

Best 

Rainbow of Soup Recipe eBook





Celebrate Pride Month while keeping it
cosy and healthy with our Rainbow of
Soup recipe ebook.

A top-down view of three white ceramic bowls filled with a hearty bean and vegetable soup. The soup contains white beans, sliced carrots, green onions, and pieces of meat. The bowls are arranged on a dark wooden surface, with an orange textured napkin and silverware (a spoon and a knife) placed to the right. A white text box is overlaid on the central bowl.

Bean & Vegetable Soup

Serves: 1



Ingredients

- 1 tsp olive oil
- 1/2 white onion (diced)
- 1/2 cup tinned butter beans (drained)
- 1/2 cup globe tomatoes (chopped)
- 2 cups soup vegetables, mixed
- 1/4 tsp table salt
- 1/4 tsp black pepper
- 1 1/2 cups vegetable broth
- 1 drizzle Worcestershire sauce
(or soy sauce if vegetarian/vegan)

Method

1. Heat the olive oil in a pot over medium heat.
2. Sauté the onions until soft. Add the beans, chopped tomato and vegetables, and sauté together.
3. Season with salt and pepper and add broth. Allow to simmer for 10 - 15 minutes while stirring.
4. Serve hot with a drizzle of Worcestershire sauce (or soy sauce).

A close-up photograph of a vibrant blue ceramic bowl filled with a creamy, golden-yellow soup. The soup is garnished with a dollop of white cream, several slivered almonds, a sprig of fresh rosemary, and a portion of bright green pesto. A fine dusting of reddish-brown powder is scattered across the surface. A silver spoon is partially visible in the bottom right corner, resting on a dark wooden surface.

Butternut & Coconut Soup

Serves: 1

A close-up photograph of a bowl of creamy butternut soup. The soup is a light orange color and is topped with a generous amount of white cream. Sprigs of fresh green herbs, likely rosemary, are scattered on top. The bowl is a vibrant teal color. The background is a dark, textured surface.

Ingredients

- 1 tsp olive oil
- 1/2 white onion (chopped)
- 1 1/2 cups butternut chunks
- 1 carrot chopped
- 1 apple, green (chopped)
- 1 pinch of curry powder
- 1 pinch of table salt
- 1 pinch of black pepper
- 1 tsp sesame seeds
- 1 cup vegetable broth
- 3/4 cup lite coconut milk

Method

1. In a pot, heat the olive oil over medium heat.
2. Add the onion, butternut, carrot, apple, curry powder, salt and pepper and sauté for 5 minutes. Pour in the broth and the coconut milk.
3. Continue to cook for 20 minutes until the butternut is soft. Then blitz in a food processor.
4. Top with sesame seeds and serve hot.

A top-down view of a white ceramic bowl filled with a thick, pale green cauliflower soup. The bowl sits on a white saucer, which is placed on a piece of light brown burlap fabric. The entire setup is on a dark, textured wooden surface. To the left of the bowl, a silver spoon lies on the burlap. Above the bowl, a silver strainer contains pieces of cooked cauliflower. The lighting is warm, highlighting the textures of the wood, fabric, and the smooth surface of the soup.

Creamy Cauliflower Soup

Serves: 1

Ingredients

2 seed crackers (15 g each)
2 cups cauliflower florets
1 tbsp coconut oil
1 pinch of black pepper
1/2 tsp table salt
1/2 tsp paprika
1/2 tsp ground cumin
1/2 white onion
1/2 cup lite coconut milk
1 handful coriander

Method

1. Preheat the oven to 180 degrees Celsius.
2. Place the cauliflower onto a baking tray and drizzle on 1 tsp of coconut oil. Sprinkle on some paprika, cumin, salt and pepper and bake for 20 minutes.
3. Heat 1 tsp of coconut oil in a small pot, sauté the onions, and add the cauliflower, continuing to sauté. Add coconut milk and simmer for 5 - 10 minutes.
4. Add all the ingredients to a blender when slightly cooled. Garnish with coriander and serve with seed crackers.



Creamy Broccoli Soup

Serves: 1

Ingredients

2 cups broccoli florets
1/3 stalk of celery, chopped
2 tsp coconut oil
1/2 tsp paprika
2 seed crackers (15 g each)
1/2 tsp ground cumin
1 pinch of black pepper
1/2 tsp table salt
1/2 white onion, diced
1 cup chicken/vegetable broth
2/3 cup milk, low-fat
1 tbsp flour, all-purpose

Method

1. Preheat the oven to 180 degrees Celsius.
2. Place the broccoli and celery onto a baking tray, drizzle with 1 tsp coconut oil, sprinkle with paprika, cumin, salt and pepper and bake for 20 minutes.
3. Heat 1 tsp of coconut oil in a small pot, sauté the onion, then add the broccoli and celery and continue to sauté. Add broth, milk and flour and simmer for 5-10 minutes.
4. Add all the ingredients to a blender when slightly cooled. Serve with seed crackers.

A close-up photograph of a white ceramic bowl filled with a creamy, light-colored soup. The soup contains visible chunks of chicken, leeks, and small pieces of orange carrots. The bowl is garnished with a pat of butter and a sprinkle of black pepper. To the left of the bowl, three slices of golden-brown, toasted bread are stacked on a white saucer. The background is a neutral, textured surface, possibly a tablecloth or placemat.

Chicken & Leek Soup

Serves: 1

Ingredients

1 tbsp olive oil
120g chicken breast fillet
1 carrot (chopped)
1 cup leeks (chopped)
1/2 white onion (chopped)
1/2 celery stalk (chopped)
1 1/2 cups chicken broth
2 tbsp coconut cream
1 pinch of table salt
1 pinch of black pepper

Method

1. Heat olive oil in a medium-sized pot over medium heat. Sauté chicken until cooked, remove from heat and shred with a fork (for a finer texture you can also grate the chicken).
2. Using the same pan, sauté the carrots, leeks, onions and celery until softened.
3. Add the chicken broth and bring to a boil. Add shredded chicken and simmer for 30 min. Stir the coconut cream through the mixture. Season with salt and pepper and serve.



Tomato & Meatball Soup

Serves: 1

Ingredients

120 g mince, beef, extra-lean
1/2 white onion (finely diced)
1 egg (beaten)
1/4 cup flour, all-purpose
1 tbsp chives (finely chopped)
1 tsp Worcestershire sauce
2 tsp olive oil (divided)
1 cup tomatoes, tinned, chopped
1 cup vegetable broth
1 tbsp tomato paste
1 tsp dried basil
1/4 tsp table salt
1/4 tsp black pepper

Method

1. Mix the mince, onion, egg, flour, chives and Worcestershire sauce. Roll into balls and set aside.
2. Heat 1 tsp of olive oil in a pan, and brown the meatballs all around.
3. Heat 1 tsp olive oil in a pot, add tomatoes and sauté over medium heat.
4. Add the vegetable broth, tomato paste, dried basil, salt and pepper. Simmer for 15 minutes or until it reaches a thicker consistency.
5. Add the meatballs to the soup and serve warm.

Tip for blending soups:

It is ideal to use a handheld blender so the soup can be blended while still hot.

Alternatively, you can use a normal blender but you will need to allow the soup to cool to blend it and then reheat.

If you do not have a blender, enjoy a chunkier soup or try mashing it or pushing it through a sieve.