

Low Fat Vegan Chef Presents

# COMFORT SOUPS

to keep you  
warm



100%  
vegan

By Veronica Grace

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Veronica Grace  
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MAYOO DESIGN  
[www.mayoodesign.com](http://www.mayoodesign.com)

**Chief Editor/Photographer:**

Veronica Grace



## About the Author

Veronica Grace is a self taught 'at home' chef and food enthusiast who focuses on promoting an oil-free and low fat vegan/ plant based diet and lifestyle.

She honed her skills in the kitchen day after day by testing oil-free raw and vegan recipes on family and friends. She found most regular recipes and restaurant foods too oily and high in fat. Many modifications were needed to tweak things in the right direction.

She finally quit modifying and altering existing recipes, and started writing down and photographing her own creations.

The recipes in this book are the results of several months of testing her recipes and getting just the right amount of flavor without compromising the healthy aspect of plant based food.

So get ready to have the best soup you have EVER had in your life!

Enjoy.

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**“AN OLD-FASHIONED VEGETABLE SOUP,  
WITHOUT ANY ENHANCEMENT, IS A MORE  
POWERFUL ANTICARCINOGEN THAN ANY  
KNOWN MEDICINE.”**

**-JAMES DUKE M.D. (U.S.D.)**

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**“ONLY THE PURE OF  
HEART CAN MAKE  
GOOD SOUP”**

**-BEETHOVEN**

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# Chapter 1: Frequently Asked Questions

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**“I LIVE ON GOOD  
SOUP, NOT ON FINE  
WORDS.”**

**-MOLIERE**

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## Why Do You Cook Without Oil?

What makes my approach and my recipes different from other chefs is that nothing I make is cooked in oil.

There are many reasons for this, but I'll quickly go over a few.

Oil is 100% fat by calories. It is the most refined form of fat you can get, it is nutritionally devoid of vitamins, minerals, water and fiber. Similarly white flour and white sugar are nutritionally devoid as well, but oil is over twice the calories at a fraction of the volume. These are some of the reasons why I place oil at the top of the unhealthy foods and condiments list.

A little bit of flour or a sprinkle of sugar once in a while goes a long way in improving taste or texture in a recipe and won't make you gain weight if you eat it with other whole foods. Oil is very high in calories and is very easy to overdo. People often drizzle far more oil on their food or in their skillet than they think they do. You will appreciate a little bit of sweetness in a recipe much more than you'll appreciate oily, or greasiness in it as well.

We seek sweet foods because the tip of our tongue has mostly sensors for sweetness, and then we have sensors for salt (which has minerals in it) and bitter things (for leafy greens). We don't have sensors for fat and protein (amino acids) like a cat or carnivore would. While we may like eating fatty snack foods for treats, it is not our main driving source for calories to live. Carbohydrates like potatoes, sweet potatoes, legumes, grains and fruit should be the main source of calories and not fat.

Women these days are trying to load up on salad at restaurants in an attempt to lose weight and eat healthier, but they are often adding 3-4 ounces of pure fat (in the form of cream/oil based dressings) on top of their salad along with chicken, bacon, cheese, avocado and nuts.

When compared to lettuce that has hardly any calories, these foods are so incredibly rich and high in calories. It's just weighing them down and preventing weight loss or even causing them to gain weight without knowing why.

When you go out to eat or over to a friend's house everyone is using more than enough oil and fat in their recipes that I don't think you need to use it at home as well. This is why I want to teach you how to cook without oil and control how much fat you put in your recipes at home.

If you cut out just 2 tbsp. of oil or butter out of your diet every day that's 240 calories and you could lose 1 lb. every 2 weeks without even trying. That's 24 lbs. a year! It's that easy for weight to creep up, or creep off of you.

Small changes like this will help you lose weight, achieve your goal weight, help stop or reverse diabetes, heart disease and even cancer growth. Low fat plant foods are the key to health and don't need to be drowned in refined oils to taste good.

When it comes to compromises on a whole food diet I would much rather you had a sprinkle of sugar or a piece of bread which you will actually enjoy and appreciate instead of that oil that is making you gain weight that you don't even really notice is there in the first place.

For more information on the myths of "heart healthy" oils and nuts please check out this great DVD [From Oil To Nuts](#) by R.D. Jeff Novick. Everyone I've shown it to is blown away by the misleading information that has been perpetuated by the food lobbies and advertisers.

Another great resource for free nutritional information is Dr. Michael Greger's [nutritionfacts.org](http://nutritionfacts.org), which contains many helpful videos and articles that are short and concise. If you have any questions on current research studies and health claims based on published medical journal facts, he's the man to ask.

For more books on the science behind my recommendations for an oil free vegan diet check out the following resources on Amazon:



- [Preventing and Reversing Heart Disease](#) by Dr. Caldwell Esselstyn
- [The Starch Solution: Eat The Foods You Love and Lose The Weight For Good](#) by Dr. John McDougall
- [The McDougall Program For Maximum Weight Loss](#) by Dr. John McDougall
- [Dr. Dean Ornish's Program For Reversing Heart Disease](#) by Dr. Dean Ornish
- [Eat To Live](#) by Dr. Joel Fuhrman
- [Super Immunity](#) by Dr. Joel Fuhrman
- [Eat For Health: Lose Weight and Keep It Off](#) by Dr. Joel Fuhrman
- [The China Study](#) by Dr. T Colin Campbell

All of the recipes in this eBook were designed to be in line with the recommendations of the above doctors and focus on oil free, whole food, low fat plant based food for health.

