

NOTE: any soup which is made with only allowed vegetables, herbs and spices is a FREE soup for having all day if you wish....

Cabbage 'Soup'

Yoeli = ^, ^ =

Serves: 1 really hungry person, or two not so hungry 😊

¼ Wom Bok Cabbage – finely shredded
½ Tin of La Gina Italian Diced Tomatoes (it's a thicker consistency than most other brands)
½ an onion – small dice
1 celery stick – finely chopped
¼ teaspoon curry powder
1 teaspoon beef stock powder
2 teaspoons of Green's Gravy Granules
A good sprinkle of Herbamare Seasoned Salt

Place all ingredients into a microwave safe dish (lid on) and microwave on high for 4½ minutes. Stir well to mix gravy etc, and serve.

~~~~~

## *Cauliflower & Leek Soup*

Ral Hi All,

Not sure if anyone has posted a cauliflower and leek soup before.... but I just made some up.... using a recipe I made up in my head.

2 cups of water with 2 chicken stock cubes..... boil this up until the cubes dissolve. Cut up a small cauliflower and a leek and add to the liquid..... add salt and pepper and just simmer until the cauli is tender and starting to fall apart. Get out your slender blender and blend until smooth and creamy..... It is quite nice, and looks just like potato and leek soup!!!!!! Add some more salt and pepper if you like or even a little bit of curry while it is cooking would be alright too.....

~~~~~

Celery Soup

AfricanQueen

Hi,

I love this celery soup and it fat free, its especially tasty for those who don't like to munch on celery.

1 bunch of Celery stalks diced
1 large red spanish onion
2 cloves of garlic
1 inch of ginger
1 red or green chilli (depending on how hot you like it)
mixed italian herbs
salt

pepper
1 cup water or vegetable stock

Spray a pan with olive oil and add the chopped onion, then add crushed garlic, ginger and chills to it, add the celery and season with salt(if adding vegetable stock, add salt if necessary), pepper and the italian herbs, add the water or vegetable stock and cook till tender.

then put it in the blender and process it. serve hot with chopped coriander

hope you all like it

Recipe....checked with TF staff

~~~~~

### *Chicken and Vegetable soup!*

İwāńñqBępréFtŷ

Hi,

I have a recipe for you all to Try. I made it tonight and it is really nice.. It makes 4, I put the rest of it in the freezer in packs of 3.

#### Ingredients:

- \* 2 C Water
- \* 6 C chicken stock (I chose to go with Vegetable stock, but up to you.)
- \* 1 medium carrot (diced)
- \* 2 Trimmed and diced celery sticks
- \* 1/2 small cauliflower (cut into florets)
- \* 350grams chicken breasts fillets (sliced thinly)
- \* 2 large zucchini (diced)
- \* 150Grams snow peas (trimmed and sliced thinly)
- \* 3 green onions (diced)

#### Method:

1. Combine the water and stock into a large saucpan; bring to the boil. Add carrot,celery and cauliflower, return to boil. Reduce heat; simmer covered, about 10 minutes or until just tender.
2. Add chicken and zucchini; cook covered about 5 minutes or until chicken is cooked through. Stir in snow peas and onions.

Serves 4

Per serving: 10.2g carbs; 4g total fat (1.3g saturated fat) 795kj (190 cal); 28.2g protien.

NOTE: To have this as FREE omit the chicken.....

~~~~~

Fab40's Soup Recipe

I have a great one you could try... I know it has leek in it, but you can't taste it, it just adds to the flavour of the soup and I'm almost certain you will love it...its got a lovely tomato flavour.

Firstly cut up 2 red capsicum, spray with a little olive oil spray and oven roast, turn over when charred and char the other side also...When cool, peel off the skin add chop roughly.

Then in a large pot add a splash of olive oil and soften 2 sliced leeks, 2 diced onions and garlic.

Add one tin peeled tomatoes.

Add 2 carrots (largely diced), 3 Zuchinnis, 1/2 a cauli cut up really small, 1 bunch broccolini or some broccoli

Add the diced capsicum, water and Vegeta Chicken Stock to taste, bring the boil and simmer for a few hours.

This recipe makes a HUGE pot of soup, so decrease the quantities if you want. What I do is freeze in containers and defrost when needed.

If I want to have this as your evening meal I make up tiny meat balls with 120g mince- chicken beef or pork, garlic, chopped up fresh chilli (if you like it hot) a squeeze of lemon juice and a very slight sprinkle lite salt and cracked pepper....If you make them tiny they hold together well and they can be tossed in a non stick fry pan until brown and added to the soup.

~~~~~

### *Froggie's Soup Tips*

I don't have a recipe its all in a big pot with water to cover and a huge spoon or 2 of garlic , 1 of chilli and ginger with fresh herbs from my garden and a huge spoon of paprika powder 😊 I just use what ever I have left in the fridge ( allowed veggies) and let it simmer for a hour 😊

