

Soups for Weight Loss



Losing weight can be a challenge because you may feel hungry or deprived when you need to reduce your food intake. Soup can help by filling you up without too many calories, and by offering you an option to order at restaurants when you go out to eat with friends. Eating the right types of soup can be beneficial to weight loss.

Soups are part of the liquid diet that is usually consumed before a meal or at times as a replacement of snacks. There are different varieties of soups which are healthy and nutritious as they contain vegetables and other nutrients. Some people include soups in their daily diet in order to control weight. Soups can be an effective tool for weight loss. Here are different soups that aid in weight loss and how they work.

Recipe N1



Ingredients

- Canola oil: 2 ½ tablespoon
- Curry powder: 2 tablespoons
- Sliced carrots: 8
- Sliced celery stalks: 4
- Chopped onion: 1
- Chicken broth: 4 cups
- Lemon juice: 1 tablespoon
- Salt: ½ teaspoon
- Pepper

Description

1. Cook curry powder in heated oil for 1-2 minutes.
2. Stir in onion, celery, and carrots for 10 minutes.
3. Stir in broth, boil and simmer it about 8-10 minutes.
4. Remove the heat and stand it for 10 minutes. Let lay a paper towel on the top of soup.

5. Put the soup into cups and blend it.
6. Change the soup in a pan and heat it through.
7. Stir with pepper, salt, and lemon juice.

Recipe N2



Ingredients

- Bread: 2 cups (1/2 cubes)
- Olive oil: 2 tablespoons
- Minced garlic: 2 cloves
- Fresh rosemary: 2 tablespoons
- Butter: 1 tablespoon
- Chopped onion: 1
- Salt: ¼ teaspoon
- Pepper
- Diced potatoes: 2 cups
- Chicken broth: 4 cups
- Spinach: 6 cups

- nutmeg (for garnish)

Description

1. Heat the oven 375°F
2. Put rosemary, garlic, oil, bread in a bowl and mix them well.
3. Spread them in baking sheet to bake for 15 minutes
4. Cook onion, pepper, salt, rosemary, and garlic in heated oil for 5 minutes. You stir in potatoes for 3 minutes.
5. Cook potatoes with broth for 15 minutes and then stir in spinach, simmer for 10 additional minutes.
6. Blend the soup, top with nutmeg and serve it.

Recipe N3



Ingredients

- Olive oil: 1 tablespoon
- Chopped shallot: 1
- Squash: 2
- Oregano or thyme: 3 teaspoons

- Vegetable broth or chicken broth: 1 14 ounce
- Salt: ½ teaspoon
- Corn kernels: 1 cups
- Lemon juice: 1 teaspoon
- Feta cheese: ½ cup

Description

1. Cook shallot with heated oil in 1 minute. Then add thyme or oregano, squash to cook for 5 minutes.
2. The next step is to boil salt and broth and simmer it for 5 minutes.
3. Blend the soup and transfer it to the pan to stir in corn. Simmer the soup from 3-5 minutes.
4. Stir the soup in lemon juice and garnish with feta cheese and remaining herbs.

Recipe N4



Ingredients

- Olive oil: 2 tablespoons
- Diced onion: 1

- Minced garlic: 3 cloves
- Vegetable or beef broth: 3 cups
- Flour: 2 tablespoons
- Salt: 1/6 teaspoon
- Chopped water cress: 6 cups
- Horseradish: 2 tablespoons
- Half-and-half: ½ cup
- Chopped bread: 2 slices
- Blue cheese: 1 tablespoons
- Pepper to taste.

Description

1. Cook garlic and onion in heated oil for 3-5 minutes.
2. Whisk flour, broth until it is smooth.
3. Add salt, broth and boil. Simmer it for 5 minutes.
4. Put watercress into a pot and stir it for 5 minutes.
5. Add horseradish and flour mixture to simmer 1-3 minutes.
6. Blend the soup and turn to the pot, add pepper, half-and-half.
7. Heat the oil and add bread to stir in 3-5 minutes.
8. Divide into different bowls and garnish with cheese, watercress leaves, and bread.

Recipe N5



Ingredients

- Oil: 1 tablespoon
- Sliced large onion: 1
- Chopped celery stalk: 1
- Minced garlic: 1 clove
- Chopped cauliflower: 6-8 cups
- Chopped potatoes: 6 cups
- Vegetable stock or chicken: 5 cups
- Salt: 1 ¼ teaspoon
- For garnish: black pepper, sour cream, cheese, and chopped chives.

Description

1. Cook onions in heated oil for 5-6 minutes.
2. Add celery and cook it 4-5 minutes more. Then put garlic and cook for 1 minute.
3. Cook stock, potatoes and cauliflower in the mixture. Simmer it for 15-20 minutes until they are tender.
4. Blend the soup whenever it is smooth. You may add water if the soup is too thick
Garnish soup and serve it.

Recipe N6



Ingredients

- Chicken stock: 4 cups
- Diced celery stalks: 2
- Diced carrots: 2
- Small zucchinis: 2

Description

1. Boil chicken stock in a pot and simmer it.
2. Add carrots celery and simmer it for 10-20 minutes until the mixture is tender.

Recipe N7



Ingredients

- Barley: ½ cup
- Mushroom broth or chicken broth: 4 ½ cup
- Dried mushrooms: 1 ounce
- Boiling water: 2 cups
- Butter: 2 teaspoons
- Olive oil: 1 tablespoon
- Minced shallots: 1 cup
- Sliced mushrooms: 8 cups
- Chopped celery stalks; 2
- Minced sage: 1 tablespoon
- Salt: ½ teaspoon
- Pepper: ½ teaspoon
- Flour: 2 tablespoons
- Dry sherry: 1 cup
- Sour cream: ½ cup

- Minced chives: ¼ cup

Description

1. Boil 1 ½ cup of broth and barley in a saucepan. Simmer it 30-35 minutes.
2. Mix boiling water and porcinis in a bowl. Soak it about 20 minutes. Pour it in soaking liquid and mushrooms. Transfer the mushrooms to board.
3. Cook shallots in heated oil for 2 minutes, add mushrooms and cook 8-10 minutes. Then put pepper, salt, sage, celery, and porcinis for 3 minutes.
4. Cook vegetables and flour about 1 minute. Add sherry and cook 1 minute more.
5. Add 3 cups of broth and soaking liquid in a higher heat. Simmer it for 18-22 minutes. Add barley and cook more 5 minutes.
6. Stir soup in sour cream and top with chives.

Recipe N8



Ingredients

- Coconut oil:
- 1 tablespoon
- Chopped onion:
- 1 tablespoon

- Grated carrots: 3
- Chopped celery stalks: 2
- Crushed garlic: 2 cloves
- Curry powder: 1 tablespoon
- Chicken broth: 8 cups
- Roasted chicken: 3 cups
- Bay leaf: 1
- Chopped apple: 1
- Pepper
- Dried thyme: ½ teaspoon
- Lemon: 1
- Coconut milk: 2 cups
- Salt

Description

1. Melting coconut oil in a pot with medium heat. Cook celery, carrot, and onion in 5 minutes. Remember to stir it occasionally.
2. Stir curry powder and garlic in 2 minutes. Add lemon, dried thyme, pepper, apple, bay leaf, chicken, and chicken broth and cook about 40 minutes.
3. Stir salt and coconut milk if you like.

Recipe N9



Ingredients

- Boneless chicken breasts: 3-4 ounce
- Olive oil: 1 teaspoon
- Salt
- Chopped onion: 1 large
- Minced garlic: 2 cloves
- Grape tomatoes or chopped cherry: 2 cups
- Chopped carrots: 2
- Chopped green pepper: 1
- Chopped jalapeno pepper: 1
- Chili powder: 1 tablespoon
- Cumin: 1 ½ teaspoon
- Pepper: ½ teaspoon
- Turmeric: ½ teaspoon
- Paprika: ½ teaspoon
- Red pepper: ¼ teaspoon
- Dried oregano: ¼ teaspoon

- Chicken broth: 4 cups
- Frozen corn: 2 cups
- Drained black beans: 1 can
- Fresh cilantro: $\frac{3}{4}$ cup
- Cheese blend: 1 cup
- Whole-wheat tortillas: 4
- Wedges: 1 lime

Description

1. Put chicken into water pot. Add a little salt and boil it with medium heat. Simmer the chicken for 10-15 minutes and then transfer it in another bowl and use two forks to shred.
2. Use a large pot and heat the oil with garlic and onions and cook it 5-8 minutes.
3. Mix the jalapeno, green pepper, carrots, and tomatoes in the food processor.
4. When finishing onions, add salt and other spices to cook for 1 minute. Add $\frac{1}{2}$ cup cilantro, beans, corn, chicken broth, tomato combination, and shredded chicken.
5. You can add a little water if the soup is thick
6. Simmer the soup about 30 minutes to 1 hour until the corn is tender
7. Add salt if essential.
8. Put tortillas on the sheet for 1-3 minutes, cool it naturally and garnish the soup with lime juice, cilantro, cheese, and tortilla strips.

