

Arlene Normand Recipe Guide



Welcome to my recipe guide. This guide provides you with a wonderful array of **SOUP RECIPES**. They are delicious and I hope you enjoy them.

All my best

Arlene

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Recipe Guide



BROCCOLI CORN SOUP

750g broccoli florets

1 onion, chopped

2 cups vegetable stock

1 x 440g can creamed corn

salt and pepper to taste

3 potatoes, chopped

1 tablespoon chopped fresh parsley

2 cup skim milk

½ teaspoon Moroccan seasoning

1. Combine broccoli, potatoes, onion, parsley and stock in a pan. 2. Bring to boil; simmer, covered, for about 25 minutes or until potatoes are tender.

3. Blend broccoli mixture, in batches, until smooth. Return to pan; stir in milk, corn, seasoning and salt and pepper. Stir over heat until hot.

Serves 4

1 serve = 1 carbohydrate

Brown lentil and vegetable soup

Ingredients

Serves 4 (1 serve = 1 carbohydrate)

1 tablespoon olive oil

2 carrots, peeled, diced

2 zucchini, diced

2 sticks celery, diced

1 brown onion, finely chopped

400g can diced tomatoes

2 cups salt-reduced vegetable stock

400g can brown lentils, rinsed, drained

1/2 cup flat-leaf parsley leaves, chopped

Method

Step 1

Heat oil in a large saucepan over medium-high heat. Add carrots, zucchini, celery and onion. Cook, stirring occasionally, for 10 minutes or until vegetables begin to soften.

Step 2

Add tomatoes and stock to pan. Cover and bring to the boil. Reduce heat to medium-low. Simmer, partially covered, for 15 minutes or until vegetables are soft.

Step 3

Add lentils to soup. Cook for 5 minutes or until heated through. Ladle soup into bowls. Sprinkle with parsley. Season with freshly ground black pepper.

Carrot soup

Arlene Normand

Recipe Guide



Warm up with hearty carrot soup..

Ingredients

1 tablespoon olive oil
1 leek, halved lengthways, thinly sliced
6 carrots, peeled, chopped
4cm piece ginger, peeled, grated
2 cups salt-reduced vegetable stock
2 cups water
Yoghurt, to serve
Fresh dill, to serve

Method

Step 1

Heat oil in a large saucepan over medium heat. Add leek, carrots and ginger. Cook, uncovered, stirring occasionally, for 8 minutes, or until vegetables start to soften.

Step 2

Add stock and water to saucepan. Cover. Bring to the boil. Reduce heat to medium-low. Simmer, covered, for 20 minutes, or until carrots are very tender.

Step 3

Remove from heat. Set aside to cool slightly. Process or blend soup until smooth. Return to saucepan. Heat over medium-high heat until hot. Season with black pepper.

Step 4

Ladle soup into bowls. Top with yoghurt and dill.

Carrot and chickpea soup

Ingredients **Serves 4 (1 serve = 1 carbohydrate)**

2 teaspoons olive oil
1 leek, chopped
500g packet frozen Carrot Rings (or 500g fresh carrots sliced)
1/2 cup orange juice
4 cups chicken stock
300g can Chick Peas, undrained
1/2 teaspoon mixed spice
1/3 cup natural low fat Greek yoghurt, to serve
2 teaspoons chopped fresh tarragon, to serve

Method

Step 1

Arlene Normand

Recipe Guide



Heat oil in a large saucepan over medium heat. Add leek and carrot rings. Cook, stirring, for 10 minutes or until soft.

Step 2

Add juice, stock, chickpeas and mixed spice. Bring to the boil. Reduce heat to medium-low and simmer, covered, for 15 minutes. Combine yoghurt and tarragon.

Step 3

Blend soup until smooth, return to pan. Season with salt and pepper. Stir over heat until heated through.

Step 4

Ladle into bowls, top with tarragon yoghurt.

Carrot & ginger soup with yoghurt

Ingredients (serves 4)

1 serve = 1 protein

Olive oil spray

1 large brown onion, coarsely chopped

2 garlic cloves, crushed

2 tsp finely grated fresh ginger

2 tsp ground cumin

500g sweet potato (kumara), peeled, coarsely chopped

4 large (about 600g) carrots, peeled, coarsely chopped

1L (4 cups) water

1 tsp Massel Salt Reduced Chicken Style stock powder

130g (1/2 cup) low-fat natural yoghurt

Chopped fresh chives, to serve

Method

Heat a large saucepan over medium heat. Spray with olive oil spray. Add the onion and cook, stirring occasionally, for 5 minutes or until soft. Add the garlic, ginger and cumin. Cook, stirring, for 1-2 minutes or until aromatic.

Add the sweet potato, carrot, water and stock powder. Increase heat to high.

Bring to the boil. Cover and reduce heat to low. Cook for 15-20 minutes or until the vegetables are soft. Set aside to cool slightly.

Place half the sweet potato mixture in the jug of a blender. Blend until smooth.

