



Kriszta's Seasonal Soups

QUANTITIES: 6 LITRES!

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Kriszta keeps the cafe stocked with fresh seasonal soups. Here's the secret to how she makes them! Essentially they all share the same base (apart from leek and potato) and then she adds the different vegetables and spices according to what's available. These recipes make 6 litres and freeze well if you want to make a big batch and keep some.

First make the base

Ingredients

- One large onion or two small
- One dessert spoon of gf vegan vegetable stock powder
- 2 tbsp garlic paste
- Variations marked with (*) don't use this base

Directions

- Saute the onion until soft
- Mix the stock powder into 100ml of boiling water and add to the pan
- Add garlic paste



Once you've made the base, you can create multiple different variations by what you add next ... here are our favourites!

Variation - Carrot & lentil / Tomato & Lentil

Ingredients

1kg carrot OR 1.5kg tomatoes

500g red lentils

Instructions

- 1.Once onions are soft, add carrots/tomatoes & lentils
- 2.Once carrots & lentils/tomatoes are soft, add water
- 3.Blend!



Variation - Mushroom

Ingredients

1.6 kg mushrooms

One spoon smoked paprika

Instructions

- 1.Once onions are soft, add mushrooms, garlic & paprika
- 2.Once mushrooms are soft, add water
- 3.Blend!



Variation: Sweet potato & Peanut butter

Ingredients

2 sweet potatoes

300g peanut butter

Instructions

- 1.Once onions are soft, add sweet potato
- 2.Once sweet potato is soft, add water & peanut butter
- 3.Blend!
- 4.Taste test and add more peanut butter until you're happy



Variation - Thai Spinach

Ingredients

- 2 tins coconut milk
- 1kg frozen spinach

- 1.Once onions are soft, add spinach
- 2.Once spinach is defrosted & cooked, add water & coconut milk
- 3.Blend!

Variation - Mexican Sweetcorn

Ingredients

- 3 red peppers
- 3 green peppers
- 1kg tinned sweetcorn
- 2 tbsp smoked paprika
- 2 tbsp spoon chilli flakes (to taste)

Instructions

- 1.Once onions are soft, add peppers
- 2.Once sweetcorn is soft, add water
- 3.Blend!



Variation: Dahl Soup

- 3 or 4 fresh tomatoes
- 1 tbsp Cumin seeds
- Ginger powder
- Coriander
- Turmeric
- 1kg red lentils

Instructions

- 1.Once onions are soft add tomatoes and spices and lentils
- 2.Mix the stock powder into 100ml of boiling water and add to the pan
- 3.Once lentil mixture is cooked, blend!

Variation: Root vegetable

- 1kg carrots
- 1kg parsnips

- 1.Once onions are soft, add parsnips & carrots
- 2.Once veg soft, add water
- 3.Blend!



Variation - Cauliflower and Paprika

Ingredients

3 normal heads of cauliflower

1 big spoon paprika

Instructions

- 1.Once onions are soft, add cauliflower & paprika
- 2.Once cauliflower is soft, add water
- 3.Blend!



Variation: Leek and potato*

Ingredients

2 leeks

2.5kg potatoes

Instructions

- 1.Sauté the leeks until soft
- 2.Mix the stock powder into 100ml of boiling water and add to the pan
- 3.Once leeks are soft, add potatoes
- 4.Blend!

