

Together We Can
Healthy Recipes Made Easy

Soups

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St. Helens
Council

Recipes

1. Chicken & Mushroom Soup
2. Chicken and Sweetcorn Soup
3. Vegetable Soup
4. Minestrone Soup

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Chicken & Mushroom Soup

Ingredients

- 1½ pints chicken stock (1 stock cube per ¾ pint of water)
- 1 small white onion
- 1 leek
- 1 stick of celery
- 1 clove of garlic
- 200g mushrooms
- 50g Flour
- 1 Tbsp. olive oil
- Mixed herbs
- 300g cooked chicken
- Crème fraiche

Method

- Finely slice the onion, garlic, leek and celery.
- Slice the mushrooms into small cubes
- Shred the cooked chicken
- Put the oil into a large pan and add the sliced onion, garlic leek and celery. Cook slowly without colouring the onions or garlic.
- Add the mushrooms and cook for a further 3-4 minutes
- Add a little mixed herbs for extra flavour
- Add the flour and mix in thoroughly
- Cook for 2-3 to cook the flour out
- Add the hot chicken stock liquid in small amounts stirring continually
- Bring the soup to the boil then lower to a simmer
- To finish the soup add the shredded chicken and a little Crème fraiche

Chicken and Sweetcorn Soup

Ingredients (serves 4)

- 1 552 gram/8 oz can of creamed sweet corn
- 1½ - 2 cups of shredded cooked chicken
- 4 cups of chicken stock
- 1 egg
- Pepper to taste

Method

1. Place all ingredients, except the egg into a large saucepan. Bring to the boil; reduce heat to a gentle simmer.
2. Crack the egg into a cup, beat lightly and slowly pour the egg into the simmering soup, whipping the soup at the same time to form 'strings' of cooked egg.
3. A tablespoon of cornflour mixed with a little water can be added towards the end to thicken the broth if desired.

Vegetable Soup

Ingredients

2 X 400g tins chopped tomatoes
8 carrots, chopped
4 small onions, chopped
4 courgettes, chopped
2 vegetable stock cubes, dissolved in 1 litre water
Pepper

Method

Place all the ingredients in a pan.
Cover and cook for 20 minutes, then puree in a blender.

For chunky soup, puree half the quantity.

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Minestrone Soup

Ingredients

- 2 tbsp Olive Oil
- 2 cups chopped onion
- 5 medium cloves garlic, minced (or squeezed through garlic crusher)
- 1 stalk celery, minced (or chopped very finely)
- 1 medium carrot, diced
- 1 small zucchini, diced or sliced thin (if you can't find these use courgette)
- 1 tsp oregano
- black pepper to taste
- 1 tsp basil
- 3 to 4 cups (or more) water
- 1 vegetable stock cube
- 1 14½ oz can tomato puree (about 2 cups) 1 to 1½ cups cooked chick peas or kidney beans. You can also do half of each.
- ½ to 1 cup of dried pasta, any shape
- 1 or 2 medium sized ripe tomatoes, diced
- freshly minced parsley and parmesan cheese for topping (optional)

Method

1. Heat the olive oil in a soup kettle or large wok, and add onion, garlic and salt.
2. Sauté over medium heat for about 5 minutes, then add celery, carrot, oregano, black pepper and basil.
3. Cover and cook over very low heat for about 10 more minutes, stirring occasionally.
4. Add zucchini (or courgette), water and tomato puree. Cover and simmer for about 15 minutes.
5. Add beans and simmer for another 5 minutes.
6. Bring the soup to a gentle boil. Add pasta, stir, and cook until the pasta is tender.

Stir in the diced fresh tomatoes, and serve right away, topped with parsley and parmesan, if desired.