Transfer the soup to a clean saucepan. Repeat with the remaining sweet potato mixture. Place the soup over low heat and stir until heated through. Season with pepper.

Ladle the soup among serving bowls. Top with yoghurt and chives to serve.

Arlene Normand

Recipe Guide



Chicken soup

Ingredients

4 chicken thigh fillets (about 900g), skinned, excess fat removed
1 large brown onion, halved, finely chopped
1 large carrot, peeled, finely chopped
1 celery stick, trimmed, finely chopped
2 large garlic cloves, finely chopped
2 Tablespoons finely chopped fresh continental parsley stems
6 sprigs fresh thyme, leaves picked
2 Litres (8cups) water
Sea salt flakes
½ tsp whole black pepper corns
¼ cup finely chopped fresh continental parsley extra

Method

Step 1

Combine chicken, onion, carrot, celery, garlic, parsley, thyme, water and peppercorns in a large saucepan over medium-high heat. Bring to the boil. Reduce heat to low and cook, covered, for 40 minutes or until vegetables are very tender.

Step 2

Use tongs to transfer the chicken to a clean work surface. Hold with tongs and cut the chicken meat from the bones. Discard bones. Tear the chicken meat and add to the soup.

Step 3

Taste and season with sea salt. Ladle soup among serving bowls. Sprinkle with extra parsley and serve immediately.

Cream of cauliflower soup

Ingredients

2 teaspoons olive oil
1 brown onion, halved, finely chopped
650g cauliflower, cut into florets
2 small potatoes, peeled, coarsely chopped
625 ml Vegetable stock

Arlene Normand

Recipe Guide



330 ml water
80ml evaporated skim milk
Ground black pepper, to taste

Method

Step 1

Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring, for 5-6 minutes or until soft.

Step 2

Add the cauliflower, potato, stock and water. Cover and bring to the boil. Reduce heat to medium-low and simmer, partially covered, for 15 minutes or until the cauliflower and potato are tender. Set aside for 5 minutes to cool slightly.

Step 3

Place half the cauliflower mixture in the jug of a blender and blend until smooth. Transfer to a clean saucepan. Repeat with remaining mixture. Add evaporated skim milk. Place over low heat and cook for 1-2 minutes or until heated through.

Step 4

Ladle soup among serving bowls. Season with pepper.

Cream of cauliflower soup

Ingredients

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 2 garlic cloves, crushed
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1/4 teaspoon chilli flakes
- 750g cauliflower, trimmed, cut into florets
- 2 cups vegetable stock
- 2 cups water
- 1/4 cup evaporated skim milk

Method

Arlene Normand

Recipe Guide



Heat oil in a saucepan over medium heat. Add onion and garlic. Cook, stirring, for 6 to 7 minutes or until very soft.

Add coriander, cumin and chilli flakes. Increase heat to high. Cook, stirring, for 2 minutes. Add cauliflower, stock and water. Cover. Bring to the boil. Reduce heat to low. Simmer, partially covered, for 30 minutes or until cauliflower is tender. Set aside for 20 minutes.

Blend soup in batches until smooth. Return to saucepan. Stir in evaporated skim milk. Stir over low heat until hot. Season with salt and pepper.

Grandmas Chicken soup- food for the soul

Traditional chicken soup is said to cure the common cold. This healthy recipe uses lots of different herbs and spices to enhance the flavour.

Ingredients

- 4 (about 900g) chicken thigh cutlets, skinned, excess fat trimmed
- 1 large brown onion, halved, finely chopped
- 1 large carrot, peeled, finely chopped
- 1 celery stick, trimmed, finely chopped
- 2 large garlic cloves, finely chopped
- 2 tablespoons finely chopped fresh continental parsley stems
- 6 sprigs fresh thyme, leaves picked
- 2L (8 cups) water
- 1/2 teaspoon whole black peppercorns
- Sea salt flakes
- 1/4 cup finely chopped fresh continental parsley, extra

Method

Step 1

Combine chicken, onion, carrot, celery, garlic, parsley, thyme, water and peppercorns in a large saucepan over medium-high heat. Bring to the boil. Reduce heat to low and cook, covered, for 40 minutes or until vegetables are very tender.

Step 2

Use tongs to transfer the chicken to a clean work surface. Hold with tongs and cut the chicken meat from the bones. Discard bones. Tear the chicken meat and add to the soup.

Arlene Normand

Recipe Guide



Step 3

Taste and season with sea salt. Ladle soup among serving bowls. Sprinkle with extra parsley and serve immediately.