## How Do I Cook Without Oil?

*To Cook Without Oil We Can Do It Two Ways...*

**#1: Sautéing onions and garlic dry in a skillet or wok.**



Use a non-stick pan and sauté your onions and garlic dry in the pan over medium heat for 5-6 minutes until they are softened and translucent. The moisture from the sweating onions will prevent them from sticking and create moisture. If you are cooking much longer than this you may need to add a little broth or water. Then add in your veggies and sauces or liquids and continue cooking. It's best to use a decent quality non-stick pan, I've found the cheaper ones just don't stand up to my daily use.

## **#2: Sautéing onions in vegetable broth in a pot or pan.**



The second way I use for soups and stews on the stovetop. Use a large soup pot and fill it with about 1 cup of vegetable broth and sauté your onions, garlic and veggies in that for 5-6 minutes before adding in your other ingredients.

You do lose a little of the onion flavor by doing this, but most people don't find that onion is their favorite flavor, and I have compensated for this by using more herbs and seasonings in my recipes. You won't be missing the taste of oil in these soups anyway.

## **What Ingredients Do I Need To Make Your Soup Recipes?**

Below are all of the ingredients I have used in my recipes for this book. Often you will see that I use the same ingredients with different combinations and seasonings to get variety, but to keep things simple and more cost effective.

The biggest investment if you are very new to vegan cooking or cooking in general is going to be your spices. Some will cost between \$3 and \$6 each. If you are concerned about cost, flip through the recipes and see which ones you'd like to make first and see what other recipes use the same spices so you can make those too.

I like to make some of my favourite recipes again and again and always have a good portion of these ingredients on hand and replace them when I run out. Once your pantry and refrigerator are stocked with the essentials, you will be able to make any recipe you want from this book.

Also if you get any of my future recipe eBooks, rest assured that I WILL use all of the same spices below again and you will get your money's worth out of them and some delicious tasting food.

I like to use some traditional and some new spices when creating dishes from all over the world, I find that oil free and vegan cooking is vastly improved when you use good quality fragrant spices.

I have arranged the ingredients in a rough order for the most frequently used items at the top of each category and least frequent at the bottom.

## Dried Spices:

- [Herbamare](#) (original) or sea salt (available at Whole Foods, organic stores and Amazon)
- Fresh ground black pepper
- Thyme
- Bay leaves (from the Bay laurel tree)
- Smoked paprika (McCormick makes one or you can get it from Indian stores or [Amazon](#))
- Roasted cumin/regular ([McCormick](#) makes a delicious version and I go through this spice the most. Grocery stores and Walmart carry it.)
- Sugar/sweetener (your choice of)
- Basil
- [Herbs de Provence](#) (A French blend of rosemary, savory, fennel, basil, thyme, sage, marjoram or a combination of some of these)
- Rosemary
- Oregano
- Roasted coriander/regular (McCormick makes this as well, where sold at grocery stores and Walmart.)
- Turmeric
- Cinnamon
- Cardamom ([pods](#) or [powder](#))
- Curry powder
- Chili powder or Chipotle chili powder (I prefer Chipotle)
- Parsley flakes
- Italian seasoning (or Herbs de Provence)
- Cayenne pepper  
\*optional
- [Star anise](#)
- Whole cloves



## **Fresh Herbs:**

- Thyme (essential)
- Cilantro (Coriander)
- Basil
- Parsley (flat leaf)
- Green/Spring Onions/scallions

## **Fresh Produce:**

- Yellow onions (cooking onions)
- Sweet onions (Vidalia, Walla Walla or similar)
- Garlic
- Carrots
- Celery
- Potatoes (waxy skinned)
- Leeks
- White mushrooms
- Ginger root
- Yams/sweet potatoes
- Baby portabella mushrooms
- Asian mushrooms (your choice)
- Shallots
- Lemons
- Limes
- Golden (yellow) beets
- Turnips
- Broccoli
- Asparagus
- Cabbage (green)
- [Butternut squash](#)
- [Potimarron](#) (Red Kuri Squash (reddish skin))
- [Thai Pumpkin](#)/Japanese Pumpkin (dark green skin)
- Ripe tomatoes
- English cucumber/European cucumber
- Red bell pepper (capsicum)
- Bok Choy (baby)
- Cauliflower
- Kale (green)
- Clementine/mandarin/navel oranges

## **Dried Beans/Grains/Legumes:**

- Black turtle beans
- Chickpeas/Garbanzo beans
- Cannellini/Great Northern beans
- Pearl or pot barley (both similar, pearl barley cooks faster)
- Red lentils
- Green split peas

