduce heat and simmer for 15 minutes.
4. Add zucchini and salt, and simmer for a further 5 minutes.

Serves 6-8.

From Bronwyn Fowler

Hearty Lentil Soup

2 medium carrots, diced
2 large potatoes, diced
4 stalks of celery diced
2 large onions, diced
4 cups hot water
3 teaspoons Massel Chicken Stock powder, dissolved into the hot water
2 x 415g tins Sanitarium Savoury Lentils
2 x 440g tins salt reduced tomato soup
1 cup green peas
1 cup mini pasta shells

Place all ingredients except peas and pasta, into a large saucepan or pot. Bring to the boil, reduce heat, simmer until veggies are tender. Add pasta and peas and let simmer a further 10 minutes.

Can also add red kidney beans or corn!!

From Michele Sky

Mushroom and Rosemary Soup

Not a recipe as such but just the basics of what I did:

Lightly cook 1-2 cloves crushed garlic and 1 tablespoon dried rosemary in 1 tablespoon oil.

Add one bag full of finely sliced mushrooms. Cook until mushrooms tender.

Add approx 4 peeled and chopped potatoes. Toss through mushroom mixture then add boiling water to cover.

Add chicken or beef-style Massel stock powder to taste (beef-style works well with mushrooms).

Bring to boil and cook until potatoes tender.

Using stick blender, pulsate through cooked mixture to create a small, chunky texture.

I also add a heaped tablespoon of "Tofutti Cream Cheese" (non-dairy cream cheese from Coles and WW) during blending stage to give a creaminess to the soup.

You may like to use regular cream cheese or sour cream.

Optional - add sliced onion to cook with the garlic.

From Vanessa Geelan

Country Pie Pumpkin Soup

1kg Pumpkin
1 Onion
10 whole Cloves
1 stick of Celery (cut in half)
Nutmeg
2 cubes or 2 Tablespoons Massell Veg chicken stock
½ cup cream
Sour cream
Salt & cracked pepper

In a large pot either toss pumpkin in olive oil till slightly sautéed or use pre-bake pumpkin.

Prepare peeled whole onion studded with whole cloves.

Cover pumpkin with water, onion, celery, pinch of nutmeg, chicken stock, salt & pepper to taste.

Boil till pumpkin is soft.

Discard onion & celery.

Whisk pumpkin with remaining stock.

Stir through cream.

Serve with a dollop of sour cream if liked & slight sprinkle of nutmeg...& crusty garlic/herb bread.

From Michelle Thompson

Mexican Soup

Per Serve:

Energy 650 kj, carbohydrate 22g,
protein 8g, fat 2g, fibre 8g.

Ingredients

Spray oil

1 large onion, chopped

2 cloves garlic, crushed

2 teaspoons ground coriander

1 teaspoon ground cumin

1 red capsicum, deseeded and chopped (optional)

1 x 425g can red kidney beans, drained and rinsed

1 litre tomato juice (Golden Circle unsweetened)

1 Tablespoon chilli sauce (optional/to taste)

Method

1. Spray the base of a large stainless steel saucepan with spray oil and heat. Add the onion, garlic, coriander, cumin, capsicum and chilli (if using). Fry gently for 10 minutes.
2. Add all the remaining ingredients, bring to the boil, cover and simmer gently for 30 minutes.
3. Process all the soup using a stab blender. (Or allow to cool slightly and blend using a jug blender and then reheat through).
4. Serve hot with warm crusty bread or corn bread.

From Beverley Larden

Pumpkin Dahl Soup

1.2kg pumpkin, peeled and deseeded
2 tablespoons olive oil
1 large onion, finely diced
1 clove garlic, crushed
1 teaspoon minced ginger
2 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons ground turmeric
1 cup red lentils, rinsed and drained
4 cups (1 litre) water
1 ½ teaspoons salt, or to taste

Cut pumpkin into 2 cm cubes. Place onion and oil in a large saucepan over medium heat. Fry onion until soft. Add garlic, ginger and spices and fry until fragrant. Add remaining ingredients and bring to the boil. Reduce heat and simmer until pumpkin is tender and lentils are cooked. Mash soup with a potato masher or blend using a blender, food processor or stick blender. Make it smooth or leave it a slightly chunky. Season to taste. Serve with a spoonful of mint yogurt sauce.

Mint Yogurt Sauce

1 cup natural yogurt
2 tablespoons finely chopped mint
1 small clove garlic, crushed
Pinch salt

Place ingredients in a small bowl and mix to combine.

From Libby Hergenhan

Michelle Ashton
Linda Ross

Fennel, Leek & Chickpea Soup

Preparation: about 20 minutes

Cooking: about 40 minutes

Serves: 4

¼ cup olive oil

2 leeks, trimmed, halved lengthways and sliced

3 garlic cloves, finely chopped

2 fennel bulbs (about 350g each), trimmed, halved and diced

1 medium potato, peeled and diced

400g can chickpeas, drained and rinsed

4 ½ cups chicken stock

Salt and ground black pepper

Grated parmesan cheese, to serve

1. Heat oil in a large saucepan over medium heat. Add leeks and garlic and cook, stirring often, for 5 minutes. Add fennel and potato and cook, stirring often, for 5 minutes.
2. Add chickpeas and stock. Cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 20-25 minutes until vegetables are just tender.
3. Transfer half the soup to a bowl. Using a blender or food processor, blend the remaining soup until smooth. Add reserved unblended soup to the blended mixture. Season with salt and pepper to taste. Ladle into bowls. Top with chopped fennel fronds if liked and serve with grated parmesan.

From Karen Thomson