

Glasgow & Clyde
Weight Management
Service
Recipe Booklet
Soups



15 minute summer soup

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Indian chickpea and vegetable soup

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Real tomato soup

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Spiced carrot and lentil soup

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Spiced roasted parsnip soup

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Minestrone soup

15 minute summer soup

Serves 4



Ingredients:

Spray olive oil

Bunch of spring onions chopped

3 courgettes, chopped

8 dessertspoons of frozen peas

900mls of hot vegetable stock

85g bag of watercress

Large handful of mint

1 small pot (approx 115g) of fat free greek yoghurt

Method:

Heat a few sprays of olive oil in a non-stick pan then add the spring onions and courgettes and stir well.

Cover and cook for 3 minutes, add the peas and stock and return to the boil.

Cover and simmer for a further 4 minutes then remove from the heat. Stir in the watercress and mint until they are wilted.

Puree in a food processor adding the yoghurt.

Return to the pan and season to taste.

Can be served hot or cold.

Total calories:

8 fruit & vegetables

1 dairy

Total portions per serving:

2 fruit & vegetables

¼ dairy

Calories per serving: 103

Indian chickpea & vegetable soup

Serves 4



Ingredients:

Spray olive oil or use a non stick pan.

1 large onion, chopped

1 teaspoon of finely grated root ginger

1 garlic clove

1 tablespoon of garam masala

850mls vegetable stock

3 large carrots, quartered

400g tin of chickpeas, drained

150g green beans, chopped

Method:

Heat a few pumps of olive oil into a non stick saucepan and then add the onion, ginger and garlic. Fry for 2 minutes and then add the garam masala, heating for a further 1 minute. Add the stock and the carrots.

Simmer for 10 minutes then add the chickpeas.

Use a stick blender if possible and blend the soup a little. Stir in the beans and simmer for 3-4 minutes.

Total portions:

4 fruit & vegetables

3 meat, fish & alternative

Total portions per serving:

1 fruit & vegetable

$\frac{3}{4}$ meat, fish & alternative

Total calories per serving: 145

Real tomato soup

Serves 4



Ingredients:

Spray olive oil

1 onion, chopped

1 garlic clove, finely chopped

1 tablespoon of tomato puree

400g tin of chopped tomatoes

Handful of basil

Pinch of baking soda

600mls of semi-skimmed milk

Method:

Heat a few sprays of olive oil adding the onion and garlic. Cook over a moderate heat for approx 5 minutes until the onion has softened.

Stir in the tomatoes and the basil leaves bringing to the boil.

Turn the heat down and leave to simmer for about 15 minutes until thick and full of flavour.

To finish the soup, pour the tomato mix into a pan. Spoon the baking soda into a small bowl and mix with a 1 tablespoon of milk, making sure that there are no lumps. Place this into the tomato mix and pour in the milk.

Bring up to the boil and then simmer gently for 5 minutes.

Total portions:

3 fruit & vegetables

3 dairy

Total portions per serving:

$\frac{3}{4}$ fruit & vegetable

$\frac{3}{4}$ dairys

Total calories per serving: 100

Spiced carrot & lentil soup

Serves 4



Ingredients:

2 teaspoons of cumin seeds

Pinch of chilli flakes

600g of carrots, washed and coarsely grated

140g red split lentils

1 litre of hot vegetable stock

100mls of semi-skimmed milk

Method:

Heat a large saucepan and dry fry the cumin seeds and chilli flakes for 1 min until they start to release their aroma.

Scoop out about half of the seeds with a spoon and set to one side. Add the carrot, lentil, stock and milk to the pan and bring to the boil.

Simmer for about 15 minutes until the lentils have swollen and softened. Pour the soup into a blender and blitz until smooth and season to taste. Serve with some of the toasted cumin seeds.

Total portions:

3 fruit & vegetables

1 meat, fish & alternative

½ dairy

Total portions per serving:

¾ fruit & vegetable

¼ meat, fish & alternative

Total calories per serving: 80

Spiced roasted parsnip soup

Serves 4



Ingredients:

Spray olive oil

1 teaspoon coriander seeds

1 teaspoon of cumin seeds, with extra to garnish

½ teaspoon ground turmeric

½ teaspoon mustard seeds

1 large onion, cut into chunks

2 garlic cloves

6 large parsnips

4 plum tomatoes

1.2 litres of vegetable stock

1 tablespoon of lemon juice

Method:

Heat the oven to 220°C, 200°C fan, gas mark 7.

In a bowl, mix together a few sprays of olive oil and the spices. Add the vegetables, mix well and spread over a heavy baking sheet. Roast for 30 minutes until tender.

Spoon the roast parsnip into a food processor with half of the vegetable stock and process until smooth.

Pour into a pan with the remaining stock and season to taste. Remove from the heat and add the lemon juice. Garnish with some cumin seeds and serve.

Total portions:

6 fruit & vegetables

Total portions per serving:

1 ½ fruit & vegetables

Total calories per serving: 60

Minestrone Soup

Serves 4



Ingredients:

- 1 onion, roughly chopped
- 2 cans of chopped tomatoes
- 2 large carrots, peeled and roughly chopped
- 2 large celery stalks, roughly chopped
- Piece of swede, diced
- 1 courgette, roughly chopped
- 2 tablespoons of tomato puree
- 1 litre of water
- 2 bayleaves
- One teaspoon mixed herbs
- Black pepper
- 50g soup pasta or small pasta shapes

Method:

Place all ingredients except the pasta in a large saucepan.

Bring to the boil and then simmer for 15 minutes.

Add the soup pasta and cook until tender.

Total portions:

8 ½ fruit & vegetables

2 starches

Portions per serving:

2 fruit & vegetables

½ starch

Total calories per serving: 125

Acknowledgements:

Recipes have been taken and adapted from the BBC Good Food website.