Recipe N10



Ingredients

- Shiitake mushrooms: ½ cup
- Warm water: 1 cup
- Olive oil: 2 tablespoons
- Chopped onion: 1
- Diced celery: 2 ribs
- Chopped white mushrooms: 1 ½ cup
- Salt: 1 teaspoon
- Paprika: 1 tablespoon
- Cayenne pepper: ¼ tablespoon
- Bay leaf: 1
- Tomato paste: 1 tablespoon
- Buckwheat : ½ cup
- White wine: ½ cup
- Beef broth: 4 cups
- White wine vinegar: 1 teaspoon

- Parsley: ¼ cup
- Black pepper: 1 dash

Description

1. Cover mushrooms in a bowl with warm water.
2. Heat 1 tablespoon oil with medium heat; add celery and onion to cook for 5 minutes until it is soft.
3. Add oil with higher heat and put salt, mushrooms in the mix. Cook it and stir it occasionally about 10 minutes until mushrooms change to brown color.
4. Use some water and strain dried mushrooms, reserve 1 ½ cups of soaked water.
5. Add chopped mushrooms in a pot and stir in buckwheat, tomato paste, bay leaf, cayenne, and paprika.
6. Stir 3 minutes more until the buckwheat and mushrooms are coated.
7. Add beef broth, wine and reserve the soaking water
8. Increase heat to boil soup
9. Reduce heat when it is boiled. Cook for 15-20 minutes until the mixture is tender.
10. Stir well, add salt and pepper if necessary.

Recipe N11



Ingredients

- Olive oil: 2 tablespoons
- Diced shallots: 2
- Diced carrot: 1 cup
- Minced garlic: 2 cloves
- Vegetable broth: 5 cups
- Salt
- Rinsed quinoa: 1 cup
- White miso: 1 ½ tablespoons
- Tahini: 2 tablespoons
- Lemon juice: ¼ cup
- Yeast: ¼ cup
- Dried dill: 1 tablespoons

Description

1. Turn medium oil and add salt, carrot, and shallots. Cook it 7-10 minutes and add garlic to saute until it is fragrant. Then add salt, quinoa, and vegetable broth to boil. Reduce the heat and cook quinoa, carrots for 20 minutes.
2. While cooking carrots, you should whisk lemon juice, tahini, and miso together.
3. When finish cooking soup, you should stir dill, yeast, and miso combination to serve.

Recipe N12



Ingredients

- Beef: 2 pounds
- Diced onion: 1
- Sliced carrots: 3
- Celery stalks: 2
- Minced garlic: 6 cloves
- Sliced cabbage: 3 cups
- Diced tomatoes: 1 can
- Beef broth: 4 cups
- Dried thyme: 1 ½ teaspoons
- Bay leaves: 2
- Salt: 1
- Pepper: 1
- Parsley: ¼ cup

Description

1. Put beef in a pot with medium heat, cook it about 8-10 minutes

2. Add garlic, celery, carrot, and onion for 5 minutes.
3. Add broth, liquid, tomatoes and cabbage. Cook this mixture for 2 minutes
4. Add pepper, salt, bay leaves, and thyme to boil
5. Reduce heat and simmer the soup for 20 minutes
6. Add salt if you want more.
7. Top with parsley and serve it

Recipe N13



Ingredients

- Cubed pumpkin: 6 cups
- Chopped onion: 1
- Crushed garlic: 3-4 cloves
- Olive oil: 2 tablespoons
- Maple syrup: 2 tablespoons
- Bay leaves: 2
- Chicken broth: 2 cups
- Chili pepper: 1 teaspoon

- Black pepper: 1 dash
- Salt: 1 dash
- Toasted pecans: 6

Description

1. Heat the oven 350 degrees
2. Put garlic onion, and pumpkin in a bowl.
3. Mix maple syrup, olive oil, and butter in a smaller bowl
4. Pour the combination and put the pumpkin on pan.
5. Tea bay leaves in 4 pieces and put between cubes of pumpkin
6. Roast it for 30 minutes when you get softened pumpkin cubes.
7. Add cooked pumpkin in the chicken broth, which is poured in a blender.
8. Put soup to a pot and simmer it.
9. Stir the mixture in salt, pepper, and chili pepper to taste.
10. Top with pecans if you desire.

Recipe N14



Ingredients

- Olive oil: 1 tablespoon
- Chopped onion: 1 medium
- Minced garlic: 3 cloves
- Sliced carrots: 2 medium
- Chopped potatoes: 3 medium
- Chopped yam: 1 medium
- Chopped collard greens: 3 cups
- Black-eyed peas: 3 cups
- Dried basil: 1 tablespoon
- Dried oregano: 1 tablespoon
- Vegetable stock: 4 cups
- Apple cider vinegar: 1 tablespoon
- Salt: 1 dash
- Black pepper: 1 dash

Description

1. Heat the olive oil in a pot; add garlic and onions to sauté about 5 minutes until they are translucent.
2. Add vegetable stock, oregano, basil, peas, collards, yam, potatoes, and carrots. Increase heat and boil the mixture. Simmer it about 20-25 minutes.
3. Add apple cider vinegar and top with pepper and salt to enjoy.

Recipe N15



Ingredients

- Dry millet: 1 cup
- Olive oil: 3 tablespoons
- Chopped onion: 1 large
- Celery stalks: 1
- Sliced carrots: 2
- Minced garlic: 2 cloves
- Fresh ginger: 1 inch
- Water: 7 cups
- Celery seed: 2 teaspoons
- Chopped red or green chilies: 2-4
- Chopped broccoli: 1 ½ cups
- Chopped tomato: 1 large
- Chopped mushrooms: 6-8
- Cumin: 1 teaspoon
- Coriander: 1 tablespoon

- Cayenne: ½ teaspoon
- Turmeric: 1 teaspoon
- Dried basil: 2 teaspoons
- Dried thyme: 1 teaspoon
- Soy sauce: 5 tablespoons
- Black pepper: 1 dash
- Peas: 1 cup
- Lime juice: 2 tablespoons
- Parsley: 1 handful

Description

1. Soak millet in water for 8 hours or overnight.
2. Heat the oil with medium heat, stir ginger, garlic, carrots, celery, and onion for 5 minutes. Pour in celery seed and water. Increase heat to boil and simmer the mixture for 15 minutes.
3. Add herbs, spices, mushrooms, tomato, broccoli, chilies, and millet to boil. Simmer the combination for 20 minutes until it is cooked.
4. Stir peas, black pepper, tamari, broccoli in lime juice, simmer for 10 minutes.
5. Top with parsley to taste.

Recipe N16



Ingredients

- Olive oil: 1 tablespoon
- Sliced mushrooms: 2 cups
- Chopped celery: $\frac{3}{4}$ cup
- Chopped shallots: $\frac{1}{4}$ cup
- Flour: $\frac{1}{4}$ cup
- Salt: $\frac{1}{4}$ teaspoon
- Pepper: $\frac{1}{4}$ teaspoon
- Chicken broth: 4 cups
- Wild rice: 1 cup
- Cooked turkey: 3 cups (for 12 ounces)
- Sour cream: $\frac{1}{2}$ cup
- Chopped parsley: 2 tablespoons

Description

1. Cook shallots, carrots, celery and mushrooms in the heated oil for 5 minutes. Stir in pepper, salt, and flour for 2 minutes.

2. Boil the combination with broth.
3. Add rice and simmer it for 5-7 minutes until it is tender.
4. Stir the mixture in turkey, parsley, and sour cream for 2 minutes.

