

ELEVATE THE SOUL WITH

SOUP



LOOKBOOK

DEDICATED TO WOMEN
AFFECTED BY DOMESTIC
VIOLENCE



CREAMY PARSNIP SOUP WITH
CARAMALISED ONION

GUIDE



Roasting the parsnip caramelises it and enhances the nutty, sweet, and buttery taste of the soup. Adding caramelised onions just enhances all the caramel notes.

This is an approximate amount for one person. Many recipes define how much you should eat. Let your tummy be your guide.

PROVISIONS

- Approx 1–2 parsnips
- Approx 1– 2 cups of stock of choice. (vegetable for a vegetarian option)
- 1 Garlic clove unpeeled
- Thyme
- Cream (coconut cream or cashew cream if vegan)
- Olive oil
- Salt and pepper
- Either store brought caramelised onion jam or really simply make one. Onion sauteed with, 1 tablespoon of brown sugar, butter and balsamic vinegar until caramelised.

PREPARATION

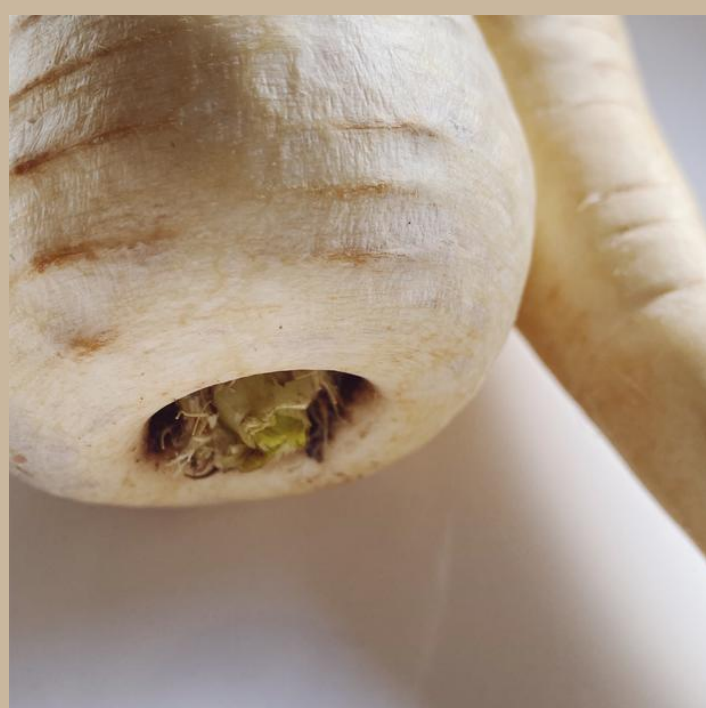
1. PREPARE: Turn oven to 180 deg C.

2. CUT: Peel parsnips, keep peel and cut the parsnip into rough small chunks.

3. BAKE: Place parsnip chunks on one side of baking tray, the unpeeled garlic clove and parsnip peels on the other side. Sprinkle salt and olive oil on each. Bake for approx. 20 mins until chunks are tender (you should be able to put a knife through it easily) and peels are crispy.

4. BLEND: Place chunks in a blender, peeled garlic clove and enough stock to cover the vegetables, add a dash of cream. Blend and add more stock until desired consistency.

5. TOP: Season accordingly, place in a bowl, top with roasted parsnip peels and onion. Enjoy.





ROASTED CAULIFLOWER,
CASHEW AND CRISPY KALE

GUIDE



Next time you are doing a roast considering doing a whole cauliflower. Until then try this soup it may surprise you.

This is an approximate amount for one person. Many recipes define how much you should eat. Let your tummy be your guide.

PROVISIONS

- For one
- Approx 1/4 of a cauliflower
- 1 cup of cashews
- 1 cup of desired stock (vegetable for vegan or vegetarian option)
- 1/4 cup of natural cashews
- 4-5 kalettes or kale leaves stripped off stem
- Olive oil
- Salt

PREPARATION

1. PREPARE: Heat oven to 180 deg C.
2. CUT: Chop cauliflower into small chunks and soak cashews in water or stock.
3. PLACE: Chunks on one side of the baking tray, and kale or kalettes on the other. Sprinkle salt and olive oil on everything.
4. BAKE: Chunks for approx. 15-20 mins or until chunks are tender and the kale is crispy (you should be able to put a knife through it easily).
5. BLEND: Place chunks in a blender, cashews and soaking liquid. You may need to add more stock to achieve desired consistency and seasoning.
6. TOP: Place in a bowl, top with roasted kalettes, extra cashews, cracked black pepper, and additional olive oil if desired. Enjoy.





