

# SOUP STORIES



EAT WITH D

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# BROCCOLI SOUP

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## Ingredients:

1 tbsp minced onions

1-2 tbsp olive oil

¼ cup celery, finely chopped

4 ½ broccoli, chopped into bite-sized pieces

2 cups vegetable broth

1 ½ cup raw cashews

1 ¼ cup almond milk

½ cup + 2 tbsp nutritional yeast

1 tsp salt

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# BROCCOLI SOUP



## Instructions:

1. In a large sauce pan, add olive oil and onions and bring to medium high heat for 1-2 minutes.
2. Add celery and continue cooking for 2-3 minutes.
3. Once celery has cooked down, add broccoli and vegetable broth and bring to simmer.
4. In a high-powered blender, add cashews (soaked in water for a while), almond milk, nutritional yeast, salt and blend until smooth and creamy.
5. Add the cashews sauce in the pan and stir to combine.
6. Bring to a simmer for more 15 minutes, until the soup thickens.
7. Serve garnishing with 2 tbsp nutritional yeast.

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# MUSHROOM

## *Soup*



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# MUSHROOM *Soup*

## Ingredients:

300g button mushrooms  
200g king oyster mushrooms  
20g dried porcini mushrooms  
2 onions  
1 garlic clove  
3 potatoes  
100mL white wine  
100mL light cream or vegan cooking cream  
1 tsp oregano  
5 sprigs thyme  
1L water  
Olive oil for frying  
Salt, pepper



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# MUSHROOM *Soup*

## Instructions:

1. Soak dried porcini in a bowl with 500mL boiling water for approximately 30 minutes. Drain through a sieve and set the broth aside.

2. Peel and dice potatoes, onions and garlic.

3. Chop button mushrooms and king oyster mushrooms.

4. In a large pot heat the olive oil and fry onions and garlic for 2-3 minutes and then add potatoes, all the mushrooms, thyme and oregano leaves.

5. Season with salt and pepper and let fry for approximately 10 minutes.

6. Add white wine, porcini and 500mL water and let simmer until the potatoes are soft.

7. Add the cream and stir until smooth.

8. Season with salt and pepper for extra taste.

9. Optionally serve with some fried mushrooms.



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# TOMATO-RED PEPPER *Soup*



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# TOMATO-RED PEPPER SOUP

## Ingredients:

6 tomatoes  
2 red peppers  
1 red onion  
2 cloves garlic  
2 tbsp olive oil  
300mL boiling water  
2 tomato puree  
1 vegetable stock cube  
1 tsp sugar  
Salt, pepper  
Thyme  
Oregano

## Garnishing ingredients:

1 tbsp coconut milk or light cream  
A few leaves of fresh basil



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# TOMATO-RED PEPPER SOUP

## Instructions:

1. Preheat the oven to 190°C.
2. Peel and slice the red onion, de-seed and slice the peppers and quarter the tomatoes.
3. Lay peppers and tomatoes out on a large baking tray along with the garlic cloves.
4. Drizzle with the olive oil, season with salt and pepper and add the thyme and the oregano.
5. Roast in the oven for 20-25 minutes.
6. In a bowl mix together the boiled water and the vegetable stock. Continue adding the tomato puree and sugar and mix well.
7. After removing the peppers and tomatoes from the oven, transfer them to a blender and add the mixture with the stock.
8. Mix together until it is totally smooth.
9. Serve in bowls and garnish with a drizzle of cream and chopped basil.



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