

# SOUP RECIPES

## CARROT & GINGER SOUP

Gluten Free, Dairy Free, Yeast Free, Low FODMAP

### Ingredients:

1 celery stalk, finely chopped  
1 tbsp coconut oil  
2 tbsp coarsely grated ginger  
½ tsp ground nutmeg  
850ml low FODMAP stock, see recipe below  
500g carrot sliced  
400g cooked potato

### Method:

Heat the oil in a large pan, add the celery, ginger and garlic infused oil, and fry for 5 mins until starting to soften. Stir in the nutmeg and cook for 1 min more.

Pour in the stock, add the carrots, potatoes and their liquid, then cover and simmer for 20-25 mins until the carrots are tender.

Scoop a third of the mixture into a bowl and blitz the remainder with a hand blender or in a food processor until smooth. Return everything to the pan and heat until warmed through.

### Low FODMAP Stock

1 tbsp olive oil  
2 carrots, diced  
1 tbsp garlic infused oil  
10 black peppercorns  
2 sticks of celery, diced  
3 tomatoes, diced  
3-4 fresh parsley stalks, chopped

2 handfuls of chives, chopped

Method:

To make the vegetable stock, add the olive oil to a pan and heat on medium setting. Add the carrot and celery and sweat for 2-3 minutes. Add enough cold water to generously cover the vegetables. Turn up the heat to high. Add the garlic oil, peppercorns, tomatoes, and parsley. Bring to the boil, then simmer for 15 minutes. Pour the stock through a sieve. Discard the left-over vegetables. You could add these to a soup. The liquid stock is now ready. It can be stored in the fridge for up to three days or frozen in batches for future use.

### **COURGETTE & POTATO SOUP**

Gluten Free, Wheat free, Dairy Free, Yeast Free, Low FODMAP

#### **Ingredients**

1tbsp coconut oil

1 courgette, chopped

1 celery stalk, finely chopped

1 medium sized potato, chopped

300ml low FODMAP stock (yeast free, if on a yeast free plan)

Himalayan salt and freshly ground black pepper

Handful each of fresh chives and parsley, chopped

#### **Method**

Heat the oil in a small saucepan, add the courgette and celery and fry over a gentle heat for four minutes.

Add the potato and stock, season, to taste, with salt and freshly ground black pepper and bring to the boil. Simmer for ten minutes, or until the potato is tender.

Blend, then stir in the herbs, pour into a bowl and serve.

### **COCONUT, ROCKET & WALNUT SOUP**

## Gluten Free, Dairy Free, Yeast Free, Low FODMAP

### Ingredients:

1 bag of rocket

1 can coconut milk \*

½ tsp asafoetida

2 tbsp walnuts

2 scoops of natural pea protein (optional)

1 Kallo yeast free stock cube, or Bouillon yeast free stock

½ tps of Himalayan salt

Lots of freshly ground black pepper

250ml boiling water

### Method:

Tip the coconut milk into a medium size saucepan, add the rocket and bring to a simmer.

Once the rocket has wilted, add the asafoetida, salt, black pepper and water.

Cook for 5 minutes.

Add to the blender along with the pea protein powder if using.

Blend on high for 30-60 seconds, add walnuts and blend on a low setting for 5 to 10 seconds.

Serve, enjoy!

\*Low FODMAP use inulin free coconut milk, check ingredients

## **MORROCAN BEAN SOUP**

Gluten Free, Dairy Free, Yeast Free

Serves 4

### Ingredients

2tbsp Extra Virgin Olive Oil

1 red onion finely chopped

3 cloves garlic, minced or finely chopped

1 litre of water

1 jar passata

400g tinned chickpeas, rinsed and drained

1 medium carrot diced

1 medium potato diced

1 courgette, quartered lengthways and sliced

1 bay leaf

1tsp dried thyme

1 tsp dried oregano

¼ tsp cinnamon

½ tsp cumin

½ tsp turmeric

2 tsp harissa paste (see page x)

Handful chopped fresh mint to garnish

### Method:

Heat the oil in a large pan over a medium heat. Add the onions and garlic, cook stirring frequently for 2 minutes.

Stir in the passata, harissa, bay leaf and spices, cook for a further 2 minutes stirring frequently.

Add the water and stir in the chickpeas, carrot and potato, simmer for 15 minutes.

Add the courgette and cook for a further 10 minutes or until all vegetables are tender, but still have some bite.

Season with salt and pepper to taste. Add more harissa if desired.

Garnish with mint and serve alone or with a slice of gluten free soda bread (see page x)

Can also be served over wild rice, basmati brown rice or quinoa to make a heartier meal.

## **CREAM OF CELERY SOUP**

Gluten Free, Dairy Free, Yeast Free.

### **Ingredients:**

1 head of celery

2 medium leeks

2 small onions

1 small apple

2 garlic cloves

2 tsp fresh Rosemary

Large handful of fresh parsley

50g coconut cream

1 Kallo yeast free stock cube

½ tps of Himalayan salt

950ml boiling water

1 heaped tsp virgin coconut oil

### **Method:**

Sweat the onions and leeks in coconut oil for 10 minutes on a low heat, stirring occasionally.

Add the chopped celery and apple, cook for another 5 minutes.

Add water, stock and coconut cream, simmer for 10 minutes.

Add chopped garlic and herbs, simmer for another 10 minutes.

Finish with 10-20 grinds of fresh black pepper, dependent on how peppery you like it, and ½ tsp Himalayan salt.

Blend and enjoy.

### **Nutrition Facts**

Celery is an excellent source of vitamin C and fibre. It is also a very good source of potassium, folic acid, and vitamins B6 and B1, as well as being a good source of calcium and B2. Celery contains phytochemical compounds known as coumarins, which are being shown to be useful in cancer prevention. Coumarins also tone the vascular system, and help to lower blood pressure.