SWEET POTATO AND ALMOND

GUIDE



This soup is topped with crunchy bits which adds beautiful texture to this lovely sweet creamy soup.

This is an approximate amount for one person. Many recipes define how much you should eat. Let your tummy be your guide.

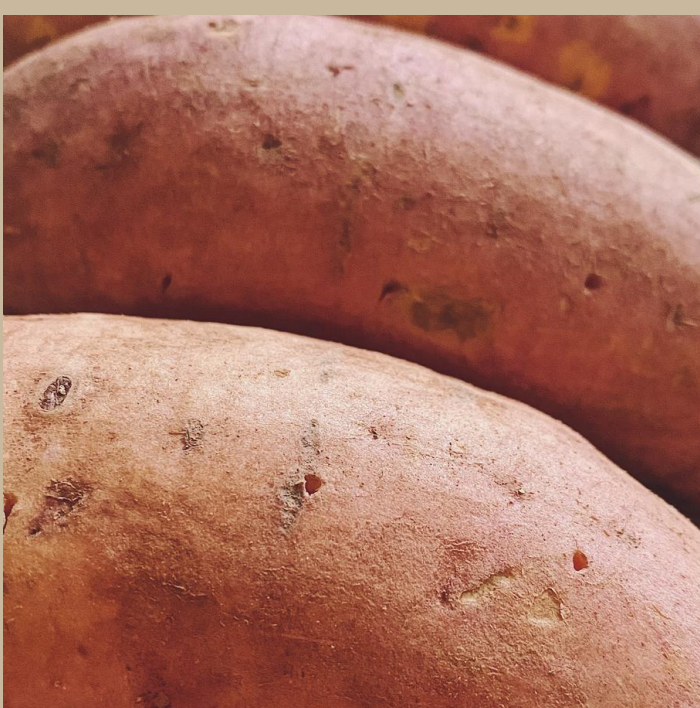
PROVISIONS


For one

- 1 sweet potato depending on size
- 2 cups of almond mylk
- Flaked almonds
- 1 stalk of Cavalo Nero or Tuscan cabbage leaf ripped off stalk (optional)
- Olive oil
- Salt and pepper

PREPARATION

- 1.PREPARE: Heat oven to 180 deg C.
- 2.CUT: Peel sweet potatoes, keep peel and cut the potato into rough small chunks.
- 3.PLACE: Sweet potato chunks on one side of the baking tray, the Tuscan cabbage and sweet potato peels on the other side. Sprinkle salt and olive oil on everything..
- 4.BAKE: Place tray in the oven. After 10 mins check the peels and cabbage, remove if crispy. Bake chunks for approx. 20 mins or until chunks are tender (you should be able to put a knife through it easily).
- 5.BLEND: Place chunks in a blender, and enough mylk to cover the vegetables. Blend and add more stock until desired consistency. Season accordingly.
6. TOP: Place in a bowl, top with roasted sweet potato peels, Tuscan cabbage and flaked almonds. Enjoy.





'BRODO'
CHICKEN SOUP WITH
BUCKWHEAT NOODLES

CREATE BROTH WITH WHOLE CHICKEN.
DRAIN.
ADD SHREDDED CHICKEN AND
BUCKWHEAT NOODLES.
SEASON.

DF/O

GF/O

POTATO LEEK AND MAPLE BACON

GLAZE BACON, ROAST WITH LEEK.
ADD ROAST LEEK TO POT.
BOIL WITH STOCK AND POTATOES.
BLEND AND TOP.

DF/O

GF/O

FAVA BEAN AND TOMATO

SOAK DRIED FAVA BEANS
IN POT. PUT FAVA BEANS, DICED TOM, HERBS AND
STOCK.
BOIL TIL SOFT.
TOP WITH SHAVED PARMESAN, FOR DAIRY FREE TOP
WITH CROUTONS

VG/O

GF/O

WHEY, LEMON AND GARLIC

FRY ONION GARLIC AND PARSLEY IN OLIVE OIL.
ADD WHEY AND LEMON JUICE.
SIMMER.
TOP WITH PARMESAN, CROUTONS, GLUTEN FREE.

VG/O

GF/O

BETROOT

CREATE A VEGETABLE STOCK INCLUDING DICED BEETROOTS AND BEETROOT TOPS.
ADD LARGE DICED POTATOES.
TOP GREEK YOGHURT, COCONUT YOGHURT FOR DAIRY FREE AND MINT.

