

Delicious Veggie Soups

to nourish your body & soul



Kaela's Kitchen



Curry Coconut Cauliflower Soup

1 onion
3 large garlic cloves
2 tspn ginger
1t cumin
2t coriander
1.5T garam masala
1t turmeric
½t fennel
½t cardamom
1T stock powder
4 cups water
15 – 20 curry leaves
1 cup coconut milk
1 whole small cauliflower
½ - 1 lemon
1T applecider vinegar
1 diced tomato
1.5t maple syrup
Salt (to taste)
Handful of coriander

Saute onion until tranlucent, add minced garlic & ginger to fry for a minute, add all the spices & curry leaves and fry off until deliciously fragrant. Add applecider vinegar & stir to make a paste, add diced tomatoes, stock powder & water and bring it to the boil.

Once boiling, add cauliflower & reduce heat cover and simmer until the cauliflower is near tender, add maple syrup & coconut milk and simmer a further 3 - 5 minutes till cauliflower is soft & cooked all the way through. Add fresh coriander, lemon juice and salt to taste.

Blend & serve with crispy chickpeas, fresh coriander and a drizzle of coconut milk.



Lucious Potato & Leek Soup

Creamy delicious Potato & Leek
Soup with a hint of thyme.

1 large leek
6 medium potatoes
4 cloves minced garlic
1 teaspoon thyme
1.5 cup vegetable
stock or water
2 T stock powder
(omit if using veggie stock)
 $\frac{1}{4}$ cup coconut milk

Saute leek until softened, add minced garlic & fry for a minute, add potatoes, thyme and vegetable stock and cook covered until potatoes are soft add coconut milk & simmer for 5 minutes.

Blend & serve with crispy onions and fresh black pepper.

Hearty Chunky Veggie Soup

Unbelievably delicious with nutrients galore!!!



2 stalks celery
1 onion
6 button mushrooms
4 cloves garlic
2 carrot
2 large potato
1 cup cooked lentils, quinoa, black beans, pasta shells etc.
1 can (2 cups) tomato crushed
½ zucchini
2 – 3 large stalks of kale
½ red capsicum
2 T stock powder
6 cups water
½ T basil dried
Fresh herbs

Saute onion till translucent, add minced garlic, button mushrooms, carrot and celery and cook for 1 minute.

Add chopped potato, basil, crushed tomato, stock powder & water & bring it to the boil, lower the heat & simmer until the potatoes are almost cooked.

Add cooked beans, capsicum, zucchini and chopped kale, cook for a further 5 - 10 minutes or until the potatoes are completely cooked. Top with fresh herbs of your choice and ENJOY!

Creamy Corn Chowder

Smokey Sweet Nutritious
& Super YUM!



2 cups Corn kernels
(charred corn is even
more delicious)

2 large Potatoes

2 cloves garlic

1 white onion

1 cup of plant milk
(rice, almond etc.)

1 T Stock powder

3 cups Water

1/8 tspn smoked
paprika

Saute onion till translucent, add minced garlic & cook off for around 30 seconds.

Add chopped potatoes & corn kernels to the pot along with smoked paprika, water and stock powder stir well & bring up to the boil, reduce the heat and simmer for around 15 minutes or until the potatoes are tender.

Cool slightly then add milk and blend till smooth and creamy. Serve with crispy corn kernels, spring onions, a sprinkle of smoked paprika & lots of freshly ground black pepper.



Roasty Toasty Tomato Soup

Heart healthy & antioxidant rich
tasty tomato is sure to delight
even the pickiest eater.

1 onion
3 garlic
1 carrot
1 celery
1 t basil
¼ t thyme
1 bay leaf
4 roasted tomatoes
2 T tomato paste
1 bottle of passata
1 cup water
1 cup of plant milk
1 T stock powder
½ T maple syrup
(if needed)

Saute onion till translucent, add minced garlic, celery & carrot and cook for 1 minute. Add tomato paste and cook for further couple of minutes or until the colour deepens, making sure to stir it often. Add the bayleaf and all your herbs along with the stock powder, maple syrup, roasted tomatoes, bottle of passata & water.