Recipe N17



Ingredients

- Butter: 2 tablespoons
- Olive oil: 2 tablespoons
- Chopped onion: 1
- Salt: ½ teaspoon
- Curry powder: ½ teaspoon
- Ground ginger: ¼ teaspoon
- Lemon juice
- Diced potatoes: 2 cups
- Chicken broth: 3 cups
- Coconut milk: 1 cup
- Trimmed asparagus : 2 cups

- Pepper
- Sour cream: ¼ cup
- Fresh chives: ¼ cup

Description

1. Melt oil and butter and put salt, onions to cook for 5 minutes until it is golden.
2. You stir in potatoes, lemon juice, ginger, and curry powder and simmer for 5 minutes.
3. Stir in asparagus, coconut milk and broth. Simmer for 15 minutes.
4. Use a blender to puree the soup. Add pepper and salt for seasoning.
5. Whisk scallion, lemon juice, and sour cream to garnish the soup.

Recipe N18



Ingredients

- Mixed vegetables – 1 ½ cups [French beans, carrot, peas]
- Sweet corn kernels – ½ cup, steamed
- Onion – 1, large, finely chopped
- Garlic – 10 cloves, peeled, finely chopped

- Cooking oil – 2 tbsp or Butter – 2 tbsp, melted
- Milk – 2 ½ cups [If on diet, use skimmed milk]
- Salt – to taste
- Black pepper powder – to taste
- Water – if required, to adjust the consistency

Description

1. In a preheated skillet placed on medium to high flame, heat butter/oil.
2. Add crushed garlic and onion and sauté until onion turns translucent.
3. Add the veggies and sauté for about 3 more minutes.
4. Add milk and allow the mixture to come a boil.
5. Lower the flame to low to medium, cover, and cook until vegetables turn tender.
6. Allow the mixture to cool and blend into a smooth mixture.
7. Mix in the steamed sweet corn kernels.
8. Season to taste.
9. Add water, if desired to adjust the thickness, and simmer for 2 minutes.
10. Serve hot.

Recipe N19



Ingredients

- Carrot – 1, peeled, finely chopped
- Zucchini – 1, coarsely chopped
- Celery stalk – 1, chopped
- Beans – 8, finely chopped
- Sweet corn kernels – ¼ cup
- White cow peas – 1 cup, cooked
- Garlic – 5 cloves, finely chopped
- Onion – 1, large, peeled, finely chopped
- Tomatoes – 3, pureed
- Macaroni – ½ cup, cooked
- Red paprika – 2 tsp
- Dried oregano – 1 ½ tsp
- Basil leaves – 3, fresh
- Salt – to taste
- Black pepper powder – to taste
- Cooking oil – 2 tsp

Description

1. Keep a large pan on medium to high flame, and heat oil.
2. Add garlic and onions, and sauté until onions turn pale brown.
3. Mix in the veggies except zucchini. Put enough water to cover them.
4. Boil the mixture for 5 minutes, lower the flame, and cook until the veggie turn crisp tender.
5. Mix in the tomato puree and cooked peas along with macaroni and zucchini and cook for 5 more minutes.
6. Mix in salt, paprika, and herbs, and cook for 2 more minutes.
7. Mix in black pepper powder and serve hot.

Recipe N20



Ingredients

- Tomato – 6 large, washed thoroughly
- Water – 4 cups
- Butter – ½ tsp

- Sugar – 1 tsp
- Salt – to taste
- Black pepper powder – to taste
- Cumin seeds – 1 tsp
- Cloves – 6

Description

1. Add washed tomatoes along with water to a large bowl and pressure cook up to 4 whistles.
2. Take out from the pressure cooker, remove the peels, and allow it to cool.
3. Add to a blender and blend to a smooth paste.
4. Using a strainer, strain the mixture to remove the seeds, if any.
5. Add to a non-stick saucepan to boil it. Simmer for 3 minutes.
6. Add water, if necessary to adjust the thickness.
7. Season as required.
8. Turn off and keep aside.
9. In a small pan, heat butter. Add cumin seeds and cloves and allow these to splutter.
10. Pour atop the soup.
11. Serve the soup divided equally among soup bowls.

Recipe N21



Ingredients

- Sour buttermilk – 1 cup
- Water – 1 ½ cups
- Turmeric powder – ½ tsp
- Curry leaves – 8, washed and finely chopped
- Cumin seeds – 1 tsp
- Ginger – 1 2-inch piece, peeled and finely chopped
- Salt – to taste
- Black pepper powder – to taste

Description

1. Dilute the buttermilk with water.
2. Coarsely blend the curry leaves with salt, cumin seeds, and ginger root.
3. Add the curry leave mixture to the buttermilk. Add turmeric powder, and allow the mixture to come to a boil on medium to high flame.
4. Mix in black pepper powder, lower the flame, and simmer for 3 minutes.

5. Turn off the heat, remove from the fire, and serve hot.

Recipe N22



Ingredients

- Tomatoes – 1 cup, roughly chopped
- Coconut milk – ¼ cup
- Butter – 2 tsp, melted
- Cumin seeds – ½ tsp
- Curry leaves – 5
- Bengal gram flour – ½ tsp
- Green chilies – 2, slit lengthways
- Jaggery or molasses – ½ tbsp
- Salt – to taste
- Coriander – 1 tbsp, finely chopped

Description

1. Cook tomatoes with 1 cup water until tomatoes turn soft.

2. Allow the mixture to cool and then blend into a smooth puree.
3. Strain and keep aside.
4. Dissolve the Bengal gram flour in coconut milk to form a lump-free mixture and keep aside.
5. Heat the butter in a non-stick pan on medium to high flame.
6. Add cumin seeds and allow to these splutter.
7. Add curry leaves and chilies, and sauté for about 1 minute.
8. Mix in the strained puree and coconut milk mixture.
9. Add salt, mix well, and cook for 5 minutes.
10. Mix in the jaggery and cook for a minute or two, stirring intermittently.
11. Mix in coriander leaves and serve hot.

Recipe N23



Ingredients

- Cauliflower – ½ cup, cut into big pieces
- Carrots – 2, peeled and roughly sliced
- Lettuce leaves – 1 tbsp, chopped roughly
- Celery – ½ tbsp, chopped

- Onions – 1, large, sliced
- Garlic – 2 cloves, crushed
- Tomato – 1, medium sized
- Whole wheat noodles – 5 tbsp, dry roasted to crispy brown on medium to high heat
- Oil – 1 tbsp
- Salt – to taste
- Red paprika flakes – 1 tbsp
- Black pepper powder – ½ tsp
- Water – 2 cups

Description

1. Heat oil in a preheated pan placed on medium to high flame.
2. Add crushed garlic and onions. Sauté until onions turn translucent.
3. Mix in veggies, except lettuce and tomatoes, and cook for 4 minutes.
4. Add water, the chopped tomatoes and lettuce, and let the mixture to come to a boil.
5. Mix in salt and spices to taste.
6. Serve hot sprinkled with roasted and crispy noodles.

Recipe N24



Ingredients

- Cabbage – 1/8 cups, shredded
- Red bell pepper – ¼, cut into thin strips
- Yellow bell pepper – ¼, cut into thin strips
- Spring onion – ½ stalk, sliced
- Garlic – 2 cloves, crushed
- Chili vinegar – ½ tsp
- Salt – to taste
- White pepper powder – to taste
- Butter – 1 tbsp, melted
- Boiling hot water – 2 cups
- Red chilies – 1, slit lengthways

Description

1. Add chilies to 1 cup hot water and keep aside.
2. Remove the chilies from water, pound with garlic to make a smooth paste and keep aside.

3. Melt butter in a saucepan and stir fry the chili garlic paste for 2 minutes.
4. Mix in veggies and sauté for about 3 minutes.
5. Add 1 cup of water, vinegar, and salt and bring the mixture to a boil.
6. Serve hot with red paprika and black pepper.

Recipe N25



Ingredients

- Tomatoes – 4, medium sized, chopped roughly, blanched
- Cucumber – $\frac{3}{4}$ cup, peeled, chopped
- Green bell pepper – $\frac{1}{4}$ cup, finely chopped
- Tabasco sauce – 1 tsp
- Salt – to taste
- Sugar – $\frac{1}{2}$ tsp
- Water – $\frac{1}{2}$ cup

For Added Crunch

1. Red bell pepper – 2 tbsp, finely chopped
2. Onions – 2 tbsp, finely chopped
3. Cucumber – 2 tbsp, finely chopped
4. Whole wheat noodles – 2 tbsp, dry roasted until golden brown

Description

1. Blend ingredients 1 to 3 with water to a smooth puree.
2. Transfer to a strainer and strain the mixture into a large bowl.
3. Mix in the spices and sauce well.
4. Refrigerate for 120 minutes.
5. While serving, sprinkle the veggies and noodles.