~~~~~

Mulligatawny Soup

shelleyk Although this recipe calls for lentils and potatoes, I thought you could replace those with cauliflour and grated zuchini and any other allowed veggie

chicken stock
turmeric
chicken (I add the chicken when I warm up)
garlic
ginger
cumin
coriander
lime or lemon juice to taste
Lite salt and pepper to taste

~~~~~

## *Not Potato and Leek Soup*

makes 6 serves

1/2 cauliflower chopped  
1/2 leek sliced  
1 litre water  
3 salt reduced stock cubes  
1 teaspoon garlic crushed  
3 slices low fat ham chopped optional

Simmer for 20 minutes until cauliflower is tender then give it a buzz with the bamix. Add pepper to taste. Serve with a teaspoon or two of ricotta or low fat philly cheese. (It melts in and tastes yummy!) A pretty good alternative to the old potato and leek soup.

---

## *Vegie Soup*

Nanny3 (now Mallyflea)

Any allowed vegetables  
1 can crushed tomatoes  
8 small shallot onions  
1/2 punnet cherry tomatoes  
cracked black pepper  
1 clove garlic crushed  
500ml carton allowed any stock  
water to cover vegetables  
curry powder

Cook until tender and then I blend it all up and freeze in portions.

---

Carb-a-holic

## *and Creamy Vegetable Soup*

1/4 cabbage  
1/4 coulfleur  
1 carrot  
1c brussell sprouts  
3 stalks of celery  
1 onion  
1tin diced italian tomatoes  
1Tbs of mixed italian herbs (or any herbs)  
1Tbs of minced garlic  
1tbs curry powder  
1ltr chicken stock

sautee onion, celery, carrot & cabbage. add curry powder and garlic, stir through. add brussells and stock. bring to the boil & simmer for 5 mins. add coulfleur & tomatoes. simmer for 20 mins. add herbs and mix through. mix in blender till thick and smooth.

Im sure this is not a new idea but i liked the way it was different from the chunky style im used to and it reminded me of pumpkin soup good for warming you up. not even the slightest taste of cabbage or couliflour. 😊 thats good for a change.

~~~~~

Cream of leek and mushroom soup

Serves 4-6

Ingredients

- 300g Button mushrooms, sliced
- 300g Oyster mushrooms, sliced
- 4 Leeks, chopped
- 8 Bay leaves
- 3 Shallots, chopped
- 3 Cloves garlic, crushed
- 75g Low fat smooth ricotta cheese
- 1.5 L Vegetable stock
- 2/ 500ml Cups water
- 1 Teaspoon olive oil
- Salt and pepper to season (optional)

Method

1. Heat olive oil in a medium fry pan on high heat, add all mushrooms cook for 5 minutes or until mushrooms are just brown and a little soft. Stirring continuously.
2. In a large saucepan add garlic, stock and water and bring to the boil, add bay leaves, leeks and mushrooms. Cook for 20-30 minutes, stirring every 5 minutes.
3. Add ricotta cheese, stir through until the cheese has combined well.
4. Reduce heat and simmer for 10 minutes and serve seasoned and topped with shallots.

Serving suggestion: You can have this soup on its own or you can diced up chicken or beef and use it in the soup.

This recipe was created by Shannon, if you have missed any recipes of the week you can send an email to Shannon@tonyferguson.com or call 1800 612 644 and I will send you through a selection of recipes.

You can make certain requests such as winter recipes, vegetarian etc.

Happy Cooking.

Kind Regards Shorty

Tony Ferguson Staff 😊😊😊

Tomato Soup

Serves 4

Ingredients

8 medium tomatoes

1 medium onion, sliced
1 carrot, peeled and diced
1 x 400g can peeled tomatoes
3 shallots, chopped
2 garlic clove, crushed
1 tablespoon equal
1 tablespoon chopped fresh basil
1 tablespoon chopped parsley
2 teaspoons Worcestershire sauce
pinch salt
pinch pepper
3 cups chicken/vegetable stock

Method

Score a cross on the bottom of the tomatoes drop tomatoes in a pan of boiling water for 15 to 20 seconds, then put them into a bowl of cold water and peel back the skin.

Puree fresh tomatoes and tin tomatoes in a blender with crushed garlic, Worcestershire sauce and herbs.

In a large saucepan on high heat add stock and bring to the boil, then add onions, carrot, salt and pepper. Cook for 10-15 minutes.

Add tomato mixture to the saucepan cook for a further 20-25 minutes to allow flavours to combine.

Serve topped with shallots.

cheers

Shorty Tony Ferguson Staff 🥰🥰🥰

Light Vegetable Soup



Serves: 4

Ingredients

- 1 litre good quality vegetable stock
- 2 carrots
- 2 sticks celery, chopped
- 1 onion, chopped
- ¼ cup roughly chopped parsley
- 400g tin crushed tomatoes
- ¼ cup finely shredded basil
- 1 Tablespoon rosemary, finely chopped

Method

Bring stock to a boil in a large saucepan, Add carrot, celery, onion, parsley and tomato and simmer gently for 30 minutes.

Stir through basil and rosemary and season to taste.

Note: If you would like to make it beef and vegetable soup you can add 4 x 120g diced beef (females) or 4 x 220g diced beef (males) with parsley and tomato. Simmer for 1 hr or until beef is tender.

Note: if you choose to use this recipe just as a vegetable soup you can have it unlimited, if you add protein to the soup you can only use it as your protein serve.