Cover and simmer for 20 minutes, you can add a little water if it is reducing & getting too thick. Once cooked allow it to cool a little before adding your milk and blending till smooth.

Roasted Tomatoes: place halved tomatoes on baking tray cut side up, drizzle with a touch of oil if you like & a sprinkle of pepper. Place in oven at 180 degrees and cook for around 1 hour or until collapsed & smelling divine.



Vibrant Green Pesto Soup

Super YUMMY & highly nutritious Green Pesto Soup full of antioxidants & nature's goodness.

- 1 small head of broccoli (approx.. 2 - 3 cups of small cut florets)
- 2 medium Potatoes
- 1 stalk of celery
- ½ chopped zucchini
- 3 spring onions
- 6 cloves of garlic
- 1 medium brown onion
- 1.5 T Stock powder
- 2 huge handfuls of spinach
- 1 large handful of basil
- 4 cups of water

Saute onion till translucent, add celery & garlic and cook for 1 minute. Add broccoli, potatoes and zucchini to the pot with stock powder & water.

Bring it to the boil and then simmer until potato is cooked through. Stir through the spinach and allow it to wilt and once this has occurred add the basil and spring onions and blend until smooth.

Serve with torn basil, crushed chilli flakes and crunchy almonds or walnuts.



Moroccan Style Sweet Potato & Blackbean Soup

Hearty mouthwatering Sweet Potato & Blackbean Soup full of nutrients & spices that will 'hit the spot'.

1 sml Sweet potato
1 medium onion
2 cloves of garlic
2 t cumin powder
1.5 T stock powder
4 cups water
2 cups black beans
1 huge handful of fresh coriander
½ red capsicum
½ t smoked paprika
1 t oregano
Fresh or powdered Chilli to taste
Squeeze of lime
Salt to taste

Saute onion till translucent, add minced garlic, cumin, smoked paprika, oregano, chilli & stock powder to the pan along with cubed sweet potato and water.

Simmer covered for around 10 minutes, add black beans & red capsicum and continue to simmer until the sweet potatoes are tender. Before serving stir through lime juice and fresh coriander.

Sprinkle with salt if you require it otherwise top with some crispy sweet potato chips & ENJOY!

Zingy Carrot & Ginger Soup

Crazy Yummy Carrot Ginger Soup packed full of nutrients and with the warming buzz of ginger.

6 carrots chopped

1 onion

2 cloves garlic

1.5 T grated ginger

1T stock powder

1 cup cannellini beans

1t cumin powder

4 cups of water

Saute onion till translucent, add minced garlic & ginger and fry for 30 seconds, add cumin powder, stock powder, water & chopped carrots. Bring to the boil and then reduce heat and simmer until the carrots are fork tender. Add cannellini beans and simmer until warmed through.

Transfer to blender or using a submersion blender, whizz till smooth. Add a touch more stock if needed to get desired consistency. Season with salt & pepper to taste.

www.kaelaskitchen.com



Lasagna Soup

DE-LISH-OUS !!!

2 onions
8 cloves garlic
2 cups crushed tomatoes
2 stalks of celery
1 large carrot
½ zucchini
½ red capsicum
½ cup cooked brown lentils
2t oregano
2.5 T mixed Italian herbs
3 bay leaves
½t dried sage
½t dried fennel
3T tomato paste
2 T stock powder
3 T nutritional yeast
6 cups of water
½ - 1 T maple syrup (to taste)
¼ cup of red wine OR
2 T balsamic vinegar

8 lasagne noodles broken into pieces. Fresh is best!

Saute onion till translucent, add minced garlic & celery and fry for further 30 seconds.