## **Canned Goods:**

- Fire roasted canned tomatoes, diced ([Muir Glen](#) is my preferred brand, available in the USA; Alymer's version can be found at Safeway in Canada)
- Canned tomatoes, diced
- Chickpeas/Garbanzo beans
- Cannellini beans
- Great Northern beans
- Light coconut milk (find the one with the lowest amount of fat or use carton coconut milk)
- Tomato paste
- Whole corn kernels (unsalted, unsweetened)
- Artichoke hearts (or use frozen)

## Misc. Pantry Items:

- Organic low-sodium vegetable broth ([Pacific Natural Foods Organic Low Sodium Vegetable Broth](#) is my pick)
- Almond milk ([Blue Diamond Almond Breeze Unsweetened Original](#) is my pick)
- Coconut milk ([So Delicious Sugar Free Original](#) is my pick)
- [Nutritional yeast](#) (yellow flaked yeast, not yeast for baking)
- Low sodium (light) soy sauce or light tamari
- [Maple syrup](#) or liquid sweetener of choice
- Red wine (inexpensive)
- White wine or cooking wine
- Red wine vinegar
- Balsamic vinegar
- Large pasta shells (GF if desired)
- Goya brand Fidilini/Fideos pasta are egg free (looks like Lipton Chicken Soup noodles) or Iberia brand on [Amazon](#)
- Chinese lo mein or rice noodles (GF if desired)
- [Dried shiitake mushrooms](#) Sour dough/stale bread (GF if desired)

## Misc. Refrigerated items:

- Miso paste (yellow/brown/white) (Genmai Miso paste is available on [Amazon](#))
- Firm tofu
- Smoked/marinated firm tofu \*optional

## Frozen Items:

- Corn (or use canned)
- Artichokes hearts (or use canned)

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**“SOUP PUTS THE HEART AT  
EASE, CALMS DOWN THE  
VIOLENCE OF HUNGER,  
ELIMINATES THE TENSION  
OF THE DAY, AND AWAKENS  
AND REFINES THE  
APPETITE.”**

**-AUGUSTE ESCOFFIER**

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## **What is This Ingredient? Deciphering Different Common Names of Ingredients**

Some ingredients go by many names depending what country you live in. I may only use one or two common names in my recipes. Since people all over the world will be using this recipe book, I am listing their other names that are common in Canada or the USA. If they are different in your country from what I list below, please forgive me.

Here are a few examples:

**Chickpeas/garbanzo beans** – They are the same thing. Round legumes with little points on one end. I call them chickpeas in my recipes.

**Yams/sweet potatoes** – sweet potatoes that have a reddish orange colored skin with an orange interior. Only Americans use the term sweet potato, and I grew up in Canada so I will always say yam out of habit. I am referring to the orange variety as basically any potato-like root that is sweet can be called a “sweet potato” and this can be confusing.

**Green onion/spring onion/scallions** – these are all the same. They are a small thin white onion with a long green top. I most commonly call them green onions myself.

**Cilantro/coriander** – these are the same, fresh. A leafy green herb that is similar to parsley. I use the term coriander seeds for the dried spice from this plant. This is not the same as coriander flakes (similar to parsley flakes). Please don’t use those instead of ground coriander seed.

**Red bell peppers/capsicum/sweet peppers** – these are all the same. I use the term red bell (for it's bell shape) pepper.

**Black beans/black turtle beans** – these are the same. I call them black beans. They are the small and shiny variety.

**Potimarron/red kuri squash** – a pumpkin-like squash with orange-red skin and a green stem. You will find them throughout the winter when other winter squashes are available.

**Thai pumpkin/Japanese pumpkin/kabocha squash** – a pumpkin-like squash that is dark green on the outside and orange on the inside. You CANNOT use jack-o-lantern pumpkins as a substitute for this. Please use any orange-fleshed squash if you cannot find this in your country. It is very common at Asian markets year round.

**English cucumber/European cucumber/hot house cucumber** – a long skinny cucumber with a thin-ridged skin that has small seeds in it.

**Green split peas/matar ki daal** – most of the world calls them green split peas, the latter is used in India to distinguish from the more commonly used yellow chana daal.

## **Why Do Some Recipes Have Sugar or A Sweetener In Them?**

Some recipes that use canned tomatoes or something otherwise a little bland or bitter (like greens) need something to sweeten it just a bit to balance all of the flavors. This does not mean that the soup will taste sweet like candy or anything like that. When you add a little sweetness it makes the dish taste less bitter, less spicy or less salty as well.

To make the best recipes you have to balance five different flavors, sweet, salty, tangy, bitter and spicy. You will notice that recipes that have at least 3-4 of these aspects will taste better to you than one that is predominantly only sweet, only salty, only bitter, or only spicy.

For example if we took steamed greens and just blended them and tried to eat them in a soup it would taste very bitter and unpleasant as there would be one overpowering taste.



Or if we made a soup with only broth and potatoes and added chili flakes to it, it would only be spicy and taste rather bland and unbalanced.

Also please note that you may have to add sweetener if you are using vegetable broth from the store. It's quite bitter and bland compared to my own homemade broth. I prefer Pacific Natural Foods Organic Low Sodium Vegetable Broth as it's the best replacement for my broth recipe. I've tried Trader Joe's low sodium vegetable broth and I don't think it's a good enough base for soups. It's very dark, bitter and changes the color of the soup as well. If your soup does not taste right when you're done cooking and it needs more flavor, I suggest adding ½ tbsp. to 1 tbsp. of sweetener to start. Add a little more if necessary. This will NOT make the soup sweet at all, but it will bring up the flavor and stop the soup from tasting bland or bitter. Trust me.