VG/O

GF/O

PUMPKIN

CUT BUTTERNUT IN HALF, REMOVE SEEDS, ROAST.
BLEND WITH STOCK.
TOP WITH PEPITAS, SHREDDED CHICKEN AND SOUR CREAM.
VEGETARIAN OPTION ADD JACKFRUIT NOT CHICKEN.
VEGAN SAME AS ABOVE WITH COCONUT CREAM.
DF REPLACE SOUR CREAM WITH COCONUT CREAM.

DF/O

GF/O

VG/O

V/O

CHESTNUT AND CHICPEA



BLEND SOAKED AND COOKED CHICKPEAS, STOCK AND ROASTED CHESTNUTS. TOP WITH MORE CHESTNUTS AS THEY ARE SO TASTY, GARLIC AND TUSCAN CABBAGE.

DF/O

GF/O

VG/O

V/O

BROCCOLI, BLUE VEIN AND WALNUT

COOK BROCCOLI IN STOCK AND A TOUCH OF CREAM.
BLEND AND TOP WITH BLUE VEIN, WALNUTS AND A
TOUCH OF NUTMEG OR PAPRIKA.

VG/O

GF/O

A top-down view of a white bowl filled with a clear, yellowish-brown soup. The soup has a slightly textured surface with some small bubbles. In the center of the bowl, there is a garnish of fresh green herbs, likely basil, which are finely chopped and mixed with small white and black specks, possibly cheese and pepper. The background is a plain, light-colored surface.

'STRACCIATELLA' EGG DROP SOUP

SIMMER STOCK OF YOUR LIKING.
DROP WHISKED EGG INTO THE HOT SOUP.
STIR WITH A FORK, PUT IN A BOWL AND TOP WITH HERBS.

DF/O

GF/O

VG/O

BRUSSEL SPROUT

ROAST BRUSSEL SPROUTS, ONION AND GARLIC.
BLEND WITH LIQUID OF YOUR CHOICE,
STOCK/MILK/MYLK.
TOP WITH FRIED CROUTONS AND BRUSSEL LEAVES.

DF/O

GF/O

VG/O

V/O

CARROT 'FLU FIGHTING'

ROAST CARROT, GARLIC AND ONION WITH
THYME, SALT, PEPPER AND HONEY IN OVEN TIL TENDER.
ADD TO POT AND SAUTE WITH
TURMERIC
GRATED GINGER
VEGETABLE STOCK
SQUEEZE OF ORANGE JUICE.
BLEND AND TOP WITH SPRING ONION,
MINT AND ORANGE ZEST

DF/O

GF/O

VG/O

V/O

LEFTOVER SOUP

SHOP YOUR FRIDGE.
WHAT NEEDS USING UP?
ROAST YOUR VEG FIRST IF YOU DESIRE OR JUST STICK IN A
POT WITH STOCK, BOIL AND BLEND.
TOP WITH WHAT YOU HAVE IN THE FRIDGE.

DF/O

GF/O

VG/O

V/O

CABBAGE, TOMATO AND GARLIC

SAUTE GARLIC, CABBAGE AND ONION.
ADD DICED FRESH OR CANNED TOMATOES AND STOCK.
COOK TIL CABBAGE IS TENDER.
TOP WITH OVEN ROASTED TOMATOES AND SAUTED KALE.

DF/O

GF/O

VG/O

V/O

SPINICH, RICOTTA AND HONEY

COOK WITH VEGGIE STOCK AND SPINACH.
COOK TIL TENDER AND BLEND.
MIX RICOTTA, OLIVE OIL AND LEMON ZEST IN BOWL.
TOP AND DRIZZLE WITH HONEY.

DF/O

GF/O

VG/O

LENTIL, TUNA AND CAPER

SAUTE RED ONION, GARLIC, PARSELY.
ADD SOAKED RED LENTILS AND STOCK.
ADD A SMALL AMOUNT OF CRUSHED TOMATO.
TOP WITH TUNA CAPERS, PARSLEY AND RED ONION.

DF/O

GF/O

FENNEL AND BARLEY

ROAST FENNEL IN OVEN.
SAUTE A SMALL AMOUNT OF FENNEL AND GARLIC.
ADD STOCK TO WASHED AND SOAKED BARLEY.
ADD A SMALL AMOUNT OF CRUSHED TOMATO.
TOP WITH ROASTED FENNEL AND FENNEL FRONDS.