CORN AND SPINACH SHORT SOUP

4 cups vegetable stock	4 cups water
2 x 310g cans creamed corn	1 clove garlic, crushed
2 tablespoons light soy sauce	4 spring onions, finely sliced
80g baby spinach leaves	

WONTONS

2 spring onions, finely sliced	1 clove garlic, crushed
60g tofu	¼ cup chopped parsley leaves
16 wonton wrappers	1 egg, lightly beaten

1. Place stock, water, corn, garlic and sauce in a large pan. Bring to boil; simmer, uncovered, for 10 minutes. Stir in spring onions and spinach.
 2. Wontons. Process spring onions, garlic, tofu and parsley in a food processor until combined. Spoon a teaspoon of mixture into center of each wrapper. Brush edges with egg, gather at the top to form punches; pinch to seal.
 3. Cook wontons in a pan of boiling water for about 10 minutes or until they float to the top; drain.
 4. Divide hot soup among four bowl with four wontons in each.
- Serves 4 1 serve = 1 protein, 1 carbohydrate

CREAMY MUSHROOM SOUP

SERVES 4	1 serve = 2 tsp fat
2 teaspoons oil	2 medium onions, chopped
3 cloves garlic, crushed	500g flat mushrooms, chopped
1 litre (4-cups) vegetable stock	2 tablespoons Worcestershire sauce
¼ cup reduced-fat cream	1 tablespoon chopped fresh thyme
salt and pepper to taste	

1. Heat oil in a large pan, add onions and garlic; cook, stirring, until soft. Add mushrooms, cook, covered, stirring occasionally, for 10 minutes.
2. Add stock and sauce; simmer, uncovered, for about 5 minutes, or until mushrooms are tender; cool slightly.

Arlene Normand

Recipe Guide



3. Blend soup, in batches, until smooth. Return to same pan with cream; stir over heat, until hot. Stir in thyme then season with salt and pepper.

Curried lentil soup

Ingredients

1 tablespoon olive oil
1 brown onion, chopped
2 tablespoons korma curry paste
2 cups dried split red lentils, rinsed, drained
6 cups vegetable or chicken stock
1 cup light coconut milk
1/3 cup coriander leaves, chopped

Method

Step 1

Heat oil in a large saucepan over medium heat. Add onion and cook for 5 minutes. Add curry paste and cook, stirring, for 1 minute.

Step 2

Add lentils and stock. Cover and bring to the boil. Reduce heat to medium-low and simmer, partially covered, for 20 minutes or until lentils are very soft (stir often to prevent lentils from catching). Remove scum from surface (see card, p81). Remove from heat and cool slightly, stirring to release heat.

Step 3

Using a food processor or blender, puree soup, in 2 batches, until smooth. Return to saucepan over low heat. Add coconut milk. Heat, stirring, for 4 minutes or until hot (do not boil). Ladle soup into bowls. Sprinkle with coriander

Dhal soup

What better way to warm up than with a classic Indian curry?

Ingredients

1 1/2 cups yellow split peas, washed
1 large brown onion, finely chopped
2 medium carrots, peeled, finely diced
6 garlic cloves, crushed
1 red chilli, finely chopped
1 1/2 tablespoons ground turmeric
3 teaspoons sea salt
Spice mix

Arlene Normand

Recipe Guide



2 tablespoons oil
1 1/2 teaspoons cumin seeds
1 teaspoon black mustard seeds
12 fresh curry leaves (see note)
1 small brown onion, halved, thinly sliced
3 garlic cloves, thinly sliced
1 red bird's eye chilli, finely chopped
400g can diced tomatoes
2 tablespoons chopped fresh coriander leaves
Select all ingredients

Method

Step 1

Place 2.5 litres cold water in a large saucepan over high heat. Bring to the boil. Add split peas. Simmer, skimming off foam, for 5 minutes. Reduce heat to medium-low. Add onion, carrot, garlic, chilli and turmeric. Stir to combine. Simmer, stirring occasionally, for 1 hour or until split peas break down and soup is thick. Add salt. Stir to combine.

Step 2

Make spice mix: Heat oil in a saucepan over medium-low heat. Add cumin and mustard seeds. Cook, stirring, for 1 minute or until fragrant. Add curry leaves. Cook, covered, for 30 seconds or until fragrant. Add onion. Cook, stirring, for 5 minutes or until golden. Add garlic and chilli. Cook, stirring, for 1 to 2 minutes or until garlic is golden. Transfer half the mixture to a bowl. Add tomato to pan. Bring to the boil. Simmer, stirring occasionally, for 2 to 3 minutes. Add tomato mixture to soup. Stir to combine. Add coriander. Stir to combine. Ladle soup into bowls. Top with remaining spice mixture.

1 cup = 1 carbohydrate

FARMHOUSE SOUP

2 teaspoons oil	1 leek, sliced
1 clove garlic, crushed	1 stick celery, chopped
1 medium carrot, diced	500g pumpkin, peeled, chopped
1 parsnip, peeled, chopped	1 litre beef stock
1 x 400g can brown lentils, undrained	
1 x 400g diced tomatoes, undrained	
1 tablespoon chopped fresh basil	
2 tablespoons grated parmesan cheese	

Arlene Normand

Recipe Guide



1. Heat oil in a large pan. Add leek, garlic, celery, carrot, pumpkin and parsnip in a large pan; cook, stirring, until vegetables are tender.
2. Add stock, lentils and tomatoes. Simmer, covered, for about 20 minutes. Stir in basil.
3. Serve soup sprinkled with grated cheese.