You can decide to use whatever sweetener you want. If you are concerned with using only vegan ones, get vegan sugar or use maple syrup or agave.

If you are against sugar in general you can pick carrots that are naturally sweeter (by taste testing) to use in your recipes so they release some sweetness into the broth. Use a few more than directed in my recipes to enhance the natural sweetness of it. Also a few of my recipes use golden beets for this reason, as it's a natural sweetener and will add sweetness to the soup. Stevia is an option as well, but I don't like the aftertaste it leaves in my mouth when eaten.

The reason I don't use agave or stevia in these recipe is personally they don't work for me. Agave gives me instant headaches just like high fructose corn syrup does and stevia powder makes me feel ill later on.

If you want to use maple syrup, you can, but it may add a little maple flavoring to the soup, I don't recommend it for most recipes. It would be best in the blended squash soups as it would compliment them nicely. Since I live in Canada, we can get maple syrup pretty easily. The cheapest place I've seen is Costco and it's available at American Costco stores as well. If you live somewhere that you cannot find maple syrup, use honey (if you want to) or brown rice syrup or agave instead when liquid sweetener is called for.

## **Aren't You Concerned About BPA in Canned Goods?**

BPA stands for Bisphenol-A and is in the lining of some canned goods.

The majority of the canned goods that I use are now packed in BPA free cans. [Eden Organics](#) recently switched and you can find their new canned beans actually say BPA free on the label. They are available at Whole Foods Markets and local health food stores. You probably won't find them in the regular stores.

For canned tomatoes, I prefer [Muir Glen Organic](#). They have the best tasting tomatoes and have just switched to BPA free cans as well.

You can generally tell your can is BPA free if it DOES NOT have a white plastic inside lining. A BPA free can will have a metallic lining most commonly.

You can also avoid using cans with BPA by cooking your own beans at home using dried ones, making your own vegetable broth and using fresh or homemade stewed tomatoes for these recipes. It does take more time, but if you are really concerned about BPA or other canned food health issues, there are alternatives.

## **Can I Substitute Fresh Cooked Beans for Canned Beans?**

Of course you can! I like making my own beans myself, but I have listed the amount in cans as well as many people (including my friends and family) don't want to make fresh beans every time. The amount of cups of fresh beans is approximate. There is slightly less than 2 cups of beans per 15 oz. can of beans so I rounded up.

You will get a better tasting soup and closer to my original recipe if you make your beans fresh, so I hope you try making your own beans sometimes.

The calories calculated in each recipe is based on the canned amount so it will be more if you cook your own beans and put in slightly more.

## Can I Substitute Dried Herbs For Fresh Ones?

In many of my recipes I used fresh herbs because these taste best. But sometimes you run out of these and I list some substitutions for dried herbs. The flavor will not be as good, so use your discretion. Generally the substitution is 1 tsp. of dried herbs for every 1 tbsp. of fresh.

My most important fresh herb would be thyme and I don't like just using dried thyme in everything. When it's fresh it tastes much nicer and more flavorful than when it's dried. I try to keep this on hand all the time. When using hard herbs like thyme and rosemary, make sure to remove the leaves from the stem, and chop the leaves a little. This makes it nicer and easier to eat without getting large pieces of it in one bite.

## Can I Substitute Vegetable Bouillon For Vegetable Broth?

I don't recommend it. I designed these recipes by using homemade broth or packaged organic vegetable broth. I used to use vegetable bouillon in a pinch when I only needed to sauté an onion in some broth, and for that it might be ok. But when we are talking about using quarts and quarts or litres and litres of broth being substituted with bouillon and water, it is really going to affect the overall taste of the soup in a bad way.

Most vegetable bouillon cubes contain hydrolyzed soy protein (another name for MSG) oil and chemicals and they are overly salty.

The low sodium bouillon cubes are pretty bland and don't add much flavor to a recipe. They can't compare to vegetable broth. Trust me I have tried this myself. It's just disappointing.

Most bouillons also contain wheat FYI and are not gluten free (if you're avoiding gluten).

*Better Than Bouillon* vegetable paste does not work for these recipes. It has this very intense salty flavor and creates a dark "beef like" looking broth and I would never use it as the base for these soups. It's ok if you want to make some gravy or a no-beef stew, but not a nice light vegetable soup. It's too overpowering.

If you have to stretch your broth you can add 1 tsp. or 1 cube of low sodium yellow/light colored bouillon and water in addition to your vegetable broth, but I wouldn't use more than a cup or two as a substitute in a soup recipe.

## **Serving Sizes In This Book**

The number of servings in each recipe I have determined using my best judgment on the volume of food each recipe creates, not by any specific scientific method.

Most of the soup recipes will have between 6 and 8 servings. Now this does not necessarily mean that you can feed this many people for dinner and have them be totally full. What this means is that you will get 6-8 good sized bowls of soup from this recipe. You can certainly serve this many people for lunch with a side of bread or rice or a sandwich, or use it as an appetizer before the main meal of a dinner party.