Country Style Vegetable Soup

- ¼ small onion, chopped
- ¼ leek, sliced
- ½ medium tomato, peeled and roughly chopped
- ¼ bunch fresh asparagus or extra leek, chopped
- ½ zucchini, chopped
- ½ stalk celery, chopped
- 375 ml beef stock, fresh ground pepper
- ¼ small bunch fresh basil, finely chopped
- 1 small sprig fresh rosemary roughly chopped

Heat in a non-stick pan, add 2 tablespoons water, and bring to a light boil. Add garlic, onion, leek, and rosemary.

Cook until onion is translucent. Stir in tomato. Add remaining vegetables to the pan with beef stock. Season to taste with pepper, simmer covered until tender. Serve sprinkled with basil.

Tomato Celery and Fennel Soup

- 1 cup tomato juice or tomato puree
- 1 stalk celery with leaves, chopped
- ¼ tablespoon ground fennel leaves
- ½ cup water
- chopped fresh chives and parsley

Heat soup base in a pan until simmering; add celery, fennel and water, and bring to boil. Reduce heat half cover, and simmer for 10 minutes. Serve hot. Sprinkled with fresh parsley and chives.

Puree of Vegetable

- 1½ cups beef stock
- 1 medium onion
- 1 carrot, chopped
- ½ stalk celery with leaves, chopped
- 1 tablespoon mixed, thyme, bayleaf
- Finely chopped fresh parsley or coriander

Heat beef stock in a deep pan until boiling, add onions, carrots, parsnip, turnip, celery and stir well. Sprinkle with thyme, bay and parsley mixture. Cover and simmer for 12-15 minutes or until vegetables are tender.

Let sit for 30 minutes, then put through a blender to puree. When pureed, simmer til warm.

Serve warm, and add a sprinkle of chopped fresh parsley or coriander.

Tomato and Vegetable Soup

- 200g fresh ripe tomatoes, peeled
- 1 small onion
- 1 small carrot
- 75g white cabbage
- 8 green beans
- ¼ teaspoon dried mixed herbs
- 1½ cups water
- 1 small clove garlic, chopped finely
- Freshly ground pepper

Chop and grate vegetables. Transfer to a pan, add garlic, herbs, freshly ground pepper and water. Bring to boil, cover and simmer for 10-15 minutes. You can add more water if too thick.

Makes two serves.

Tomato and Leek Soup

- 1 cup tomato juice
- ½ cup water
- 1 medium leek, white only, thinly sliced
- ¼ teaspoon thyme
- ¼ cup mushrooms, thinly sliced
- Fresh chopped chives

Heat tomato juice until simmering, add leek, thyme and water, and bring to boil. Reduce heat, cover and simmer gently for 8-10 minutes, serve sprinkled with chopped chives.

French Onion Soup

- 2 cups beef stock
- 1 medium white onion, finely sliced
- 1 small clove garlic, finely chopped
- Sprinkle bayleaf, dried
- Freshly ground pepper
- Finely chopped fresh parsley

Bring 1 cup of stock to boil, add onion and garlic cover and simmer for 15 minutes.. Add remaining stock, bayleaf and pepper. Bring to boil, cover and simmer slowly for 30 minutes. Occasionally skim surface.

Hot Pot Soup

- 1 stalk celery
- 1 onion
- 1 small zucchini
- 2 cauliflower flowerets
- 2 flowerets broccoli
- ¼ cup cabbage
- ¼ cup beans
- ¼ cup shallots
- Fresh parsley
- Pepper and water

Cut all vegetables into small pieces. Put into saucepan with 1½ cups water, add pepper, little salt. Bring to boil till vegetables are tender and most of the water has gone, about 15-20 minutes.

Soup will become very thick. Serve hot.

Tomato Soup

- 2½ cups stock
- 1 onion chopped
- 2 tablespoons tomato puree
- ½ teaspoon pepper
- 250g tomatoes
- 1 clove garlic crushed
- 2 tablespoons chives, chopped finely

Chop tomatoes and dice onion, bring stock to the boil, add vegetables. Simmer covered until onion is tender. Season with salt and pepper, and add tomato puree. Stir in chopped chives.
Enough for 2 serves – will keep in fridge.

Cauliflower and Broccoli Soup

4 cups chicken stock
1 tablespoon olive oil
1 large onion, chopped (about 2 cups)
2 dried bay leaves
1/2 head cauliflower , and equal amount of broccoli crowns and stems, chopped into small pieces (or frozen cauliflower and broccoli)
Salt and pepper to taste

Heat a large pot and add olive oil, then add the onion and bay leaves, stirring to coat with oil. Cook until onions begin to soften and turn gold, stirring often. Add cauliflower and broccoli, stirring to coat with oil and onion flavor. Let cook, stirring occasionally for 1 - 2 minutes. Stir in chicken stock. Cover and cook for 5 – 10 minutes or until the vegetables are fully cooked. Remove the bay leaves.

Transfer a third of the hot mixture to a food processor or blender. Puree until smooth while continuing to cook the rest. Repeat with another third, then the final third.

Season to taste and serve