SERVES 4

1 serve = 1 carbohydrate

Fast winter soup

Ingredients (serves 2)

1 serve = 1 carbohydrate

1 tbs olive oil	1 onion, chopped
1 long red chilli, seeds removed, finely chopped	
1 celery stalk, chopped	1 carrot, chopped
1 tsp ground cumin	1 tsp ground coriander
1 cup red lentils, rinsed, drained	1L (4 cups) chicken or vegetable stock
Low-fat natural yoghurt, to serve	

Method

Heat the olive oil in a large saucepan over medium heat, add the onion, chilli, celery and carrot and cook for 2-3 minutes.

Add cumin and coriander and cook, stirring, for a further minute.

Add the red lentils and chicken or vegetable stock, bring to boil and simmer for 8-10 minutes or until lentils are tender.

Season with salt and pepper. Serve in bowls with a dollop of yoghurt.

Fresh asparagus soup

Ingredients (serves 2)

2 bunches (about 400g) fresh asparagus, trimmed

1 tbs olive oil

1 onion, finely chopped

2 1/2 cups (625ml) vegetable stock or water

1/2 small lemon, juiced

Salt and freshly ground pepper

Chopped fresh dill, to serve

Method

Chop the asparagus into 3cm pieces. Heat the oil in a saucepan over a medium heat. Add the onion and cook for 3-4 minutes or until soft.

Add the asparagus and cook, stirring occasionally, for 5 minutes. Add the stock or water. Bring to the boil. Reduce the heat and simmer for 20 minutes. Set aside to cool slightly.

Arlene Normand



Recipe Guide



Blend the mixture in a food processor until smooth. Return to the saucepan. Add the lemon juice and season with salt and pepper. Serve with the chopped dill and freshly ground pepper

Gazpacho

Makes 2 cups (1 cup = 1 carbohydrate and 2 tsp oil)

Ingredients

2 large slices (about 70g) day-old crusty bread, crusts removed, torn
2 tbs red wine vinegar
1kg truss tomatoes, stems removed, coarsely chopped
2 shallots, ends trimmed, thinly sliced
1 garlic clove, chopped
1 tsp raw or caster sugar
2 tbs extra virgin olive oil
Finely chopped cucumber, to serve

Method

Combine the bread and vinegar in a bowl. Set aside for 10 minutes to soak. Process the bread mixture, tomato, shallot, garlic and sugar in a food processor for 2 minutes. Add the oil and process until well combined.

HEARTY VEGETABLE SOUP

2 teaspoons oil	2 onions, chopped
2 carrots, chopped	1 turnip, chopped
2 sticks celery, sliced	2 medium potatoes, chopped
2 zucchini, chopped	5 cups beef stock
1 x 400g can chopped tomatoes	½ cup small tube pasta

- 1. Heat oil in a large pan; add onions and carrots, cook for about 5 minutes. Add turnip and celery, cook for a further 3 minutes.**
- 2. Add potatoes and zucchini, cook for a further 1 minute.**
- 3. Add stock, tomatoes and pasta. Bring to boil; simmer, covered, for 1 hour. Season with salt and pepper.**

Serves 4 1 cup = 1 carbohydrate

Indian-style gazpacho

Spain's famous chilled tomato and vegetable soup, made Indian with fresh chilli, ginger and pappadums, is the perfect start to your night.

Ingredients (serves 6)

250g vine-ripened tomatoes, quartered

Arlene Normand Recipe Guide



1/2 red onion, chopped
1/2 red capsicum, deseeded, coarsely chopped
Lebanese cucumber, peeled, deseeded, finely chopped
1 garlic clove, crushed
1 tsp grated fresh ginger
1 small fresh red chilli, deseeded, finely chopped
1 tbs chopped fresh coriander
2 small cooked pappadums, coarsely broken
250ml (1 cup) chilled vegetable stock
1 tbs white wine vinegar
1 tsp caster sugar
Natural yoghurt, to serve
Coriander leaves, to serve

Method

Place the tomato, onion, capsicum, cucumber, garlic, ginger, chilli and coriander in the jug of a blender and blend until almost smooth. Add pappadum and blend until the mixture thickens slightly.

Transfer the tomato mixture to a large bowl. Stir in the stock, vinegar and sugar. Season with salt and pepper. Transfer the tomato mixture to an airtight container. Place in the fridge for 1 hour to chill.

Pour the tomato mixture among serving glasses. Top each glass with a small dollop of yoghurt and a coriander leaf to serve.

Notes & tips

You can prepare this recipe to the end of step 2 up to 1 day ahead. Continue from step 3 just before serving.