Since it's just my husband and myself I don't generally make big elaborate dinners. I often just make soup with nothing else. My husband is a 2-3 bowls of soup eater himself. These recipes are quite low in calories, but big on volume and fiber so they fill you up if you eat enough of them.

Although you may think as a single or a couple some of the recipes are too big, please don't be discouraged. We almost never have any leftovers at home ourselves. If we do it's usually a bowl or two of soup only. I like to make one-pot meals quite a lot, and we will eat almost the whole soup pot for a meal for the two of us a lot of the time. This is a very practical and affordable way to eat and leaves fewer dishes to clean each night as well too. You can always serve the soups with something else and get many more meals out of it as well.

If you make up a big batch of soup only once or twice a week and put the rest in containers in the fridge or freezer, you will have healthy easy meals on hand throughout the week.

The few soup recipes that only serve 2-4 people are because the ingredients are more expensive and I didn't want you to feel you had to buy double to make the recipe and have a pricier meal. Please feel free to double those recipes if you wish and have a big family or want to have lots of leftovers.

## How The Nutritional Information Is Calculated In This Book

The nutritional information in this book is calculated by using free online databases such as the ones on [Cronometer.com](https://cronometer.com) and [Sparkpeople.com](https://sparkpeople.com).

My favorite is [Spark People](https://sparkpeople.com) because I like to enter in recipes that I make regularly and get an idea of the calories, fat and sodium content in each serving. It also has some great weight loss and measurement tracking tools and it's free to use.

You will notice that these recipes make a lot of food visually, but the calorie content is quite low. It can be difficult when starting out on a low fat vegan diet to gauge how much food you need to buy and eat to be full and satiated. The calorie count will help you see that the volume of food is quite large but the calorie count is low. If you are still hungry, feel free to have another bowl and eat until you are not hungry anymore.

The sodium content of each recipe is calculated using [Pacific Natural Foods Organic Low Sodium Vegetable Broth](https://www.pacificnaturalfoods.com) (in case some of you buy that instead of making your own) and the LOWER amount of Herbamare or salt suggested in the recipe. For example, when I list 1-1 ¼ tsp. of Herbamare or salt, we used only 1 tsp. to calculate the sodium in the recipe. This is to help those concerned with sodium to use a smaller amount. If you use more, the sodium content provided is no longer valid.

As some people want to watch their sodium intake or prefer to use very little, I wanted to give a median estimate of the sodium in a recipe. If you use the higher amount of Herbamare or sodium in a recipe it will obviously be higher than what I quoted in the nutritional information. It will also be much higher if you choose the regular variety of canned beans and vegetable broth instead of the low sodium or salt-free variety.

Use salt at your own discretion. Some people find they really need to kick up the amount of salt in their low fat recipes at first as they are used to eating really salty restaurant food and frozen and canned meals. As you start making more homemade food and using less salt, your taste buds will gradually change and you will become more sensitive to salt and want to use less to enjoy your food. (This goes for oil too and you will enjoy eating foods without oil after a few weeks.)



For health, a good rule of thumb is to not go over one mg. of sodium per calorie eaten. So for an 800-calorie meal, not more than 800 mg. of sodium should be consumed. When using salt while cooking food, it will not be possible to follow these guidelines.

So a suggestion I have for those concerned about sodium intake and trying to stick with these healthy guidelines, is to *not salt the soups at all while cooking*. Only add a little shake to your individual bowl before eating it. This is something Dr. John McDougall recommends for those worried about high blood pressure and dietary sodium who don't want to consume overly salty food. Use only a few shakes; do not pour it in and overdo it. Beans however need a little salt and flavor when being cooked or else they can be too bland and taste bad, so use a little here.

The nutritional information provided covers number of servings, calories per serving, total grams of fat, saturated fat, sodium, fiber, carbohydrates, sugars and protein. Remember that fiber and sugars are part of the carbohydrate quantities in the food. "Sugars" just means natural sugars and added sugars combined.

I am not including mono-unsaturated fat, poly-unsaturated fat, cholesterol or potassium content as most people do not require this information and it keeps the nutritional information listed more concise. All of my recipes are cholesterol free by default as only animal products contain cholesterol and not plants.

If you make any changes to the recipes from what I have listed here the nutritional information will not be accurate and if you are concerned about fat or sodium content you should recalculate the numbers by using one of the above websites.

## **Are There Metric Conversions In This Book?**

Yes I have provided metric conversions for the ingredient portions of the recipes.

All of the amounts of vegetable broth are approximately converted to metric from the original amount I used in 250 ml "cups". It's not always exact. Use slightly more or less broth as needed for the thickness desired for your soup.

Please excuse the ridiculous conversions to liters in some cases. Sometimes the amounts are in decimals and just round as you need to when measuring. I always use cups myself when counting out

how much liquid I need so that I remember when I write down the recipe.

The canned goods have been converted into approximate sizes of grams. Sometimes we have different sizes of goods in 14 oz., 14.5 oz. 15 oz. and 16 oz. cans. It depends on the brand and product. The size of canned goods listed in grams is an approximation as well and you may find it differs from 20-50 grams on your cans depending on the brand as well. Use the closest approximation for these recipes.

