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Soup Recipes

Minestrone soup

Serves 4-6

Ingredients:

1 onion peeled and diced
5 rashers of bacon chopped (optional)
2 tablespoons of olive oil
2 cloves of garlic peeled and finely chopped
1 carrot peeled and diced
1 celery stick peeled and diced
100g of tinned kidney beans
1 sprig of basil (about 5-8 leaves)
2 litres of chicken stock (fresh stock is best, but you can always use a stock cube)
200g of stelline pasta, or other pasta of your choice
200g of diced courgettes
200g of shredded cabbage
250g of potatoes peeled and diced
Salt and black pepper to taste
Parmesan cheese

Cooking Instructions:

1. Heat the oil in a large saucepan. Add the bacon, onion and garlic and heat gently for a couple of minutes, taking care not to burn the garlic
2. Add the beans, basil, and stock and bring to the boil
3. Add the carrot and celery and simmer for a further thirty minutes.
4. Add the rest of the ingredients, and simmer until the vegetables are tender (around twenty minutes)
5. Leave to stand for a few minutes, stir and serve; you can add a little grated parmesan cheese to taste.

French Onion Soup

Ingredients:

2 tablespoons Butter
150g thinly sliced onion
1lt beef stock
2 tablespoons dry sherry
1 teaspoon Worcestershire Sauce
Freshly ground black pepper
4 slices toasted French bread
100g grated Gruyere or Swiss Cheese

Cooking Instructions:

1. Add the butter to pan and heat over medium heat
2. Fry the onions in the hot butter until tender and golden
3. Stir in the beef stock, dry sherry, Worcestershire Sauce and a little freshly ground black pepper
4. Bring to a gentle boil over high heat.
5. Reduce heat to low. Cover the pan and simmer for 10 minutes.
6. Meanwhile, sprinkle toasted bread with cheese.
7. Place bread under grill until cheese has melted.

To serve:

1. Ladle soup into individual soup bowls.
2. Float toasted bread in soup.

Leek & Potato Soup**Ingredients:**

- 4 Leeks, washed and finely chopped
- Splash of extra virgin olive oil
- 1 large onion, finely chopped
- 2 large potatoes, peeled & diced
- 3 cloves garlic, diced
- 4 stalks celery, diced
- 1 ½ litres water
- 1 vegetable stock cube

Cooking Instructions:

1. Add water and stock cube to pan and bring to a boil. Add leeks and cook for 20 minutes
2. Add the onion, garlic, potatoes and celery.
3. Return to a boil, reduce heat to low and simmer for 1 hour.
4. Taste and adjust seasoning then add a splash of olive oil.
5. Stir to combine ingredients, cover, and simmer another 30 minutes.
6. Serve hot.

Mixed Bean Soup**Ingredients:**

- 500g pack of 15 bean soup mix or similar
- 1 large onion, chopped
- 1 garlic clove, crushed
- 4 cans chopped tomatoes
- 1 teaspoon chilli powder
- Salt and freshly ground black pepper, to taste

Cooking Instructions:

1. Pre-soak the 15 bean soup mix overnight according to package directions
2. Drain and rinse the beans.
3. Add beans, onion, garlic, tinned tomatoes, chilli powder, salt and pepper to large pan.
4. Cover pan and simmer on low 4-5 hours.
5. Add water or stock to soup, if the soup gets too thick.