Italian-style risoni soup

Ingredients (serves 6)

1 serve = 1 carbohydrate

1 tbs olive oil
1 medium fennel bulb, ends trimmed, finely chopped
1 large carrot, peeled, finely chopped
1 large zucchini, ends trimmed, finely chopped
2 garlic cloves, crushed
3 x 500ml ctns chicken consomme
75g (1/3 cup) risoni
85g (1/2 cup) shelled fresh peas
1 tbs finely chopped fresh tarragon
Salt & freshly ground black pepper

Arlene Normand



Recipe Guide



Method

Heat the oil in a large saucepan over high heat. Add the fennel, carrot, zucchini and garlic and cook, stirring, for 5 minutes or until just tender. Add the consomme and bring to the boil. Add the risoni and cook, stirring occasionally, for 10 minutes or until pasta is al dente. Add the peas and cook for 2 minutes or until peas are bright green and tender. Remove from heat. Add the tarragon and stir to combine. Taste and season with salt and pepper.

Lentil soup

Ingredients (serves 4)

1 cup = 1 protein

2 tbs extra virgin olive oil, plus extra to drizzle	1 leek (pale part only), thinly sliced
2 carrots, finely chopped	2 celery stalks, finely chopped
2 tbs tomato paste	1 cup (200g) green or brown lentils, rinsed, drained
2L (8 cups) vegetable stock	400g can chopped tomatoes
400g can cannellini beans, rinsed, drained	2 tsp ground coriander
1 tsp smoked paprika (pimenton) (see note)	1/3 cup finely chopped flat-leaf parsley

Method

Heat the oil in a large saucepan over medium heat. Add the leek, carrot and celery, then cook, stirring, for 3-4 minutes until softened. Add the tomato paste and cook for 1 minute. Add the lentils and stock and bring to the boil. Reduce heat to medium-low and simmer gently for 1 hour, skimming the surface occasionally, until the lentils are tender.

Add the tomato, cannellini beans, coriander, paprika and some salt and pepper to the pan, then cook, stirring occasionally, for a further 20 minutes or until soup is thick. Taste for spices and seasoning, then stir in half the parsley.

Divide soup among shallow bowls and top with remaining parsley, a drizzle of extra virgin olive oil and freshly ground pepper. Serve with crusty bread.

Notes

Smoked paprika is available from gourmet food shops and selected delis.

It's good to pick over the lentils and ditch any discoloured ones, then rinse (there's no need to soak).

If your celery comes with leaves, chop and add them as well.

Lentil soup

Arlene Normand

Recipe Guide



Ingredients

1 Tablespoon olive oil
1 brown onion, finely chopped
1 carrot, peeled, finely chopped
1 celery stick, trimmed, finely chopped
2 x 400g cans brown lentils, rinsed and drained
400g can diced tomatoes
500 ml Vegetable stock
2 dried bay leaves
2 teaspoons dried oregano leaves
¼ cup fresh continental parsley
Olive oil (optional) to drizzle)
25g (1/3 cup) finely grated parmesan

Method

Step 1

Heat the oil in a large saucepan over medium heat. Cook onion, carrot and celery, stirring occasionally, for 5 minutes or until soft. Stir in lentils, tomato, stock, bay leaves and oregano. Reduce heat to low. Simmer for 10 minutes or until mixture reduces slightly. Set aside for 5 minutes to cool. Remove and discard the bay leaves.

Step 2

Process half the soup in a food processor until smooth. Return to the pan. Cook, stirring, over medium heat until heated through. Stir in the parsley.

Step 3

Divide among serving bowls. Drizzle over oil, if desired. Top with parmesan.

Lentil & tomato soup (1 cup = 1 carbohydrate)

1 tbs olive oil
1 small brown onion, coarsely chopped
1 x 400g pkt Fresh Veggie Mix
2 x 400g cans brown lentils, rinsed, drained
1 x 400g can Select Diced Italian Tomatoes
500ml (2 cups) vegetable stock
500ml (2 cups) boiling water

Arlene Normand

Recipe Guide



1/4 cup chopped fresh continental parsley
Freshly ground black pepper
4 multigrain rolls, to serve (optional)

Method

Heat the oil in a large saucepan over medium heat. Add the onion and vegetable mixture and cook, stirring occasionally, for 3 minutes or until the onion softens. Add the lentils, tomato, stock and water to the pan. Cover and bring to the boil over high heat. Reduce the heat to medium and cook, partially covered, for 8-10 minutes or until the vegetable mixture is just tender. Add the parsley and stir until well combined. Taste and season with pepper.

Ladle the soup among serving bowls and serve with the rolls, if desired.