Recipe N26



Ingredients

- Cucumber – 1 cup, peeled, deseeded, thinly sliced, halved
- Garlic – 2 cloves, mined

- Shallots – 6, finely chopped
- Olive oil – 1 tsp
- Vegetable stock – ¼ cup
- Lemon juice – 1 tsp
- Salt – to taste
- Cayenne pepper – to taste
- Black pepper powder – to taste
- Low-fat yogurt – 1/8 cup
- Avocado – ¼, diced
- Parsley – 1 tbsp, fresh and chopped

Description

1. Add oil to a large saucepan placed on medium to high heat.
2. As the oil heats up, add garlic and shallots, and cook until both turn tender.
3. Mix in lemon juice and cook for 60 seconds more.
4. Add 3/4th of the cucumber slices along with the stock, cayenne, pepper, and salt.
5. Bring the mixture to a boil, lower the flame, and simmer on reduced heat for about 10 minutes.
6. Allow to cool and blend along with avocado and parsley to a smooth mixture.
7. Transfer to a mixing bowl and mix in the yogurt.
8. Refrigerate for 3 hours to chill.
9. Sprinkle rest of the chopped cucumbers before serving.

Recipe N27



Ingredients

- Pineapple – 1, semi-ripe, peeled, cut into chunks
- Red bell pepper – ½ cup, diced into ¼ inch pieces
- Cucumber – ½ cup, diced into ¼ inch pieces
- Red onions – ½ cup, finely chopped
- Serrano chilies – 1, minced
- Lemon juice – 2 tbsp, freshly squeezed
- Salt – to taste
- Coriander – 1 tbsp, chopped

Description

1. Add the pineapple slices to a juicer and blend to a smooth puree.
2. Transfer to a mixing bowl and mix in bell pepper slices, cucumbers, and coriander leaves.
3. Mix in lemon juice and salt per taste.
4. Refrigerate for 24 hours to allow the flavors to steep.

5. Take out, mix in chilies and onions, and refrigerate again for 2 hours before serving.
6. Serve chilled with a garnish of freshly chopped coriander leaves.

Recipe N28



Ingredients

- Raw mango – 1, large, peeled, de-stoned and cut into chunks
- Water – ½ cup
- Red chili powder – 2 tsp or to taste
- Jaggery – to taste
- Cumin seed powder – ½ tsp
- Salt – to taste
- Ginger – 1 1-inch piece, finely grated

Description

1. Cook raw mango in water in a pressure cooker up to 3 whistles.
2. Allow to cool and process along with rest of the ingredients to a creamy, smooth mixture.
3. Adjust the seasoning as desired.

4. Chill for 3 to 4 hours and serve.

Recipe N29



Ingredients

- Watermelon – 2 cups, diced
- Sugar – ¼ cups or sugar substitute, if desired [You can adjust this according to the sweetness of watermelon]
- Water – 1/8 cups
- Ginger – 1 tbsp, freshly grated, divided
- Mint – 3 leaves, washed
- Crushed ice – ½ cup
- Watermelon – ½ cup, cubed, frozen

Description

1. Mix half a cup of frozen watermelon with sugar and mint and keep aside.
2. Blend 2 cups of watermelon with ginger and mint to a smooth mixture.
3. Keep aside for about 30 minutes.
4. Strain the blended mixture, top with frozen cubes, and serve.

Recipe N30



Ingredients

- Tomatoes – 2, cut into large cubes
- Tuvar dal – 1 tsp, cleaned and soaked in hot water
- Red chili powder – ½ tsp
- Coriander powder – 1 tsp
- Cumin seed powder – ½ tsp
- Black pepper powder – 1 tsp
- Turmeric powder – 1 tsp
- Salt – to taste
- Cumin seeds – ½ tsp
- Mustard seeds – ½ tsp
- Curry leaves – 6, washed, coarsely chopped
- Coriander leaves – 1 tbsp, finely chopped
- Clarified butter – 1 tsp
- Asafetida – ½ tsp

- Lemon juice – 1 tbsp or to taste

Description

1. Pressure cook tuvar dal and tomatoes, in two separate bowls, for 5 whistles.
2. Remove the tomato peels and blend to a smooth mixture.
3. Transfer to a saucepan and mix in the spice powders and asafetida, except black pepper powder and cumin seed powder.
4. Allow the mixture to come to a boil.
5. Lower the flame and simmer for 3 minutes or till rasam starts becoming frothy.
6. Mash tuvar dal and mix in the tomato mixture.
7. Adjust salt and mix in black pepper powder and cumin seeds powder.
8. In a small saucepan, heat clarified butter.
9. Add mustard seeds and cumin seeds and allow these to splutter.
10. Add the curry leaves and sauté for 1 minute.
11. Pour this over the rasam and mix in chopped coriander leaves and lemon juice.
12. Serve hot.

Recipe N31



Ingredients

- Tamarind – One small lemon sized ball, soaked in hot water
- Water – 2 cups
- Black pepper powder – 1 tbsp
- Cumin seed powder – ½ tbsp
- Turmeric powder – a pinch
- Clarified butter – 1 tsp
- Curry leaves – 10, roughly chopped
- Salt – to taste
- Cumin seeds – 1 tsp
- Mustard seeds – ½ tsp

Description

1. In a deep pan placed on medium to high heat, add clarified butter.
2. As it gets heated up, add mustard seeds and cumin seeds and allow these to splutter.
3. Add curry leaves and sauté for 30 seconds.
4. Meanwhile, extract tamarind gravy and discard the tamarind.
5. Pour the tamarind extract into the pan, and add spice powders and salt.
6. Let the mixture come to a boil.
7. Lower the flame to low to medium and simmer until tamarind loses its raw flavor.
8. Adjust seasoning and serve hot.

Recipe N32



Ingredients

- Tamarind – 1 lemon sized ball, and soaked in 2 cups of water
- Coriander leaves – 2 tbsp, finely chopped
- Salt – to taste
- Garlic – 15 cloves, peeled
- Green chili – 2, chopped roughly
- Black peppercorns – 1 tsp
- Cumin seeds – ½ tsp
- Cooking oil – 1 tsp
- Turmeric powder – ½ tsp
- Asafetida – a pinch
- Curry leaves – 12

Description

1. Grind 6 cloves of garlic with green chilies, cumin seeds, and black peppercorns to a coarse mixture. Keep aside.
2. Extract the tamarind juice and discard the leftover.

3. Add tamarind extract along with turmeric powder to a large saucepan and place it on medium to high heat.
4. Meanwhile, in a small frying pan, add cooking oil.
5. As it gets heated up, add mustard seeds and cumin seeds and allow these to splutter.
6. Crush rest of the garlic cloves and add to the cumin mixture with curry leaves and sauté until the former turns brown.
7. Add tomato and sauté until it turns pulpy.
8. Add this tomato mixture to the tamarind extract and allow the mixture to boil until tamarind loses its raw flavor.
9. Mix in the coarsely ground garlic mixture and salt and simmer for 5 minutes more.
10. Garnish with coriander leaves and serve hot.

Recipe N33



Ingredients

- Tamarind – One small lemon sized ball, soaked in hot water
- Raw mango – 2, peeled, cubed
- Water – 2 cups

- Black pepper powder – 1 tbsp
- Cumin seed powder – ½ tbsp
- Turmeric powder – a pinch
- Oil – 1 tsp
- Curry leaves – 10, roughly chopped
- Salt – to taste
- Cumin seeds – 1 tsp
- Mustard seeds – ½ tsp
- Coriander leaves – 2 tbsp, finely chopped

Description

1. Wash mango thoroughly and peel its skin.
2. Cut into fine cubes and add to a large bowl.
3. Add turmeric powder, green chili, and water. Pressure cook for 4 whistles.
4. Take out the mango after the pressure subsides and allow it to cool.
5. Transform to a blender and blend to a semi-smooth puree.
6. Strain the puree into a clear liquid. Keep aside.
7. Add spice powders and salt to the mango puree. Allow the mixture to come to a boil.
8. Take off from the heat.
9. Place a small pan on medium to high flame and heat the oil.
10. Add mustard and cumin seeds and curry leaves and allow the seeds to splutter.
11. Pour over the mixture and serve hot garnished with coriander leaves.

Recipe N34



Ingredients

- Tamarind – 1 small lemon sized ball, soaked in 2 cups of water
- Red chilies – 4
- Salt – to taste
- Tuvar dal – 2 tsp [1 tsp soaked in hot water]
- Clarified butter – 2 tsp
- Neem flowers – 10
- Mustard seeds – 1 tsp
- Curry leaves – 10

Description

1. Extract tamarind juice and discard the leftover.
2. In a pan, heat 1 tsp clarified melted butter.
3. Add red chilies and sauté for 2 minutes.
4. Add the tamarind extract and boil on medium to high flame until the raw flavor disappears.
5. In a small pan, add rest of the clarified butter and heat it.
6. Add mustard seeds and allow to the seeds to splutter.

