

Carrot, sweet potato and ginger soup

1 tablespoon olive oil

900gm (2lb) sweet potatoes, peeled and chopped.

450gm (1lb) carrots, peeled and chopped

2cm fresh ginger, peeled and grated

1 tsp ground cumin

1.4 litres (2 and a half pints) vegetable stock

salt and pepper

Serves 6

1. Heat the oil in a large saucepan. Add the sweet potatoes, carrots, ginger and cumin and fry for 10 minutes until starting to brown.
2. Add the stock, bring to the boil, then season with salt and pepper. Cover with a lid and simmer for 20-30 minutes or until the vegetables are tender.
3. Place the soup into a blender and puree until smooth.

Served at Barnby Singing Days

Pea and Mint Soup

100g (4oz) butter – we use a splash of oil for those who are lactose intolerant

1 large onion, roughly chopped

1 kg (2lb 4oz) frozen petit pois

850ml (1 and ½ pints) hot vegetable stock

A large bunch of fresh mint

1-2 tbsp mint jelly

S and P

Serves 4

1. Melt the butter and add the onion. Fry for 5 minutes, stirring. Add the peas and fry for a few more minutes. Pour in the stock and bring to the boil.
2. Remove the leaves from the mint and set aside. Add the stalks to the pan and bring back to the boil. Cover and simmer for 5-8 minutes until the peas are tender,
3. Remove the stalks and stir in the jelly and mint leaves.
4. Blend and the season if needed.

Served at Souperday October 2015 and November 2016.

This needs less ingredients than the one in the booklet but is equally as lovely.

Then at the March 2019 Souperday we served a variation on this.

Spinach, Pea and Mint Soup – thaw 200-400g of frozen spinach, according to taste. Add at stage 2.
Do not add the mint stalks for this second recipe.

Watercress, Leek and Potato Soup

350g (12 oz) watercress, trimmed

1 tablespoon oil

1 leek, white part only, chopped

2 garlic cloves, chopped

1 celery stalk, chopped

1 teaspoon of grated nutmeg

500g (1lb 2oz) potatoes, chopped – we use more to make a thicker soup

1 litre (35 fl oz) vegetable stock

350 ml of milk or we use coconut milk in case of lactose intolerance

1 handful of mint or a couple of pinches of dried mint

Serves 4

1. Discard any thick watercress stems then roughly chop
2. Heat the oil in a heavy based saucepan and add the leek, garlic and celery. Stir for 2 minutes. Reduce heat and cover for 5 minutes, stirring occasionally and not letting the vegetables go brown
3. Add the nutmeg, potato and stock and bring to the boil. Then reduce the heat and simmer for 20 minutes with the lid on. Stir in the chopped watercress and set to one side for 10 minutes.
4. Stir in the milk and the mint and then blend.
5. Gently reheat and season if you wish.

Served at Souperday March 2020

Thai-Spiced Tomato Soup

- 1 tablespoon olive oil
- 1 onion chopped
- 2 carrots chopped
- 1 red pepper deseeded and chopped
- 1 tablespoon grated fresh ginger root
- 1 tablespoon red thai curry paste
- 1 400gm can chopped tomatoes
- 1 400gm can coconut milk
- 1 lemon grass stick (bashed with a rolling pin) (optional)
- 1 tablespoon tomato puree
- 1 tablespoon light muscovado sugar

Serves 6

1. Heat the oil in a saucepan and add the onion, carrots and red pepper and fry for 3 minutes. Add the ginger and thai curry paste and fry for 30 seconds.
2. Add the remaining ingredients and bring to the boil. Cover with a lid and simmer for 20 minutes or until the vegetables are soft. Remove the lemon grass if used and place the soup in a blender and puree until smooth.
3. Return the soup to the pan and add 200ml (7fl oz) of water to thin the soup down. Reheat and serve.

This is the soup that we have yet to serve you.