Mexican spiced tomato soup

Ingredients

2 tablespoons olive oil	1 cup = 1 carbohydrate
2 cloves garlic, chopped	2 large onions, chopped
2 cans chopped tomatoes	3 teaspoons Mexican seasoning (see below)
2 tablespoons Worcestershire sauce	1 teaspoon Vegemite
1 1/2 cups red lentils	6 cups vegetable stock
2 tablespoons brown sugar	1/3 cup tomato paste
	1/2 cup fresh coriander, chopped (or use parsley)

Mexican seasoning: In an airtight container or small jar, combine the following:

1 heaped tablespoon ground cumin
2 teaspoons brown sugar

Instructions

- 1 Heat oil in a large saucepan. Add onions and garlic and cook until light golden.
- 2 Mix in 3 teaspoons of the Mexican seasoning, then add tomatoes, Vegemite, Worcestershire sauce, stock, lentils, tomato paste and sugar. Bring to the boil and stir, then reduce heat and simmer for 45 minutes.
- 3 Add chopped fresh herbs.

Moroccan pumpkin soup

Take an Australian classic like pumpkin soup, add a Moroccan twist and make this "souper" meal which is vegan friendly.

Arlene Normand Recipe Guide



Ingredients (serves 6) 1 cup = 1 carbohydrate

1/4 cup (60ml) olive oil
1 leek, white part only, thinly sliced
3 cloves garlic, finely chopped
1 red chilli, finely chopped
1 cinnamon stick
3cm piece ginger, peeled, thinly sliced
1 1/2 tsp cumin seeds
2 carrots, peeled, coarsely chopped
1.5kg butternut or pumpkin, peeled, seeded (see note), cut into 3cm pieces
1/3 cup (70g) yellow split peas
Juice of 1/2 lemon
Coriander sprigs and soup sprinkles, to serve

Method

Heat oil in a large saucepan over low-medium heat and cook leek, garlic and 2 tsp salt, stirring occasionally, for 3 minutes or until soft. Add chilli, cinnamon, ginger and cumin and stir for 1 minute or until fragrant. Add carrots, pumpkin and split peas. Stir to coat in onion mixture.

Add 1.5 litres water to saucepan and bring to the boil, then simmer for 50 minutes or until split peas are soft.

Remove and discard cinnamon stick from soup. Add lemon juice then process or blend soup, in small batches, in a food processor or blender until smooth.

Return soup to pan and reheat over medium heat. Serve topped with coriander sprigs and soup sprinkles.

Notes

Reserve 1/2 cup pumpkin seeds for soup sprinkles.

Chicken pho

6 Servings

Warm up from this inside out with this fragrant chicken and noodle broth.

Ingredients

1.3kg Whole Chicken
5cm-piece ginger, peeled, thickly sliced
2 spring onions, cut into 4cm-lengths
1/3 cup (80ml) sweet soy sauce

Arlene Normand

Recipe Guide



2 star anise
1 cinnamon stick or quill
1 long red chilli, thinly sliced
250g rice stick noodles
2 tablespoons fish sauce
150g snow peas, trimmed, thinly sliced
1 carrot, peeled, julienned
Red chilli, extra, sliced, to serve
Spring onion, extra, thinly sliced, to serve
Coriander leaves, to serve
Mint leaves, to serve
Lime wedges, to serve

Method

Step 1

Place the chicken, ginger, onion, soy sauce, star anise, cinnamon, chilli and 8 cups (2L) water in a large saucepan or stockpot. Bring to the boil. Reduce heat to low. Cook, covered, for 1 1/2 hours or until chicken is cooked through.

Step 2

Meanwhile, prepare the noodles following packet directions.

Step 3

Remove the chicken from the broth. Set aside until cool enough to handle. Use a fork to shred the meat, discarding the skin and bones. Stir the fish sauce into the broth. Add the snow peas and carrot. Cook for 5 mins or until vegetables are tender crisp.

Step 4

Divide the noodles among serving bowls. Top with chicken. Ladle the broth mixture over the noodles. Top with extra chilli, spring onion, coriander and the mint leaves. Serve with lime wedges

Roasted vegie soup

Full of goodness this roasted vegie soup makes a deliciously filling meal.

Ingredients

1 kg butternut pumpkin, peeled, seeded, cut into 2.5cm pieces
2 large red capsicums, seeded, chopped
2 red onions, chopped
Spray olive oil
1 tablespoon olive oil

Arlene Normand Recipe Guide



400 g can diced tomatoes
2 1/2 cups vegetable stock
Baguette
120g Goats Cheese in Ash
Fresh basil leaves, to serve

Method

Step 1

Preheat the oven to 180C or 160C fan-forced. Line 2 large oven trays with baking paper. Arrange pumpkin, capsicum and onion on trays. Spray with oil. Roast, swapping trays halfway through cooking, for about 1 hr, or until soft and lightly caramelised.

Step 2

In a large saucepan over medium heat add the roasted vegetables, tomatoes and stock. Cover and bring to a simmer, then cook, partially covered, for 10 mins. Season to taste.

Step 3

Preheat grill on high. Toast both sides of bread. Spread with goat's cheese. Top the soup with basil, and serve with the toasts.

1 cup soup = 1 carbohydrate; bread and cheese are another carb and protein

Roasted Carrot & Fennel Soup

This simple vegan soup can be prepared quickly on a weeknight.