7. Mix in curry leaves and fry for 10 seconds.
8. Add neem flowers to the same pan and sauté until it becomes golden brown.
9. Mix in water, salt, and the sautéed ingredients to the boiled tamarind mixture. Allow the mixture to come to a boil.
10. Take off from heat and serve hot.

Recipe N35



Ingredients

- Carrots – ¼ cup, finely chopped
- Beets – ¼ cup, peeled and finely chopped
- Split green gram lentils or moong dal – 1/8 cup, washed and well-drained
- Black pepper powder – 1 tsp, freshly ground, or to taste
- Garlic – 6 cloves, peeled and finely chopped
- Onions – 1/8 cups, finely sliced
- Tomatoes – 1, small, finely chopped
- Skim milk – 1/8 cup

- Salt – to taste
- Cumin seeds – ½ tsp
- Cloves – 2
- Oil – 1 ½ tsp

Description

1. Place a non-stick pan on medium heat.
2. Heat 1 tsp oil.
3. Add onions and garlic and sauté on medium flame until the raw smell disappears and onions and garlic turn brown.
4. Add carrots and beets and cook for a minute.
5. Mix in tomatoes and cook for 2 more minutes.
6. Roast washed moong dal in a different pan until a nice aroma comes.
7. Add moong dal, the veggie mixture, and about 1.5 cups of water to a large bowl.
8. Pressure cook for 3 whistles on high flame. Lower the flame and cook for an additional 3 minutes.
9. Take out after the pressure subsides and allow it to cool.
10. Add to a blender and blend to a smooth mixture.
11. Add to the non-stick pan, mix in milk, ¼ cup water, salt, and black pepper powder and boil for a minute.
12. In a small pan, add rest of the oil.
13. As it gets heated, add cumin seeds and cloves and allow it to splutter.
14. Pour over the soup and serve immediately.

Recipe N36



Ingredients

- Tomato – ½ cup, chopped
- Onion – ¼ cup, chopped
- Garlic – 5 cloves
- Masoor dal – ¼ cup, washed and soaked in 1 cup of hot water
- Chili powder – ½ tsp
- Turmeric powder – ½ tsp
- Salt – to taste
- Oil – 2 tsp
- Black pepper powder – to taste

Description

1. Add oil to a preheated pan and heat well.
2. Mix in garlic and onion and sauté the onions until onions turn golden.
3. Mix in tomatoes and cook until tomatoes turn pulpy.

4. Add soaked dal, chili powder, and turmeric water and 1.5 cups water.
5. Pressure cook for up to 3 whistles.
6. Take out from the cooker after pressure subsides completely.
7. Allow to cool and blend the mixture to a smooth puree.
8. Transfer to a strainer and strain.
9. Mix in ½ a cup of water and heat until mixture comes to a boil.
10. Lower the heat and simmer for 5 more minutes.
11. Add black pepper powder and serve hot.

Recipe N37



Ingredients

- Carrots – 1, peeled, finely sliced
- Turnip – ½, peeled, finely sliced
- Onion – ½, finely diced
- Vegetable stock – 2 cups
- Lentils – ½ cup, rinsed

- Bay leaf – 1
- Oil – ½ tbsp
- Salt – to taste

Description

1. Place a medium sized saucepan on low to medium heat.
2. Mix in olive oil and when it heats up, mix in onion.
3. Sauté until tender.
4. Mix in turnip, carrots, and bay leaf and cook until the veggies turn soft.
5. Add the stock and let the mixture simmer for a few minutes.
6. Mix in lentils and cook for 30 minutes or until the lentils turn soft.
7. Season as desired.
8. Serve hot.

Recipe N38



Ingredients

- Rajma or Red kidney beans – 2 cups
- Onions – ½ cup, roughly chopped
- Tomato – ½ cup, roughly chopped
- Garlic – 3 cloves, peeled, crushed
- Ginger – 1 inch, peeled, roughly chopped
- Green chilies – 2
- Lemon juice – 1 tbsp
- Turmeric powder – ½ tsp
- Salt – to taste
- Hot water – 3 cups
- Oil – 1 tbsp

Description

1. Wash beans thoroughly and soak in hot water for 1 hour.
2. Heat oil and sauté onions, garlic, and ginger until onions turn golden.
3. Add to the beans along with green chilies and pressure cook for 4 whistles.
4. Take out after pressure subsides.
5. Cool and blend to a smooth mixture.
6. Transfer to a low heat and mix in salt and turmeric powder.
7. Heat on low flame for 3 minutes.
8. Add water, if necessary, to adjust thickness.
9. Serve hot.

Recipe N39



Ingredients

- Dried black eyed peas – 2 cups
- Red bell pepper – ¼ cup, diced
- Yellow bell pepper – ¼ cup, diced
- Carrots – 3, peeled, chopped
- Garlic – 5, peeled, minced
- Onions – 1 cup, diced
- Oil – 1 tbsp
- Mixed herbs – 2 tsp
- Salt – to taste
- Black pepper powder – to taste
- Penne pasta – ½ cup, cooked al dente
- Skim milk – 1 cup

Description

1. Cook black eyes peas until soft and keep aside.
2. In a skillet over medium heat, sauté the onion and garlic in vegetable oil until tender. Add the bell pepper and carrots.
3. Sauté and stir for 2 to 3 minutes.
4. Add skim milk and boil for about a minute.
5. Add salt to taste.
6. Transfer to a larger vessel and pressure cook for 3 to 4 whistles.
7. Take out after pressure subsides, cool, and blend to a smooth paste.
8. Add water to adjust the consistency.
9. Place it on medium heat, mix in spices, black eyed peas, and cooked pasta. Allow to come to a boiling point.
10. Lower the flame and simmer on low to medium flame for about 5 minutes.
11. Serve hot with a spicy sauce.

Recipe N40



Ingredients

- Carrots – ¼ cup, finely chopped
- Split green gram lentils or moong dal – 1/8 cup, washed, well-drained
- Black pepper powder – 1 tsp, freshly ground, or to taste
- Garlic – 6 cloves, peeled, finely chopped
- Onions – 1/8 cups, finely sliced
- Tomatoes – 1, small, finely chopped
- Skim milk – 1/8 cup
- Salt – to taste
- Cumin seeds – ½ tsp
- Cloves – 2
- Oil – 1 ½ tsp

Description

1. Place a non-stick pan on medium heat.
2. Heat 1 tsp oil.
3. Add onions and garlic and sauté on medium flame until the raw smell disappears and onions and garlic turn brown.
4. Add carrots and cook for a minute.
5. Mix in tomatoes and cook for 2 more minutes.
6. Roast washed moong dal in a different pan until a nice aroma comes.
7. Add moong dal, the veggie mixture, and about 1.5 cups of water to a large bowl.
8. Pressure cook for 3 whistles on high flame, lower the flame and cook for an additional 3 minutes.
9. Take out after the pressure and allow it to cool.
10. Add to a blender and blend to a smooth mixture.
11. Pour the mixture into a non-stick pan, mix in milk, ¼ cup water, salt, and black pepper powder and boil for a minute.
12. In a small pan, add the rest of the oil.

13. Add cumin seeds and cloves and allow it to splutter.

14. Pour over the soup and serve immediately.

Recipe N41



Ingredients

- Mixed veggies – 1 cup, finely chopped [Broccoli, carrot, beets, capsicum, green peas]
- Garlic – 6 cloves, peeled, finely chopped
- Onions – 1, medium sized, peeled, finely chopped
- Oats – 2 tbsp, roasted and powdered
- Salt – to taste
- Black pepper powder – to taste
- Cloves – 2, for seasoning
- Oil – 1 tsp

Description

1. Heat oil on a non-stick pan placed on a medium to high flame.

2. Add garlic and onion and sauté until both turn golden brown.
3. Add veggies and sauté for 3 to 4 minutes.
4. Add about 2 ½ cups of water and allow the mixture to come to boil.
5. Cover and cook on low to medium flame until veggies are cooked well.
6. Mix in salt and pepper as desired.
7. Dry roast cloves in a small pan and crush well. Keep aside.
8. Mix in powdered oats to the veggie mixture and simmer for 3 more minutes.
9. Serve hot, garnished with crushed cloves.