Some of the canned items are in single 15 oz./424 g or double 28 oz./794 g sizes. Use what you have or can find. You can always use two smaller cans to substitute the larger sizes I sometimes use. I like to buy the larger sizes of roasted and canned tomatoes because they are cheaper and some recipes need more than one small can.

Note for Australian residents: the term tablespoon (tbsp.) in this book means the equivalent of 15 ml and not the standard 20 ml in Australia.

This may not affect most of the recipes in this book, but a few of the baked goods at the back of the book in the bonus section will need this adjustment.

A teaspoon (tsp.) that I list in the book is the equivalent of 5 ml.

## **How Exact Are The Cooking Times?**

The cooking times in my recipes are approximate. When I say sauté onions for 5-6 minutes, you may be cooking for 5, 6, 7, 8, or 9 minutes depending on how wide your pot is, how hot your stove is, and whether it's electric or gas. Please cook the onions until they are almost soft and translucent looking. I made half of these recipes cooking on my gas stove at home, and the other half cooking on my mom's electric stove at her place, so I am giving estimates.

I know that things cook much faster when using my gas stove and it gets hotter as well, so you may need to cook longer or at a slightly higher temperature if using an electric stove.

Generally I just start cooking the onions and garlic in vegetable broth while I slice up the carrots and celery and other vegetables. When they start to get low on broth, I add more so they don't burn and stick.

When the next set of vegetables is added, I cook them approximately until tender, so use my guidelines as an estimate. Your time may be a little different depending on all the variables.

The end cooking time, like “cook for 20-30 minutes until desired tenderness” I always time and this is when all of the ingredients are at the desired tenderness. This will vary slightly depending on your stove type and pot size but please check on your soup at the lowest time (i.e. 20 min) to ensure nothing gets over cooked or sticks to the bottom of your pot.

## **Which Recipes Are Gluten-Free?**

Most of the recipes in this book are naturally gluten-free or can be gluten-free friendly. Wheat or gluten products are not essential for any of the soup recipes.

Substitute wheat noodles for rice pasta, omit barley (in Vegetable Bean Barley Soup) and use wheat-free tamari sauce instead of soy sauce in the few recipes that call for it. For the Spanish Gazpacho you can use gluten free bread, or just omit it altogether.

In the bonus section there are 3 recipes that use wheat for the main ingredients. For the Garlic Croutons you can substitute gluten free bread, but for the wheat bread and biscuits I do not have gluten free recipes for at this time.

## **Which Recipes Are Soy-Free?**

Most of the recipes in this book are soy-free as well. I personally don't like the taste of soy milk and have used almond milk or coconut milk exclusively in this recipe book and you can too. I noticed that quite often soy milk is higher in fat and calories than almond milk, so this is another reason I choose to use it.

Tofu is only an optional topping for a few of the Asian soups like Vietnamese Pho and it can be omitted.

There are only a few recipes that you won't be able to make if you are actually allergic to soy that I used soy sauce and/or miso paste as the base for the broth.

They are: Chinese Asian Noodle Soup and Japanese Miso Soup. You could use the broth for Vietnamese Pho (and omit the soy sauce)

and use it for the Chinese Asian Noodle Soup. Miso soup needs miso in it, so it kind of defeats the purpose of making it without miso! Oh well.

Vietnamese Pho noodle soup can be made without tofu, and the soy sauce can be omitted and you can use salt in its place. In Gourmet Cream of Mushroom Soup you can also omit the soy sauce and just substitute salt instead.

## **Do You Peel Your Vegetables In Your Recipes?**

Yes I do. I peel my carrots, potatoes, yams, beets and turnips. I recommend that you do too, especially if they are not organic. I find it looks nicer in the soup if you do, but it's up to you. Every time I list carrots or potatoes in a recipe, I do mean peeled carrots and potatoes.

## **Who Took The Pictures In This Book?**

I took all the pictures myself. I tried to mix it up a bit and not have them all look the same and the photos were taken in two locations, half at my apartment and the other half at my mom's house over the Christmas holidays.

Some of the photos are better than others depending on what time of day I took them at. Sometimes my recipes weren't done until the sun went down so those photos don't look as nice as the ones I made in the afternoon with full sunshine.

Also all of the blended soups were blended in my Vitamix, so you can see what a good job a high power blender does for pureeing vegetable fibers. If you have a cheaper blender you won't get the same consistency as I did, so your soup may look a little bit different.

I hope you like the photos. I did my best!

# Chapter 2: How To Make Vegan Soup From Scratch

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**“GOOD SOUP IS ONE OF THE PRIME INGREDIENTS OF GOOD LIVING. FOR SOUP CAN DO MORE TO LIFT THE SPIRITS AND STIMULATE THE APPETITE THAN ANY OTHER ONE DISH.”**

**-LOUIS P. DE GOUY, ‘THE SOUP BOOK’ (1949)**

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Making your own healthy vegan soup from scratch is really quite easy once you have an idea of what to do. The hard work is only peeling and chopping your veggies. Basically use what you have and always start cooking the onions and the hardest vegetables first. Peel and chop things like onions, potatoes, carrots, beets and celery first and they can start cooking in a pot with some vegetable broth while you finish peeling/washing and slicing the other veggies in your soup.

