



Winter Warming Soups

It's hard to beat a hot bowl of soup on a cold night, and winter has finally arrived in Sydney. Here are a couple of my favourites, which are easy peasy, hope you enjoy!

My motto has always been '***cook once, eat twice***'...so dig out your largest pot and double the quantities. There'll be plenty leftover for lunch or to simply re-heat when you get home late from work.

May your heart, tummy and soul feel warm and nourished!





Powerhouse Pumpkin and Lentil Soup



This one is simple to put together and truly satisfies.

Ghee is clarified butter, meaning that all the milk solids have been removed, leaving behind a highly nourishing fat. *Lentils* are a fabulous source of protein, which keeps us nice and full.

Turmeric is one of Nature's wonder-foods – it is a potent anti-inflammatory and gives the soup a beautiful intense colour.

Nigella seed (sometimes referred to as black cumin) has been shown to help achieve stable blood sugar levels.

Ginger and *chili* are fantastic circulatory stimulants, ensuring that our fingers and toes are kept nice and warm.

Kale is highly nutrient dense. As a member of the cruciferous vegetables, it aids liver detoxification and has cancer- preventative effects.

Remember to freeze left overs for a rainy day.



Ingredients

1 tablespoon ghee (or olive oil)
1 brown onion, diced
1 bunch coriander, stems finely chopped, leaves reserved for garnish 1/2
teaspoon ground turmeric
1/2 teaspoon nigella seed
Chili flakes to taste
1 1/3 cups dried red lentils, rinsed
1.5 kg Jap pumpkin, peeled, cored and chopped (yields about 1 kg) 500g
carrots, peeled and chopped
5-6 cups (1.25-1.5L) vegetable stock
3 teaspoons freshly grated ginger
Sea salt & cracked pepper to taste
3/4 cup full cream coconut milk
3 cups finely chopped curly kale (main vein removed)

Method

In a large pot, warm the ghee on medium heat and sauté the onion, coriander stems, turmeric nigella seeds and chili flakes for a few of minutes, or until the onions are translucent.

Add the lentils and sauté for a further minute.

Add the pumpkin, carrots, stock and ginger and bring to a gentle boil.

Cover, turn down the heat and cook on low heat for 20-25 minutes, until the pumpkin is soft and the lentils are cooked.

Add the coconut milk. Turn off heat.

Blend with hand held blender to desired consistency.

Add the kale and stir it through the soup.

Garnish with coriander leaves when serving.

Courtesy of: Libby Nathan - The Foodologist



Carrot and Ginger Soup



This soup is packed with antioxidants and superfood goodness that will nourish your body from the inside out. Carrots are the richest source of beta-carotene, which converts to vitamin A in the body. Vitamin A is essential for tissue growth and repair, thyroid function and iron mobilisation. Carrots are also a great source of vitamin C, B6, potassium and fibre.

Ingredients

- 1 leek, washed and finely sliced
- 1 stick celery, finely chopped
- 1 tbsp fresh grated ginger
- 1 tsp fresh grated turmeric or 1/2 teaspoon dry
- 600 g carrot, thinly sliced with the skin on
- 1.5 litres (6 cups) vegetable stock (hot)
- 1 onion, finely diced
- Pinch of sea salt and pepper

Method

Combine stock, leek, celery, carrot, ginger, turmeric and shallot into a saucepan.

Heat until boiling then reduce and simmer for 10 minutes.

Remove the soup from the heat and cool slightly.

Blend until smooth.

Pour the soup back into the saucepan to reheat and season with sea salt and pepper.

Serve with a little chopped parsley or chives.

Enjoy.

Serves 2 generous bowls

Notes + Inspiration

Pump up the protein by scattering some steamed edamame beans or tofu.

Add lightly sautéed shiitake mushrooms for immune boosting properties.

Courtesy of: Teresa Cutter -The Healthy Chef

Polish Chicken Soup



This is a great soup to help fight a cold or flu. You can instantly feel it's healing effects when you taste it. You can add noodles with this soup or beat up a few fresh eggs and slowly pour the mix in a thin stream into the simmering stock which makes the best egg noodles.

Don't be scared off by the amount of garlic in the recipe – after a few minutes the flavour will infuse into the stock and give it richness and density. It's the key to it's flavour and staying cold and flu free during winter.

After one bowl of this soup, you will instantly feel the healing effects. It only takes 10 minutes to make and it's totally delicious. Sip it slowly, and enjoy.

What's good about it:

Garlic, turmeric and ginger are potent detoxifying and antiviral herbs to help the body get rid of toxins, stimulate circulation, reduce inflammation, aid digestion and boost your immune system.

Coriander also has antibacterial and anti-inflammatory properties that can help fight disease.

Adding a little protein such as chicken will supply your body with essential amino acids your body needs to heal and nourish. The perfect ingredients to help you get through the winter cold.

Serves 4



Ingredients

10 cloves garlic, smashed (approx 1 whole bulb)
2 tablespoon finely grated ginger
1 tablespoon fresh grated turmeric (see notes below)
1 litre (35 1/4 fl oz) chicken or vegetable stock
1 litre (35 1/4 fl oz) water
500 g (17 1/2 oz) organic chicken breast, cut into chunks (see notes below)
2 bunches coriander, chopped
1/4 cup (60 ml / 2 oz) mirin or rice wine (optional but delicious)
3 tablespoons tamari soy sauce

Method

Combine the garlic, turmeric, ginger, stock, water and chicken into a large pot.
Simmer for 5 – 10 minutes over a low heat until chicken is cooked through and flavours have infused into the stock.
Add mirin, tamari and coriander just before serving.
Serve in large bowls and sip slowly. Enjoy.

Notes: Vegetarians can use vegetable stock in place of chicken stock and organic silken tofu in place of the chicken to boost protein.
Fresh turmeric is available from your local grocer. if using dry then only use 1/4 teaspoon but fresh is best for it's anti-viral properties.

Other vegetables can be added if you like such as shiitake mushroom, spinach, kale.
A little chilli or XO Sauce can be added for a little heat.

This soup only takes 10 minutes to make, which is why chicken breasts are used.
Obviously you can make this soup using a whole chicken, using all of the stock and removing the tender meat from the chicken then stirring through the stock before serving.
This will take approx 1.5hrs.