Recipe N42



Ingredients

- Tomato – 6 large, washed thoroughly
- Water – 4 cups
- Butter – ½ tsp
- Sugar – 1 tsp

- Salt – to taste
- Black pepper powder – to taste
- Cumin seeds – 1 tsp
- Cloves – 6

Description

1. Add washed tomatoes along with water to a large bowl and pressure cook up to 3 whistles.
2. Take out from the pressure cooker, remove the peels, and allow it to cool.
3. Add to a blender and blend to a smooth paste.
4. Using a strainer, strain the mixture to remove seeds, if any.
5. Add to a non-stick saucepan and allow it to come to a boil. Simmer for 3 minutes.
6. Add water, if necessary to adjust the thickness.
7. Season as required.
8. Turn off and keep aside.
9. In a small pan, heat butter. Add cumin seeds and cloves and allow to splutter.
10. Pour atop the soup.
11. Serve the soup.

Recipe N43



Ingredients

- Red kidney beans – ¼ cup
- Onions – 2, medium, finely chopped
- Garlic – 4 cloves, peeled, minced
- Ginger – 1 1inch piece, peeled, finely grated
- Tomato -1, medium, finely chopped
- Carrot – 1, medium, peeled, finely grated
- Skim milk – ¼ cup, if required
- Salt – to taste
- Red chili flakes – to taste
- Oil – 2 tsp
- Coriander leaves – 1 tbsp, finely chopped
- Chaat masala – 1 tsp

Description

1. Thoroughly wash the kidney beans and pressure cook with washed, grated carrot.
2. Add 1 tsp oil to a preheated skillet and sauté onions, ginger, and garlic until golden brown.
3. Add tomatoes and cook until tomatoes turn pulpy.
4. Keep aside the water from the cooked beans and keep aside half of the beans.
5. Mash rest of the beans well.
6. Add mashed beans and enough salt and bring the mixture to a boil.
7. Take off from the heat and allow it to cool down.
8. Transfer to a blender along with red chili flakes and blend to a smooth puree.
9. Add to the skillet again, mix in the non-mashed beans, and simmer for 2 minutes.
10. Add water to adjust the consistency.
11. Add milk if desired.
12. Check the seasoning.
13. Sprinkle chat masala, garnish with coriander leaves, and serve hot.

Recipe N44



Ingredients

- Button mushrooms – 1 cups, chopped, washed
- Corn flour – 1 tsp dissolved in $\frac{1}{4}$ cup skim milk
- Onions – $\frac{1}{2}$ cup, finely sliced
- Salt – to taste
- Milk – 1 cup
- Black pepper powder – to taste
- Mix herb seasoning – to taste
- Water – 2 cups

Description

1. Cook 1 cup of the mushrooms in 1 cup milk until it becomes soft.
2. Keep aside and allow it to cool.
3. Add to a blender and blend to a semi-smooth paste.
4. Heat a non-stick pan on medium flame.

5. Add onions and roast, sprinkling water now and then, until onions turn golden brown.
6. Remove from pan and keep aside.
7. Add the ground paste to the pan along with water and simmer for 3 minutes.
8. Mix in cornflour, salt, and seasoning, and allow to come to a boil.
9. Lower the flame and simmer for 6 minutes or until the mixture turns creamy and thick.
10. Serve immediately.

Recipe N45



Ingredients and Description

Cut six medium size onions, three tomatoes, one small head of cabbage, two green bell peppers, 1 beam of celery, into small pieces and put into a boiling pot of water enough to cover the vegetables. Add 1 cube of vegetable bouillon and seasoning and boil on high heat for about 10 minutes. Reduce the heat to medium low and cook until vegetables become soft. Add fresh herbs and serve.

Recipe N46



Ingredients and Description

Boil 6.5 litres of water in a large pot and heat it at a high temperature. Put potatoes, 10 large carrots, 2 turnips, 4 stalks of celery, garlic, a bunch of parsley, and half bunch coriander in the boiling water. Add a tablespoon of salt, cumin, and black peppercorns. Cover with a lid. When the broth begins to boil, reduce the heat to medium, leave to simmer for 2 hours.

Recipe N47



Ingredients and Description

This soup contains large onions, 2 cloves of garlic, 2 zucchini, fennel bulb, 1 pepper, a quarter of green or red cabbage, 300 g spinach, 3 large tomatoes, a quarter teaspoon of red pepper, a tablespoon of cumin and oregano, a small sprig of parsley and basil. Add salt pepper to taste.

Recipe N48



Ingredients and Description

Add 1 cup thinly sliced onions, half teaspoon finely chopped garlic, half cup thinly sliced carrots and two teaspoons chopped celery, one cup broccoli florets, salt, in 2½ cups of hot water, mix well and cook on a medium flame for two to three minutes, stirring occasionally. Add the pepper and mix well. Serve hot.

Recipe N49



Ingredients and Description

Add one chopped onion and one clove garlic crushed, a pinch of dried chilli, roughly chopped pumpkin flesh and two roughly chopped sweet potato and cook for a couple of minutes, then add 1.2 litres of water or vegetable stock. Season it with salt and ground black pepper. Cover and bring to the boil, then simmer for 25 minutes until the pumpkin and sweet potato are tender. Blend all in a processor in batches until smooth. Return to the pan and gently warm through. And serve.

Recipe N50



Ingredients and Description

Simmer frozen minted peas and spring onion in water. Once boiled, blend these in a processor. Now, reheat gently and season with pepper and salt. Ladle into small bowls or cups and saucers, then sprinkle with the reserved spring onion tops.

Recipe N51



Ingredients and Description

Preheat little olive oil in a large pan over medium heat. Add chopped onions and stir to let the onions become covered with oil. Then add chopped cabbage. When the onions and cabbage are tender, add 1 litre of broth. Reduce the heat. Cover the pan for 15 minutes or until the cabbage is tender. Add tabasco sauce and a spoon of sugar.

Recipe N52



Ingredients

- Chopped cabbage
- Chopped onions
- Chopped tomatoes
- Chopped capsicum
- Oil
- Bay leaves
- Black pepper
- Salt

Description

1. Sauté the onions first.
2. Add the vegetables and boil with water.
3. Add pepper and salt and simmer.
4. Serve the soup hot.

Recipe N53



Ingredients

- Chopped onion
- Olive oil
- Garlic cloves
- Potatoes, chopped
- Cauliflower florets
- Pure cream
- Chicken stock

Description

1. Sauté the garlic and onion.
2. Then add the potato and cauliflower florets.
3. Add the stock and boil.
4. Add pure cream and cook for a while.

Recipe N54



Ingredients

- Sliced onion
- Vegetable oil
- Ground coriander
- Sliced carrots
- Ground black pepper
- Salt
- Roughly chopped coriander
- Vegetable stock

Description

1. Sauté the onion and later add carrot.
2. Pour in ground coriander and cook.
3. Next, add the stock and boil till vegetables are soft.
4. Before putting the flame off, sprinkle coriander leaves.

Recipe N55



Ingredients

- Sliced onions
- Butter
- Sliced garlic
- Baby Spinach
- Chicken stock
- Nutmeg
- Single cream
- Lemon juice

Description

1. Sauté the onions in butter.
2. Next, pour in the stock and boil for some time.
3. Add the spinach and stir.
4. Puree the soup with a blender.
5. Season with pepper, nutmeg, and salt.

6. Reheat and add the lemon juice later.
7. Before serving the soup, add the cream and stir well.

Recipe N56



Ingredients

- Carrots
- Cabbage
- Spinach
- Fresh coriander
- Mushroom
- White pepper
- Salt
- Lemon
- Water

Description

1. At first, cut all vegetable in small blocks.
2. With water and with fresh coriander, make coriander stock.

3. Now discard the coriander and add vegetables to it.
4. Add the white pepper, lemon juice, and salt, and boil.
5. Serve the soup hot.

Recipe N57



Ingredients

- Onion
- Capsicum
- Tomato
- Garlic cloves
- Cilantro
- Green chillies
- Veg Stock
- Roasted cumin powder
- Ground pepper
- Olive oil

- Salt

Description

1. Sauté onion and garlic after heating up oil in a pan.
2. Add Cilantro, green chillies, tomato and capsicum.
3. Now make the paste with vegetable using a grinder.
4. Now pour the soup in the pan and add vegetable stock.
5. Heat it and add pepper powder, cumin powder and salt.
6. Simmer for a few minutes. Add cream on top for garnishing.