It also helps to have some fresh herbs on hand. My top picks would be thyme, dill, basil, cilantro or parsley. These can easily be used up in soup recipes if you have any stray or wilting bits left, so don't throw them away.

And as with making almost any homemade soup, I always throw in a few bay leaves. They really add a lot of flavor and are great for seasoning soup, vegetable stock or dried beans.

## Basic Ingredients For Making Your Own Homemade Vegan Soup

- Low sodium vegetable broth either homemade or store bought (water and salt is not a good enough substitute for this, low salt bouillon and water will do in a pinch in small quantities only)
- Any vegetables such as onions, leeks, carrots, celery, mushrooms, potatoes, yams/sweet potatoes, golden beets, turnips, broccoli, cabbage, spinach, kale, Swiss chard, peas, corn, etc.
- Beans or grains (if desired) white beans, lentils, chickpeas, pinto beans, black beans, barley, rice, pasta, etc. (make sure beans are pre cooked or canned before adding to soup)
- Fresh/dried herbs like thyme, bay leaf, dill, basil, rosemary, cilantro, parsley, Italian herb seasonings, or Herbs De Provence etc.
- Base flavor enhancers like canned tomatoes, tomato paste, coconut milk or almond milk (depending whether you want a tomato-ey or creamy soup) \*This is optional
- Seasonings like Herbamare, salt, kelp, dulse, salt-free seasonings, pepper, lemon juice, lime juice, sweetener (to balance acidity from tomatoes or lemon if desired) cumin, chili pepper, cayenne, smoked paprika, etc.

Let's say you don't have a recipe, but you have some leftover veggies and some spices in your cupboard and you want to make soup. If you add some things from each category (especially ones that you personally like) and can season to taste and balance out blandness by kicking it up with some lemon, salt, tomatoes or coconut milk and a little sweetener (if desired) you will have a great soup on your hands.

Also a trick I have for bringing some natural sweetness into tomato-based vegetable soups is to add golden beets to it. Golden beets can be found at your health food store, and some grocery stores or farmers markets. They are becoming more popular nowadays. They look almost like small yellowish turnips, but they are beets. (For one thing they don't turn your hands red and make a mess.) They contain natural sugars that leak out into the vegetable broth, so it balances out the harsh acidity of tomato based vegetable soups and goes really well with beans or barley as well. Just make sure you

cut the pieces into little cubes, and start cooking them right away with the onions in broth. They take the longest to cook, so you don't want them to be crunchy while the rest of your vegetables are soft.

For creamy soups, add some sweetener of choice if desired, but always start with only a little and keep taste testing and stirring until you get it just right.

## **Additional Pointers For Cooking Homemade Soup**

- If you want a fast soup, cut all your veggies (especially potatoes and beets) into smaller cubes so they cook faster. Always add these first to the pot along with onions, carrots and celery.
- Fresh hard herbs like thyme or rosemary need to go in at the beginning of the soup. Make sure you don't use the stems and chop the leaves so you can chew them easily. Dried or tender herbs like basil, cilantro or parsley can go in near the end of cooking to retain their flavor.
- Quick cooking veggies like greens, broccoli, asparagus or cauliflower should be added 3-5 minutes before your soup is done so they don't fall apart and go mushy.
- Canned corn is very forgiving and can go in at the beginning or half way through cooking and will hold its firmness.
- Canned beans should go in the last 10-15 minutes or so of cooking as they are fairly soft already and you don't want them to be mushy and overcooked. Fresh cooked beans can go in in the middle if they are a little firmer, or at the end if they are soft already.
- Always salt, pepper and sweeten (if desired) your soup at the end. Don't just keep adding salt, pepper or sugar every time you stir it while it's cooking. When some of the water dissipates you can be left with an over salted, sweetened or over spiced soup. Always reserve taste testing for the end when everything's cooked and you can doctor up the flavor from there. Start with a little salt, pepper, spice, or sweetener and keep tasting and adding until you get it right to your liking.

