



SOUPS

Hearty Red Lentil Stew (Stone Soup)

Serves 3 - 4

Ingredients:

- 2 tablespoons vegetable oil
- 1 onion, peeled & diced
- 1 large carrot, diced into chunks
- 2 ribs celery, diced onto chunks
- 1 can tomatoes (400g / 14oz)
- 150g red lentils

Method:

1. Heat oil in a medium saucepan and cook onion covered on a medium low heat until the onion is soft.
2. Add remaining ingredients except for the lentils and 1½ cups water. Simmer until the veg are tender – about 45mins.
3. Add lentils and simmer for a further 10 minutes or until lentils are just cooked through but not mushy.
4. Taste and season and serve with steamed rice.

Potato and Leek soup (Australian Good Taste – April 2004)

Serves 4

Ingredients:

- 60ml (¼ cup) olive oil
- 1 brown onion, halved, chopped
- 1 garlic clove, crushed
- 4 medium (about 700g) Desiree potatoes, or Pontiac potatoes, peeled, cut into 2cm cubes
- 2 leeks, pale section only, washed, dried, thinly sliced
- 1.25L (5 cups) Campbell's Real Stock Vegetable
- 3 thick slices day-old white bread, crusts removed, cut into 2cm cubes
- 125ml (½ cup) thickened cream
- Pinch of salt
- 2 tablespoons finely chopped fresh chives

Method:

1. Heat 1 tablespoon of the oil in a large saucepan over medium-high heat. Add the onion and garlic and cook, stirring, for 3 minutes or until the onion softens. Add the potato and leek and cook, stirring for 5 minutes or until leek softens.
2. Add the stock and bring to the boil. Reduce heat to medium and gently boil, uncovered, for 20 minutes or until potato is soft. Remove from heat and set aside for 10 minutes to cool.
3. Meanwhile, preheat oven to 200°C or 180°C fan-forced. Place bread in a roasting pan. Drizzle with remaining oil and toss until bread is evenly coated. Toast in preheated oven, shaking pan occasionally, for 10-15 minutes or until crisp. Remove croutons from oven and set aside.
4. Transfer one-third of the potato mixture to the jug of a blender and blend until smooth. Transfer to a clean saucepan. Repeat in 2 more batches with the remaining potato mixture.
5. Place the soup over medium heat. Add the cream and stir to combine. Cook, stirring, for 5 minutes or until hot. Taste and season with salt.
6. Ladle the soup among serving bowls. Sprinkle with chives and top with croutons. Serve immediately.

Tomato And Basil Soup (Jamie Oliver)

Serves 6 – 8

Ingredients:

2 carrots
2 sticks celery
2 medium onions
2 cloves garlic
Olive oil
2 organic chicken or vegetable stock cubes
2 x 400 g tinned tomatoes
6 large ripe tomatoes
1 small bunch fresh basil
Sea salt
Freshly ground black pepper

Method:

1. Peel and roughly slice the carrots. Slice the celery. Peel and roughly chop the onions. Peel and slice the garlic. Put a large pan on a medium heat and add a couple of lugs of olive oil. Add all your chopped and sliced ingredients and mix together with a wooden spoon.
2. Cook for around 10 to 15 minutes with the lid askew, until the carrots have softened but are still holding their shape, and the onion is lightly

golden.

3. Put the stock cubes into a jug or pan and pour in 1.5 litres of boiling water from the kettle. Stir until the stock cubes are dissolved, then add to the pan with your tinned and fresh whole tomatoes, including the green stalks that may still be attached to some of them (these give an amazing flavour – trust me!) Give it a good stir and bring to the boil. Reduce the heat and simmer for 10 minutes with the lid on. Meanwhile, pick your basil leaves.
4. Remove the pan from the heat. Season with salt and pepper and add the basil leaves. Using a hand blender or liquidizer, pulse the soup until smooth. Season again before dividing between your serving bowls.

Hearty Chicken And Vegetable Soup (Super Food Ideas)

Serves 6

Ingredients:

- 2 tablespoons olive oil
- 1 leek, halved, washed, thinly sliced
- 2 garlic cloves, crushed
- 1 large carrot, peeled, diced
- 2 sticks celery, diced
- 2 small zucchini, diced
- 1 swede or turnip, peeled, diced
- 1 ¼ cups dry soup mix, rinsed (see note)
- 8 cups Campbell's Real Stock Chicken
- 1kg skinless chicken lovely legs

Method:

1. Heat oil in a large saucepan over medium heat. Add leek and garlic. Cook, stirring, for 2 minutes or until soft but not coloured. Add carrot, celery, zucchini and swede. Cook for 2 minutes. Stir in soup mix, stock, chicken and 1 cup cold water. Increase heat to high. Bring to the boil.
2. Reduce heat to low. Simmer, partially covered, stirring occasionally, for 1 hour or until soup mix and vegetables are tender.
3. Remove chicken legs from soup. Allow to cool slightly. Remove meat from bones. Roughly chop chicken meat and add to soup. Season with salt and pepper. Ladle soup into warmed bowls. Serve.

Note:

Packet dry soup mix is a combination of split peas and lentils. You can find it near the chickpeas in the supermarket.