Add tomato paste and cook for around 5 minutes or until it deepens in colour (add a touch of water if it is sticking). Pour in red wine or balsamic vinegar and allow it to cook for 1 - 2 minutes, add the lentils, carrots, capsicum & zucchini along with all your herbs & spices, crushed tomatoes, stock powder & water.

Simmer for 15 minutes then stir through nutritional yeast or alternative & taste to see if sweetener is required. If using uncooked lasagna sheets add them at this point making sure to stir them frequently during cooking to prevent sticking.

Continue to simmer for a further 10 minutes. If using fresh noodles add them 1 - 2 mins prior to serving.



Spiced Creamy Pumpkin Soup

This delicious nutritious creamy pumpkin soup with a hint of heat will tickle your taste buds



- 4 cups pumpkin
- 2 cups potato
- 1.5 cups water
- 1 T Vegetable stock powder
- 1 onion
- 4 cloves garlic
- 1 t garam masala
- ½ cup coconut milk
- Squeeze of lemon
- Salt & pepper
- Flaked chilli

Saute onion till translucent, add minced garlic & curry powder and fry for 30 seconds or till fragrant. Add chopped pumpkin & potatoes to the pot along with water and stock powder. Place a lid on the pot and bring it to the boil, reduce heat and simmer until the potato & pumpkin are close to fork tender.

Add coconut milk & simmer uncovered for a further 5 minutes or until soft. Transfer to blender or using a submersion blender, whizz till smooth. Add lemon juice & extra stock if needed to get desired consistency.

Sprinkle with salt, pepper & chilli flakes to taste & ENJOY!



Spicy Scumptious Capsicum Soup

So full of flavour this scumptious soup
will have you going back for more.

1 onion
6 cloves garlic
3 red capsicums
½ zucchini
1 carrot
1 can or 2 cups of crushed
tomatoes.
1 T Italian herbs
½ t oregano
½ t thyme
½ t basil
4 cups water
1 T stock powder
½ T nutritional yeast (nooch)
½ t fennel powder
1 red chili or powder (to taste)
1 teaspoon smoked paprika
½ t sweetener (if desired)
maple syrup, coconut sugar etc.

Saute onion till translucent, add
minced garlic and fry for 30 seconds,
add italian herbs, thyme, oregano,
thyme, basil, fennel, smoked paprika
along with the carrot, zucchini &
capsicums. Add the crushed tomatoes
and stock powder with the water to
the pot cook for 15 minutes add nooch
and chilli to taste. If it requires it add
sweetner at this stage and blend till
smooth.

NOTE: if you don't have nooch you can substitute
it for soy sauce.

Red Curry Soup

Bursting with flavour, this hearty delicious soup is guaranteed to satisfy!

3 roasted capsicums
8 cloves garlic
1 inch piece ginger
2 spring onions
3 kefir lime leaves
1 stalk lemongrass
Fresh or powdered chilli
2 T tomato paste
Juice of 1 lime
Large handful coriander
(stalks and leaves)
2 T soy sauce
2 t sesame oil
1 can of coconut milk
2.5 cups water
1.5 T maple syrup
Salt to taste

In a small blender add roasted capisums, garlic, ginger, spring onions, kefir lime leaves, lemongrass, chilli, tomato paste, soy sauce, sesame oil & maple syrup, blend to make a thick paste.

Add paste to a pan & cook on low heat for 5 minutes stirring frequently to avoid burning (add a touch of water if it is starting to stick) Once cooked out & fragrant add coconut milk & water and simmer on low heat for a further 10 minutes.

Add broccolini, sugar snap peas & bamboo to pot & simmer for 4 minutes add capsicum, bok choy and cooked rice noodles stir well & simmer for a further 3 mintues until all veggies are cooked but still have a bite to them.

Serve in large bowl topped with crispy tofu, sprouts & fresh coriander.

Soft Rice Noodles
Sugar snap peas
Broccolini
Bokchoy
Red Capsicum
Bamboo
Bean Sprouts
Crispy Tofu pieces
Fresh Coriander