Recipe N58



Ingredients

- Carrots – 1/8 cup, diced
- Peas – 1/8 cup
- Cauliflower – 1/8 cup, finely chopped florets
- Cabbage – 1/8 cup, finely sliced
- Sweet corn kernels – 1/8 cup

- French Beans – ¼ cup, finely chopped
- Broccoli – ¼ cup, finely chopped florets
- Garlic – 6 cloves, crushed
- Cooking oil – 1 tbsp
- Water – 2 cups
- Corn flour – 2 tsp
- Salt – to taste
- White pepper powder – to taste
- Chili vinegar – 1 tsp
- Tabasco sauce – 1 tsp

Description

1. Add cooking oil to a preheated pan kept on medium to high flame.
2. Add garlic and sauté until garlic loses its raw flavor.
3. Add the veggies and sauté for another 3 minutes.
4. Mix in Tabasco sauce and salt.
5. Add water and allow the soup to come to a boil.
6. Lower the flame and simmer for about 10 to 15 minutes or until the vegetables turn crispy.
7. Dissolve corn flour in 1 tsp water and mix in with the soup.
8. Simmer for one minute more.
9. Adjust seasoning to taste and serve hot.

Recipe N59



Ingredients

- Mixed vegetables – 2 cups, finely chopped [Carrot, beans, peas, cauliflower]
- Onion – 2, medium sized, peeled, [1 finely chopped and 1 thinly sliced]
- Vegetable stock – 4 cups
- Butter – 2 tbsp
- Salt – to taste
- Black pepper – to taste

Description

1. Place a medium sized frying pan on medium to high heat and melt half the butter.
2. Add the finely chopped onions and fry until the onions become translucent.
3. Add vegetables and stir-fry for 2 minutes.
4. Transfer to a large bowl and pour in the vegetable stock.
5. Place in the pressure cooker and cook for 3 whistles on medium to high flame.
6. Lower the flame and simmer for 20 minutes.
7. Turn off the heat and wait until the pressure subsides completely.

8. If you want a clear soup, strain and adjust the seasoning.
9. In a small frying pan placed on medium to high heat, sauté onions until dark brown.
10. Spoon in the soup into soup bowls.
11. Top with browned onions and serve hot.

Recipe N60



Ingredients

- Mixed vegetables – 2 cups [French beans, cauliflower, carrot, peas]
- Onion – 1, large, finely chopped
- Garlic – 5 cloves, peeled, finely chopped
- Cooking oil – 2 tbsp or Butter – 2 tbsp, melted
- Milk – 2 ½ cups [If on diet, use skimmed milk]
- Salt – to taste
- Black pepper powder – to taste
- Water – if required, to adjust the consistency
- Grated cheese – 2 tbsp, for garnishing

Description

1. In a preheated skillet placed on medium to high flame, heat butter/oil.
2. Add crushed garlic and onion and sauté until onion turns translucent.
3. Add the veggies and sauté for about 3 more minutes.
4. Add milk and allow the mixture to come to a boil.
5. Lower the flame to low. Cover and cook the vegetables until it turns tender.
6. Allow the mixture to cool. Blend it into a smooth mixture.
7. Season to taste. Add water, if desired to adjust the thickness. Simmer for 2 minutes.
8. Serve hot garnished with grated cheese.

Recipe N61



Ingredients

- 2 cups butternut squash (peeled and cubed)
- ½ onion (chopped)
- 4 mushrooms (chopped)

- 2 cloves of garlic (chopped)
- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 cups of chicken or vegetable stock
- 1 teaspoon brown sugar
- ½ cup heavy cream
- A pinch of cinnamon
- A pinch of nutmeg
- ½ teaspoon dried thyme
- ¼ cup white wine vinegar
- Salt to taste
- ½ teaspoon black pepper
- Cilantro for garnish

Description

1. Preheat the oven to 200°C or 392°F.
2. Spread the chopped butternut squash and chopped onion on a baking tray. Drizzle olive oil on top and season with salt and pepper.
3. Roast in the oven for 20-25 minutes.
4. In the meantime, add butter, garlic, and mushrooms to a soup pot. Sauté for 2 minutes.
5. Add the roasted butternut squash cubes, chicken or vegetable stock, cinnamon, nutmeg, brown sugar, black pepper, and salt. Cover and cook for 15 minutes.
6. Use a hand blender to blend the soup.
7. Add the heavy cream and white wine vinegar and stir well.
8. Remove from flame and garnish with cilantro.

Recipe N62



Ingredients

- 2 cups chicken (poached and shredded)
- 2 tablespoons butter
- 4 tablespoons olive oil
- 1 cube of cream cheese
- 2 cups chicken stock
- ¼ cup heavy cream
- 1 carrot, chopped
- 1 celery stalk (chopped)
- 1 onion (chopped)
- 2 cloves of garlic (minced)
- Parsley for garnish
- Salt to taste
- ½ teaspoon pepper

Description

1. Heat the olive oil and butter in a soup pot.

2. Sauté the garlic for 30 seconds.
3. Add the chopped onion and cook for 1 minute.
4. Add the carrot and celery. Stir and cook for 1 minute.
5. Toss in the shredded chicken and cook for 30 seconds.
6. Add the chicken stock, salt, and pepper. Cover and cook for 10 minutes.
7. Pour in the heavy cream and cook for a minute.
8. Add the cream cheese and remove from flame.
9. Garnish with parsley.

Recipe N63



Ingredients

- 1 cup carrots (cubed)
- ¼ onion (chopped)
- 2 tablespoons ginger (grated)
- 2 cups vegetable stock
- ½ tablespoon curry powder

- Salt to taste
- 2 tablespoons olive oil
- ½ teaspoon pepper
- Parsley for garnishing

Description

1. Heat the oil in a pan.
2. Sauté the garlic for 30 seconds.
3. Add the chopped onion and cook for 2 minutes.
4. Add the grated ginger and sauté for 1 minute.
5. Throw in the carrot cubes. Stir and cook for 5 minutes.
6. Add the curry powder, salt, and pepper. Cook for 2 minutes.
7. Pour in the vegetable stock, cover the pot with a lid, and cook for 10 minutes.
8. Use a hand blender to blend the soup.
9. Garnish with parsley.

Recipe N64



Ingredients

- 1 cup cauliflower heads
- ½ onion (chopped)
- 1 clove of garlic (chopped)
- 1 bay leaf
- 2 sprigs of thyme
- 1 cup vegetable stock
- 4 tablespoons olive oil
- Salt to taste
- ½ teaspoon black pepper
- A pinch of cinnamon

Description

1. Preheat the oven to 200°C or 392°F.

2. Spread the cauliflower heads, garlic, and chopped onion on a baking tray. Drizzle olive oil on top and season with salt and pepper.
3. Roast in the oven for 20-25 minutes.
4. Pour two tablespoons of olive oil in a soup pot.
5. Toss in the roasted veggies, bay leaf, vegetable stock, and thyme sprigs. Cover and cook for 5 minutes over low flame.
6. Use a hand blender to blend the soup.
7. Sprinkle a pinch of cinnamon, and your roasted cauliflower soup is ready!

Recipe N65



Ingredients

- 1 cup boneless chicken (cubed)
- ½ onion (chopped)
- 3 cloves of garlic (minced)
- ½ inch ginger (grated)

- ¼ cup coconut (freshly grated)
- 1 red chili
- 4 tablespoons olive oil
- 1½ cups chicken stock
- Salt to taste
- ½ teaspoon curry powder
- 1 bay leaf
- ½ teaspoon pepper
- Basil for garnish

Description

1. Heat the oil in a soup pot.
2. Toss in the bay leaf and chopped onion. Cook for 2 minutes.
3. Add the garlic and ginger. Cook for 2 minutes more.
4. Throw in the chicken cubes. Stir and cook for 5 minutes.
5. Add the curry powder, salt, pepper, and freshly grated coconut.
6. Stir and cook for 2 minutes.
7. Pour in the chicken stock. Cover and cook for 20 minutes over low flame.
8. Garnish with sliced red chili and basil.

Recipe N66



Ingredients

- 1 cup chicken breast (cubed)
- ½ cup cabbage (sliced)
- ½ cup carrots (chopped)
- 2 cups chicken stock
- 4 tablespoons olive oil
- ½ an onion (chopped)
- 3 garlic cloves (minced)
- ½ inch ginger (grated)
- Salt to taste
- ½ teaspoon pepper

Description

1. Heat the oil in a soup pot.
2. Toss in the chopped onion and cook for 2 minutes.
3. Add the ginger and garlic. Cook for 2 minutes.
4. Add the chicken cubes and cook for 3 minutes.
5. Add the veggies, salt, and pepper.
6. Cook for about 2 minutes.
7. Pour in the chicken stock, cover the pot, and cook until the chicken has cooked through.
8. Serve hot in a bowl.