Serves: 4

Ingredients

500g carrots
Olive oil
1 bulb fennel
1/2 cup sliced onion
2 teaspoons ground ginger
1 teaspoon ground coriander
1/2 teaspoon salt
1/4 teaspoon pepper
4 cups vegetable broth

Method

Preheat oven to 400 degrees.

Arlene Normand

Recipe Guide



Slice carrots into planks and toss with olive oil. Roast for about 20 minutes. Meanwhile, heat 1 tablespoon olive oil in a stockpot set over medium. Trim fronds from fennel and save for another use (I like to use it as a bed for baking fish). Slice fennel bulb thinly. Add fennel and onion to the pot and stir to coat with oil. Cook, stirring occasionally, until quite soft and starting to caramelize. Stir in ginger, coriander, salt, and pepper. When the carrots have roasted, add them to the pot, then add the vegetable broth. Bring everything to a boil then reduce to a simmer for 10 minutes. Using a blender, puree soup until smooth. Serve.

Tomato soup

Ingredients

1-1¼kg ripe tomatoes
1 medium onion
1 small carrot
1 celery stick
2 tbsp olive oil
2 squirts of tomato purée (about 2 tsp)
a good pinch of sugar
2 bay leaves
1.2 litres hot vegetable stock

Method

Firstly, prepare your vegetables. You need 1-1.25kg/2lb 4oz-2lb 12oz ripe tomatoes. If the tomatoes are on their vines, pull them off. The green stalky bits should come off at the same time, but if they don't, just pull or twist them off afterwards. Throw the vines and green bits away and wash the tomatoes. Now cut each tomato into quarters and slice off any hard cores (they don't soften during cooking and you'd get hard bits in the soup at the end). Peel 1 medium onion and 1 small carrot and chop them into small pieces. Chop 1 celery stick roughly the same size.

Spoon 2 tbsp olive oil into a large heavy-based pan and heat it over a low heat. Hold your hand over the pan until you can feel the heat rising from the oil, then tip in the onion, carrot and celery and mix them together with a wooden spoon. Still with the heat low, cook the vegetables until they're soft and faintly coloured. This should take about 10 minutes and you should stir them two or three times so they cook evenly and don't stick to the bottom of the pan.

Arlene Normand



Recipe Guide



Holding the tube over the pan, squirt in about 2 tsp of tomato purée, then stir it around so it turns the vegetables red. Shoot the tomatoes in off the chopping board, sprinkle in a good pinch of sugar and grind in a little black pepper. Tear 2 bay leaves into a few pieces and throw them into the pan. Stir to mix everything together, put the lid on the pan and let the tomatoes stew over a low heat for 10 minutes until they shrink down in the pan and their juices flow nicely. From time to time, give the pan a good shake – this will keep everything well mixed.

Slowly pour in the 1.2 litres of hot stock, stirring at the same time to mix it with the vegetables. Turn up the heat as high as it will go and wait until everything is bubbling, then turn the heat down to low again and put the lid back on the pan. Cook gently for 25 minutes, stirring a couple of times. At the end of cooking the tomatoes will have broken down and be very slushy looking.

Remove the pan from the heat, take the lid off and stand back for a few seconds or so while the steam escapes, then fish out the pieces of bay leaf and throw them away. Ladle the soup into your blender until it's about three-quarters full, fit the lid on tightly and turn the machine on full. Blitz until the soup's smooth (stop the machine and lift the lid to check after about 30 seconds), then pour the puréed soup into a large bowl. Repeat with the soup that's left in the pan. (The soup may now be frozen for up to 3 months. Defrost before reheating.)

Pour the puréed soup back into the pan and reheat it over a medium heat for a few minutes, stirring occasionally until you can see bubbles breaking gently on the surface. Taste a spoonful and add a pinch or two of salt if you think the soup needs it, plus more pepper and sugar if you like. If the colour is not a deep enough red for you, plop in another teaspoon of tomato purée and stir until it dissolves. Ladle into bowls and serve.

Roasted tomato soup

Ingredients

- 1kg roma tomatoes, halved
- 2 tablespoons olive oil
- 3 sprigs fresh thyme
- 1 medium brown onion, chopped
- 2 garlic cloves, crushed
- 200g sebago potato, peeled, chopped

Arlene Normand

Recipe Guide



- 2 tablespoons tomato paste
- 2 teaspoons brown sugar
- 2 cups Vegetable Stock
- Fresh thyme leaves to serve

Method

Preheat oven to 220C/200C fan-forced. Place tomato on a baking tray. Drizzle tomato with half the oil and top with thyme. Season with salt and pepper. Roast for 15 to 20 minutes or until tender.

Heat oil in a saucepan. Add onion, garlic and potato. Cook, stirring occasionally, for 5 minutes. Add tomato paste and sugar. Stir in stock and 1 cup cold water. Cover. Bring to the boil. Reduce heat to low. Simmer, for 15 minutes or until potato is just tender.

Add tomato to stock mixture. Carefully blend soup until smooth. Sprinkle with thyme.