DF/O

GF/O

VG/O

V/O



CREAMY MUSHROOM, THYME
AND PINE NUT

ROAST MUSHROOMS, ONIONS AND GARLIC WITH THYME, OLIVE OIL
AND BALSAMIC VINEGAR.
BLEND MUSHROOMS WITH STOCK AND CREAM.
TOP WITH BUTTER MUSHROOMS, THYME AND TOASTED PINE NUTS

VG/O

GF/O

MINISTRONE

TRADITIONALLY MADE WITH LEFTOVER VEGETABLES
SAUTE ONION, GARLIC AND SELECTED DICED VEGETABLES OF
CHOICE (EG: CARROT, ZUCCHINI, CELERY ETC)
ADD STOCK AND DICED CANNED TOMATOES, BEANS OF CHOICE,
EITHER SOAKED AND COOKED OR CANNED. ADD SOAKED GRAINS
OR PASTA OF CHOICE, IF DESIRED, COOK TIL TENDER.

DF/O

GF/O

VG/O

V/O

PEA AND HAM



SAUTE CELERY, ONION, GARLIC AND CARROT.
ADD SPLIT PEA, STOCK AND HAM HOCK.
EITHER PRESSURE COOK OR SIMMER FOR A COUPLE OF
HOURS UNTIL THE PEAS ARE SOFT AND THE HAM IS FALLING
OFF THE BONE. REMOVE BONE AND SHRED HAM.

DF/O

GF/O

TROUT CHOWDER

SAUTE ONION, CARROTS, CELERY, ADD STOCK IN BUTTER
DICED POTATOES AND SWEET POTATOES.
WHEN POTATOES COOKED ADD CREAM AND POACH TROUT.
TOP WITH CRISPY TROUT SKIN AND DILL.

GF/O

CHICKEN AND CORN



SAUTE SPRING ONION, GARLIC, GINGER WITH
SESAME SEED OIL AND COCONUT OIL.
ADD STOCK, TAMARI (SOY SAUCE) CORN KERNELS.
POACH THIN CHICKEN BREAST SLICES UNTIL COOKED.
TAMARI IS SALTY SO WATCH SEASONING.

DF/O

GF/O

TOMATO AND STRACCIATELLA

SAUTE ONION, GARLIC AND CARROT.
ADD BAY LEAF, DICED TOMATOES AND A SMALL AMOUNT OF
PASSATA. REMOVE BAY LEAF AND BLEND ON A LOW SPEED.
TOP WITH STRACCIATELLA (TOFU OR SOUR CREAM) AND
OLIVE OIL.

DF/O

GF/O

VG/O

ZUCCHINI, LEMON AND FETA

SIMMER EQUAL PARTS ZUCCHINI, A SQUEEZE
OF LEMON ZEST AND STOCK.
BLEND AND TOP WITH ZUCCHINI STRIPS,
FETA (VEGAN FETA) AND LEMON ZEST.

DF/O

GF/O

VG/O

BEAN

SOUP CAN BE AS SIMPLE AS A FOUR BEAN SOUP PACKET FROM THE SUPERMARKET. SOAK AND SIMMER WITH STOCK. TOP WITH SOMETHING FRESH.

DF/O

GF/O

VG/O

V/O

'POLTETTE' SOUP

MAKE MEAT BALL MIX (WET BREADCRUMBS (GF), GRATED PARMESAN, EGG, OREGANO AND/OR BASIL, SEASON AND CHICKEN MINCE.

PUT MIX IN FRIDGE FOR 20 MIN.

ROLL INTO BALLS.

PLACE BALLS INTO SIMMERING STOCK.
TOP WITH PARMESAN AND BASIL OR PARSLEY.

GF/O

CELERIAC AND SAGE

SAUTE ONION DICED CELERIAC, CELERY AND GARLIC.
POACH CELERIAC IN MILK OR MYLK OF CHOICE. SIMMER TILL SOFT.
BLEND AND TOP WITH CRISPY FRIED SAGE AND TOASTED PINE
NUTS.

DF/O

GF/O

VG/O

V/O

PASTA FAGIOLI

SOAK BORLOTTI BEANS OVER NIGHT. NEXT DAY BOIL IN SOAKING LIQUID AND STOCK. MAKE SURE THERE IS ABOUT DOUBLE THE VOLUME OF STOCK TO BEANS. BOIL (DON'T ADD SALT TIL THE BEANS ARE TENDER AS IT MAKES THE SKINS RUBBERY). WHEN THE BEANS ARE TENDER ADD POTATOES CUT INTO CUBES, WHEN THEY ARE NEARLY TENDER ADD PASTA COOK TIL SOFT (BROKEN SPAGHETTI OR SMALL TUBES AKA DITALINI)

DRIZZLE WITH OLIVE OIL, PARMESAN OR VEGAN OPTION AND CHILLI TO SERVE.

DF/O

GF/O

VG/O

V/O