Recipe N67



Ingredients

- 500 gm chicken (with bones)
- 1 large onion (chopped)

- 2 celery stalks (chopped)
- 1 large carrot (chopped)
- 8-9 garlic cloves (unpeeled)
- 1 sprig of thyme
- 2 sprigs of rosemary
- 3 sprigs of parsley
- ½ teaspoon black pepper
- 3-4 black peppercorns
- A handful of cilantro (chopped)
- Salt to taste

Description

1. Toss the chicken, onion, carrot, celery, garlic cloves, herbs, and peppercorns into a soup pot.
2. Add two cups of water.
3. Simmer it for an hour. Check the water every 10 minutes.
4. Sieve the stock so that you get an amber colored, clear chicken stock.
5. Garnish with chopped cilantro and serve hot.

Recipe N68



Ingredients

- 2 cups chicken breast (poached and shredded)
- 3 cups chicken stock
- 2 eggs
- 5 tablespoons lemon juice
- 1 cup spaghetti squash (cooked)
- Salt to taste
- ½ teaspoon pepper
- A handful of parsley (chopped)
- 3 tablespoons cheddar cheese (grated)

Description

1. Put the chicken in a soup pot.
2. Pour in the chicken stock and bring it to a boil.
3. Remove it from the heat.
4. Crack open the eggs in a bowl and whisk them with the lemon juice.

5. Gradually pour in some chicken stock to combine the whisked egg.
6. Add the egg mix to the soup pot.
7. Reheat the soup pot and add the cooked spaghetti squash. Do not bring it to a boil to prevent the eggs from curdling.
8. Season with salt and pepper.
9. Garnish with chopped parsley and serve hot.

Recipe N69



Ingredients

- 10-12 medium-sized broccoli florets (chopped)
- 1 stalk of leek (chopped)
- 2 cloves of garlic (chopped)
- 1 cup chicken or vegetable stock
- 1 tablespoon butter
- ¼ cup fresh cream

- Salt to taste
- 1/2 teaspoon black pepper
- A handful of cilantro

Description

1. Add the butter to a soup pot.
2. Just when it melts, toss in the chopped garlic and sauté until it turns slightly brown.
3. Add the chopped leek and cook until the leek becomes soft.
4. Add the cream and the broccoli.
5. Season with salt and pepper. Cover and cook for about 5-8 minutes.
6. Take the soup pot off the flame.
7. Use a hand blender to blend the soup into a thick and creamy consistency.
8. Garnish with cilantro and enjoy a delicious low-carb, keto-friendly soup.

Recipe N70



Ingredients

- 2 tablespoons olive oil

- 1 cup button mushroom (thinly sliced)
- ½ onion (chopped)
- 3 cloves of garlic (minced)
- 1 ½ cups vegetable stock
- Salt to taste
- ½ teaspoon freshly ground black pepper
- Cilantro for garnish

Description

1. Heat the olive oil in a soup pot.
2. Add the chopped garlic. Cook for 30 seconds.
3. Throw in the chopped onion and cook until they are soft and translucent.
4. Add the sliced mushrooms and sauté for 2 minutes.
5. Pour in the vegetable stock. Stir and combine everything.
6. Season with salt and pepper, cover, and cook for 3 minutes.
7. Remove the soup pot from the flame and use a hand blender to blend the soup.
8. Garnish with cilantro and enjoy!

Recipe N71



Ingredients

- 2 cups baby spinach
- 1 cup kale (roughly chopped)
- ½ onion (thinly sliced)
- 3 cloves of garlic (chopped)
- 2 tablespoons olive oil
- ½ cup vegetable stock
- ¼ teaspoon chili flakes
- 1 tablespoon cheddar cheese (grated)
- Salt to taste

Description

1. Heat the olive oil in a soup pot.
2. Add the chopped garlic and fry until they turn brown.
3. Add the sliced onion and cook until they turn translucent.

4. Toss in the baby spinach and kale. Cook until they turn soft.
5. Add the vegetable stock, salt, and chili flakes.
6. Cover and cook for 5 minutes.
7. Remove from the flame and use a hand blender to blend the soup.
8. Mix in the grated cheddar cheese and have a delicious creamy soup without any cream!

Recipe N72



Ingredients

- 3 Italian turkey sausages (casing removed)
- 2 cups kale (roughly chopped)
- 4 cloves of garlic (minced)
- ½ onion (chopped)
- 4 tablespoons olive oil
- 1 can white cannellini beans

- 2 cups chicken stock
- 2 celery stalks (chopped)
- 2 medium-sized carrots (chopped)
- Salt to taste
- ½ teaspoon pepper
- ½ teaspoon dried thyme
- 2 tablespoons grated parmesan

Description

1. Heat two tablespoons of olive oil in a soup pot.
2. Add the sausage. Stir and cook for 5 minutes.
3. Set the sausage aside on a plate.
4. Pour the rest of the olive oil into the soup pot and let it heat up.
5. Add the chopped garlic and cook until they turn brown.
6. Toss in the onion, carrot, and celery. Cover and cook for 4 minutes.
7. Add the kale and cook for 2 minutes.
8. Add the beans and chicken stock.
9. Season with salt, pepper, and dried thyme. Cover and cook over low flame for 7-10 minutes.
10. Switch off the flame and put in the grated parmesan.
11. Stir and combine everything.
12. Use a ladle and serve hot.

Recipe N73



Ingredients

- 12 oz ground beef
- 1 onion (chopped)
- 2 garlic cloves (chopped)
- 1 celery stalk (chopped)
- ½ cup tomato (finely chopped)
- ½ red bell pepper (chopped)
- 1 tablespoon dried oregano
- 4 tablespoons olive oil
- 2 cups water
- Salt to taste
- ½ teaspoon black pepper
- ¼ teaspoon cayenne pepper

- 1 teaspoon red wine vinegar
- Cilantro for garnish

Description

1. Heat the olive oil.
2. Add the chopped garlic and onion. Cook for 1 minute.
3. Add the ground beef, stir and cook until it turns brown.
4. Add the chopped carrot, celery stalk, red bell pepper, tomato, water, salt, pepper, and cayenne pepper.
5. Stir and combine everything.
6. Cover and cook for 10 minutes over low flame.
7. Pour in the red wine vinegar and cook for 2 minutes over high flame.
8. Remove from the flame and garnish with cilantro.

Recipe N74



Ingredients

- 1 cup pumpkin (peeled and chopped)
- ½ onion (chopped)
- 2 cloves garlic

- 2 cups vegetable stock
- 2 stalks of celery (chopped)
- 4 tablespoons olive oil
- 2 cups vegetable stock
- Juice of half a lime
- Salt to taste
- 1 teaspoon black pepper
- Mint leaves for garnish

Description

1. Preheat the oven to 200°C or 392°F.
2. Spread the chopped pumpkin, garlic cloves, chopped celery, and chopped onion on a baking tray. Drizzle olive oil on top and season with salt and pepper.
3. Roast for 20 minutes.
4. Transfer the roasted veggies to a soup pot.
5. Pour in the vegetable stock and bring it to a boil.
6. Remove from flame and use a hand blender to blend the soup.
7. Drizzle the lime juice and garnish with mint leaves.

Recipe N75



Ingredients

- 15 asparagus stalks
- 1 teaspoon butter
- 2 tablespoons olive oil
- ½ onion (chopped)
- 2 cloves of garlic (chopped)
- 1 cup vegetable stock
- 1 tablespoon parmesan (grated)
- 2 tablespoons lime juice
- 1 teaspoon dried thyme
- Salt to taste
- ½ teaspoon black pepper

Description

1. Chop the asparagus and keep the tips for garnish.

2. Pour the butter and olive oil into a soup pot.
3. Add the chopped garlic and onion. Let them cook for 2 minutes.
4. Add the chopped asparagus. Stir and cook for 3 minutes.
5. Add the vegetable stock, salt, pepper, and dried thyme.
6. Cover and cook over low flame for about 15 minutes.
7. Use a hand blender to blend the soup.
8. Blanch the asparagus tips.
9. Remove the soup from the flame and stir in the grated parmesan.
10. Add lime juice and garnish with blanched asparagus.