



6 Super Healthy Soups

Soups are magic in a bowl. Warming and soothing, easy to make and packed full of nutrients, they will feed your body and your soul. It feels so good to make soup from scratch using fresh and healthy ingredients rather than open a tin or a plastic tub. There is no packaging to throw away - all the waste is compostable – and you can use up any left-over vegetables at the end of the week too – just peel, chop and simmer with some stock and you have at least two nutritious lunches already prepared.

My secret ingredient for these recipes is to use Marigold Swiss Vegetable Bouillon to make your stock. It is so tasty and really does give the best flavours to the soups. You can buy it in most major supermarkets and health food shops.



Watercress Soup

Watercress is full of nutrients – it has more vitamin C than oranges, more vitamin E than broccoli, more calcium than whole milk and more iron than spinach! It also has high levels of Beta-carotene which the body converts into vitamin A for healthy eyes, hair, skin, nails, bones and teeth. A bowl of this beautiful green soup will boost your immune system too.

You will need:

2 small potatoes
1 onion
1 garlic clove
500ml stock made with Vegetable Bouillon
3 bunches of watercress
Crème fraiche or Greek yoghurt and
toasted seeds to serve



How to make it:

Put some oil in a large saucepan to heat while you peel and chop the onions, potatoes and garlic, then add them to the pan.

Saute for 5 minutes or so until they are lightly browned.

Add the stock, bring to the boil and simmer until the potatoes are soft.

Chop the watercress (discard any really thick stems as they will not blend very well) and add to the pan for 3-4 minutes.

Liquidise the soup and serve with a dollop of crème fraiche or Greek yoghurt and toasted seeds.

Root Vegetable Soup

This is a soup for autumn and winter when the body seems to naturally want to eat root vegetables for their earthy, grounding goodness. You can use any type of root vegetables but, because they can absorb toxins from the earth just as they absorb nutrients, it is best to choose organic ones. You need a little bit of time for this recipe as the vegetables go in the oven for 2-3 hours instead of cooking on the hob, but it is well worth the time – they become lovely and tender with an intense flavour.

You will need:

4oz carrots

4 oz (115g) leeks

4 oz (115g) celeriac

4oz (115g) swede

4oz (115g) butternut squash

1 onion

1 litre of stock (made with Bouillon again)

2 bay leaves

Salt and freshly ground black pepper

Crème Fraiche or yoghurt, and chives or sprouted seeds such as Alfalfa to serve



How to make it:

Pre-heat the oven to gas mark 1, 140C, 275F.

Peel and chop all the vegetables then place them with the stock and the bay leaves in an ovenproof casserole dish and heat on the stove until just boiling.

Put the lid on and put in the oven to cook for 3 hours.

Remove from the oven, allow to cool a little before blending or liquidising in batches until it is lovely and smooth.

Reheat on the hob, season to taste and serve with a swirl of crème fraiche or Greek yoghurt and a garnish of chives or sprouted seeds.

Beetroot and Apple Soup

Not just a pretty colour, this soup has good nutritional benefits too. Beetroot is high in fibre and helps to increase the level of antioxidant enzymes in the body. It is rich in glutamine, an amino acid, which is essential to the health of the intestinal tract.

Cooking beetroot can be messy as the juice will stain your hands (and anything else it touches) when you peel it, but in this recipe no pre-cooking or peeling is required so your hands will stay clean.

You will need:

350g uncooked beetroot
1 medium onion
1 garlic clove
1 eating apple
25g unsalted butter
500ml stock
Sea salt and black pepper
A swirl of Greek yoghurt or Crème
Fraiche to serve



How to make it:

Peel and chop the onions and the garlic, melt the butter in a large pan and fry the onion and garlic for 5 minutes until soft.

Wash and trim the ends of the beetroot. No need to peel, just chop and add to the pan.

Core and chop the apple, add to the onions and continue to fry for another 5 minutes.

Add the stock and seasoning, bring to the boil, then cover and simmer over a low heat for 30 minutes. Allow to cool enough before whizzing in the blender until smooth.

Return to the heat if necessary, adjust seasoning if required and serve with a swirl of Greek yoghurt for added beautifulness!

Broccoli Soup

I like easy recipes - if there are too many ingredients and instructions I get in a muddle and forget something. This recipe is about as easy as you can get. And it is really tasty. And it is really good for you. 400g of broccoli contains an almost unbelievable 594% of your recommended daily amount of vitamin C(!) and a host of other nutrients too.

You will need:

- 1 garlic clove
- 2 celery stalks
- 400g broccoli
- 1 litre of vegetable stock
- A small handful of mint
- A splash of olive oil
- A little crumbled Ricotta and mint leaves or a sprig of parsley to serve (optional)



How to make it:

Heat a splash of oil in a large pan, then add the garlic and roughly-chopped celery stalks and fry gently for a few minutes.

Add the broccoli and stock and cook for another 6-8 minutes.

Add a handful of mint leaves and blitz in the blender or food processor.

Season and serve with a little crumbled ricotta and mint leaves to garnish.

Pea and Mint Soup

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You will need:

- 1 bunch of spring onions
- 1 medium potato
- 1 garlic clove
- A little oil
- 800ml of vegetable stock
- 250g of frozen peas (or use 900g of fresh peas which gives approx. 250g when podded)
- A handful of fresh mint
- 1 tablespoon fresh lemon juice
- 150ml of sour cream/Greek yoghurt/crème fraiche



How to make it:

Peel and chop the spring onions, potato and garlic and put into a large saucepan with a little oil and cook for a few minutes until the onions are soft.

Add the stock, bring to the boil and then simmer for about 15 minutes until the potatoes are soft.

Add the peas and simmer gently for 5 minutes.

Add the mint, sugar and lemon juice and allow to cool a little before blending in a liquidizer until smooth.

Add the sour cream/Greek yogurt and season with salt and pepper.

Serve chilled straight from the fridge (add a little more stock if it is too thick) or reheat very gently if you want it hot.

Red Pepper and Sweet Potato Soup

This is a lovely warming soup, perfect for a cold day. The flavours of the sweet potatoes and the red peppers blend together well plus the paprika and cayenne pepper give it a bit of a kick.

You will need:

- 1 tablespoon oil
- 2 medium sweet potatoes
- 1 red pepper
- 1 medium onion
- 2 cloves of garlic
- 1 litre of vegetable stock
- 1 teaspoon of smoked paprika
- 1 tablespoon of lemon juice
- Quarter of a teaspoon cayenne pepper
- Salt and pepper
- Optional Greek yogurt to serve



How to make it:

Pre-heat the oven to 200C, 425F, gas mark 6. Chop the sweet potato and the red pepper into small chunks and slice the onion. Place on a baking sheet with the unpeeled garlic cloves, drizzle with the oil and season with salt and pepper. Roast for 20-30 minutes until the vegetables are soft. Remove the skins from the garlic cloves. Put in the blender with the stock and whizz until smooth. Pour into a saucepan and add the paprika, cayenne pepper and lemon juice and reheat gently for about 10 minutes. Serve with a swirl of Greek yogurt and optional sliced spring onions plus a sprinkle of paprika.