Creamy Zucchini Soup

Ingredients

- 1 tablespoon oil
- 1 onion, coarsely chopped
- 1 garlic clove, crushed
- 4 large zucchini, chopped
- 2 large potatoes, peeled, chopped
- 1L Chicken Stock
- 3/4 cup evaporated skim milk
- salt and cracked black pepper

Method

Heat 1 tablespoon oil in a large saucepan over medium heat. Add 1 coarsely chopped onion, 1 crushed garlic clove, 4 large chopped zucchini and 2 large peeled, chopped potatoes. Cook for 5 minutes, making sure vegetables don't brown.

Add 1L chicken stock and 1 cup water. Bring soup to the boil, reduce heat and simmer for 20 minutes or until potatoes are soft. Remove from heat and cool for 5 minutes.

Arlene Normand

Recipe Guide



Blend with a hand-held blender until smooth. Return soup to the heat and add 3/4 cup evaporated skim milk, salt and cracked black pepper. Warm through and serve.

Hearty vegetable soup with chickpeas

Serves 4 1 serve = 1 carbohydrate

Ingredients

2 teaspoons olive oil	1 large brown onion chopped
2 teaspoons ground tumeric	1 teaspoon ground coriander
2 teaspoons ground cumin	5 cups chopped vegetables (see note)
3 cups vegetable stock	2 cups water
415g can chopped tomatoes rinsed	400g can chickpeas, drained,
½ cup flat leaf parsley, chopped	

Method

Step 1

Heat oil in a large saucepan over medium-high heat. Add onion. Cook for 3 minutes. Add spices and firm vegetables (such as pumpkin, potatoes, carrots, capsicum and celery). Stir to coat.

Step 2

Stir in stock, water, tomatoes and chickpeas. Bring to the boil. Reduce heat to medium-low. Simmer, uncovered, for 40 minutes or until vegetables are soft. Add tender vegetables (such as beans, broccoli, peas, zucchini). Cook for a further 5 minutes. Stir in parsley. Season with pepper. Serve.

Pea and coriander soup

Serves 4-6 1 cup = 1 carbohydrate

Ingredients

2 Tbsp Olive oil
150g chopped onion
2 chopped garlic cloves
1 chopped red / green chilli deseeded

Arlene Normand

Recipe Guide



Pepper
850 ml vegetable stock
450g frozen peas
2 Tblsp chopped coriander

Method

Add oil in a large saucepan, then add the onion, garlic and chilli and season with salt and pepper.
Stir over a low heat for 3 or 4 minutes or until the onions are cooked.
Then add the stock, turn up the heat to high and bring up to the boil.
Add the peas and cook very rapidly, making sure to remove the lid as soon as it comes to the boil (this keeps the peas' fresh green colour intact) for only 1 or 2 minutes or until the peas are cooked. Add the coriander and immediately liquidise.
Check seasoning and serve.

"I'm a star" tomato soup

Ingredients

1 Tablespoon olive oil	1 brown onion, finely chopped
700 ml bottle Italian tomato pasta sauce	4 cups Chicken stock
1 cup dried pasta	1 zucchini
Black pepper and tobasco	100g tasty cheese grated
4 slices bread toasted	

Method

Step 1

Heat oil in a deep saucepan over medium-high heat. Add onion. Cook, stirring, for 3 to 4 minutes or until soft. Add sauce and stock. Bring to the boil.

Step 2

Pour pasta into soup. Stir until well combined. Return soup to the boil. Reduce heat to low. Cook, uncovered, for 3 minutes.

Step 3

Grate zucchini. Stir into soup. Cook for 2 minutes or until pasta is tender. Season with black pepper and tobasco.

Step 4

Sprinkle cheese over toast. Place under hot grill for 1 to 2 minutes or until cheese melts. Ladle soup into bowls. Serve with cheese on toast.

Arlene Normand

Recipe Guide



Zucchini soup

Ingredients

2 teaspoons olive oil
1 small brown onion finely chopped
2 garlic cloves, chopped
750g zucchini, grated
500 ml water
2 vegetable cubes crumbled
100ml evaporated skim milk
Freshly ground black pepper

Method

Step 1

Heat the oil in a medium saucepan over medium heat. Add the onion and cook, uncovered, stirring often, for 2 minutes or until slightly soft. Add the garlic and cook, stirring, for 30 seconds or until aromatic.

Step 2

Add the zucchini and cook, uncovered, stirring, for 2 minutes or until slightly soft. Stir in the water and stock cubes. Increase heat to high, cover and bring to the boil. Reduce heat to medium and cook, partially covered, for 7 minutes or until the zucchini is tender.

Step 3

Transfer the mixture to the bowl of a food processor, or use a hand blender, and process until smooth. Return the soup to the pan and stir in the evaporated skim milk. Taste and season with pepper.

Step 4

Cook over medium heat, uncovered, stirring occasionally, for 2-3 minutes or until warmed through (do not allow to boil). Serve immediately.