

Soup Recipes from Friendship Day 2021

Green Soup

Vegetarians and Vegans

1 tablespoon oil
1 large onion, roughly chopped
3 cloves garlic, chopped
2 heads broccoli, broken up
1kg zucchini, roughly chopped
1 ½ cups frozen peas
3 litres vegetable stock
Salt and freshly ground black pepper
¾ cup medium grain white rice
1 large handful fresh mint leaves



- Heat oil in a large pot and sauté onion until it is transparent. Add the garlic and stir for 1 minute.
- Add the remaining vegetables, stock and seasoning and stir together. Bring the mixture to the boil.
- Stir the rice into the boiling liquid and cook until the vegetables and rice are cooked, stirring occasionally to ensure the rice does not stick to the bottom of the pot.
- Stir through the mint and cook for only 1 minute before removing the pot from the heat. Rest the mixture for 20 minutes then puree in a food processor or with a stick blender.
- The soup can now be frozen or stored in the refrigerator for reheating later.

Potato and Leek Soup

Gluten free, Vegetarian

4 medium potatoes peeled and cubed
2-3 leeks (white and light green parts only). Sliced thinly and rinsed to dislodge and soil.
1 litre vegetable stock with salt (Campbell's jelly pots suitable).
Salt and pepper
Bouquet garni



- Lightly cook leeks in butter (about 2 tablespoons).
- Add potato and stock, season, cook until potato softens.
- Blend/check flavour.
- Add cream at end of cooking. Refrigerate.

Suggested bouquet garni.

Piece of celery (about 3 inches long), bay leaf, piece of parsley with stalk, thyme/marjoram, or rosemary.

Minestrone Soup

Preparation time 30 mins

Total cooking time 2 hrs 45 mins

Serves 8-10

2 tablespoons oil
½ cup bacon pieces
1x400 g tin of borlotti beans
1x400g tin of chopped tomatoes
2 onions chopped
2 garlic cloves crushed
2 carrots peeled and chopped
1 swede peeled and diced
2 potatoes peeled and diced
½ cup green peas
2 sticks celery chopped
1 parsnip peeled and chopped
¾ cup small macaroni (small shells) or risoni pasta
¾ cup chopped parsley
½ cup tomato paste
9-10 cups vegetable stock (a soup pack has most vegetables in it)
Salt and pepper (add more stock if very thick)



- In large heavy based pan, heat oil and cook onion, garlic and bacon pieces together stirring until onion is soft and the bacon is golden brown.
- Add the rest of the vegetables, beans, tomatoes, and stock. Simmer, covered over a low heat for approximately 2 ¼ hrs. Alternatively, add all ingredients into large crock pot and simmer on high until vegetables are cooked. Add tomato paste.
- When ready to serve, add peas, parsley, macaroni. Cover and simmer for 10-15 minutes until macaroni is tender and all vegetables are cooked through.
- Season to taste and serve with grated parmesan cheese.

Thai Pumpkin Soup

Gluten free, Vegan, Vegetarian

2 tablespoons red curry paste
1 litre vegetable stock
1 kg pumpkin (butternut) cut into small pieces
1 can coconut milk

- Cook curry paste for 1 minute
- Add stock, pumpkin and stir
- Cook until pumpkin softens and then blend
- Return to pan and stir in coconut milk
- Heat for 2 minutes



Potato and Leek Soup

Gluten free, Vegetarian

4 medium potatoes peeled and cubed
2-3 leeks (white and light green parts only). Sliced
thinly and rinsed to dislodge and soil.
1 litre vegetable stock with salt (Campbell's jelly pots
suitable).
Salt and pepper
Bouquet garni



- Lightly cook leeks in butter (about 2 tablespoons).
- Add potato and stock, season, cook until potato softens.
- Blend/check flavour.
- Add cream at end of cooking. Refrigerate.

Suggested bouquet garni.

Piece of celery (about 3 inches long), bay leaf, piece of parsley with stalk, thyme/marjoram, or rosemary.

Pea and Ham Soup

Serves 10-12

The base stock

1 large ham hock or a smaller ham hock and some bacon
bones
1 large or 2 smaller onions chopped
1 pkt yellow split peas



- Add the above three ingredients into a large stock pot and cover with hot water from the tap. The water level should be a couple of inches from the top of the pot. It is not necessary to pre-soak the split peas.
- Bring to the boil and simmer for a couple of hours. Stir occasionally to ensure the peas are not sticking to the bottom of the pot.
- Remove the hock/bones from the pot and when cool enough, remove the meat from the bones and set aside.
- I then leave the stock in the fridge overnight and the next day I add the meat from the bones back into the stock together with 2 large potatoes cubed (depends on volume of your stock), and 2 large carrots sliced.
- Bring to the boil and simmer until the vegetables are soft. I then add some green (beans or broccoli) and cook until tender.
- Do not add salt as the ham is salty enough. If necessary, add at the table.
- This soup is tastiest a couple of days after the final process when it thickens. If too thick, just add some water to the portion you are re-heating and serving. This is a hearty meal. I freeze what is left over as this makes 10-12 serves.