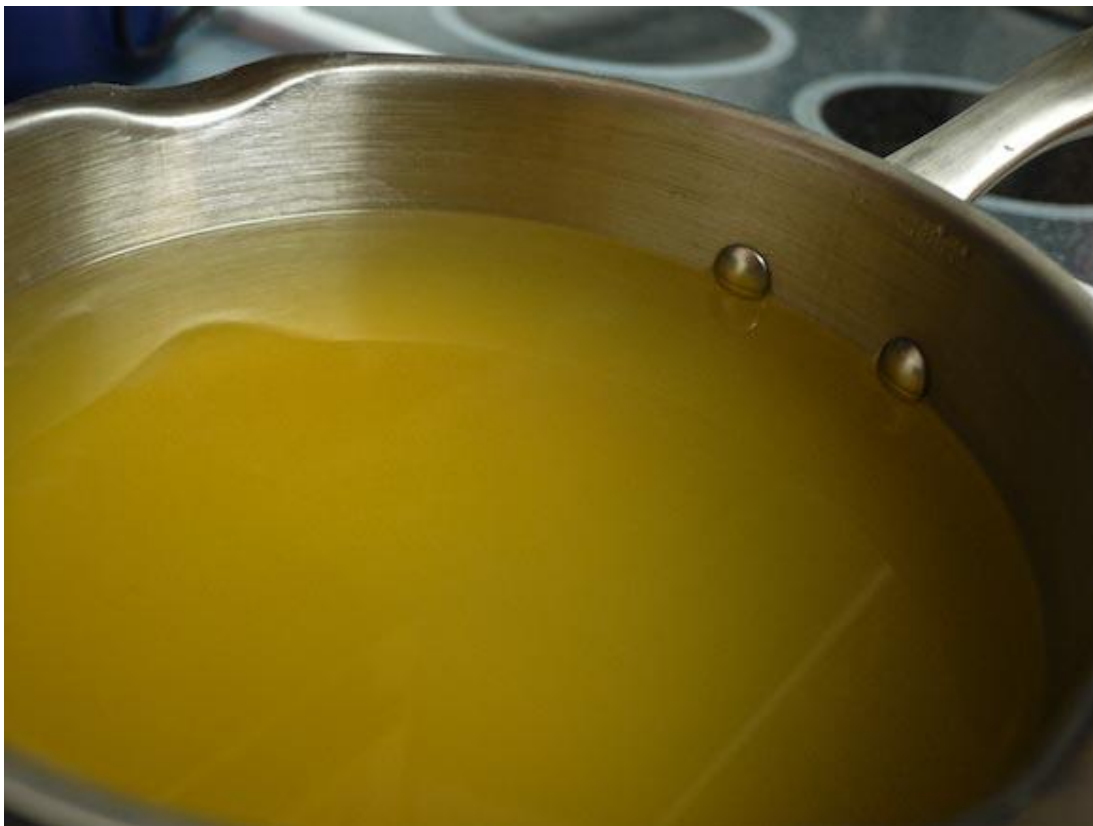


- Always use low sodium, sodium-free and sugar-free canned foods so you can control the salt and sugar content of the soup. Read all of the labels!
- If you want to use pasta in your soups I really prefer cooking most pastas separately and then putting it into serving bowls and pouring the soup over them. This makes your soup nice and clear and pretty and reduces the risk of over cooking the noodles. If you do cook the pasta in the soup, it's going to use up some of the water and make it murky with the starch it contains. If you want to add it, check the cooking time of your pasta and add it part way through cooking the soup when the vegetables are starting to be almost soft enough.
- If you make a mistake and potentially "ruin" your soup by putting too much of something in it (like salt, sugar, or spices) or make it too thick, add more vegetable broth or some almond milk (if it's a creamy blended soup) to thin it out. Taste test and adjust seasonings your seasonings as well.

# How To Make Your Own Vegetable Broth For Soup or Cooking With

## Easy Vegetable Broth Recipe

Homemade vegetable broth is VERY different in flavor than packaged vegetable broth. My broth is light, fragrant and has a mild sweetness to it from the carrots and thyme. Given the choice I would choose homemade broth over store bought every time. This is a very light and inexpensive-to-make vegetable stock for the casual soup maker.



Yields about 9 cups/2.25 qts/~2.12 L of broth

### **Ingredients:**

8 cups/2 quarts/~1.9 L of filtered water

2 large onions, diced

4 large carrots, peeled and sliced

3 large stalks of celery and leaves, sliced

Mushroom stems and ends \*optional

1/2 bunch of parsley

A few sprigs of fresh herbs like thyme

2 bay leaves

1/4 tsp. whole peppercorns

Dash of salt \*optional

### **Pressure Cooker Method:**

1. Place the vegetables, water and seasonings into a pressure cooker. Fill with water and bring to high pressure over high heat. When a continuous stream of steam is escaping turn it down to medium or medium high heat and cook for 5 minutes until vegetables are very tender. Use the quick release method (putting in the sink and pouring water over the lid until it releases and unlocks) and let it cool until you can open the lid.
2. Strain the vegetables from broth in a large mesh strainer and use a ladle, nested measuring cup or bowl to press out the excess liquid from vegetables through the strainer to yield the most broth.

### **Stovetop Method:**

1. Place vegetables, water and seasonings into a large pot and bring to a boil. When it's boiling, turn it down to low and simmer for an hour. Don't let your vegetables overcook and completely fall apart, check on them after 45 minutes or so. Stop cooking when they are very tender.
2. Strain vegetables from broth in a large mesh strainer and use a ladle, nested measuring cup or bowl to press out the excess liquid from vegetables through the strainer.

### **Additional Tips:**

Use the broth right away or let it cool and store in a sealed container(s) in the fridge for up to 3 days. You can freeze any extra

you won't use in that time. Use in recipes or for daily sautéing for onions and garlic.

For the pressure cooker, I chop the vegetables a little smaller. For the stovetop you can cut them into bigger chunks and keep the garlic whole, as they will cook longer.

This recipe is really flexible, if I need more for a soup recipe I'll just add a little more water and dilute it. When I'm making it, I will use what vegetables I have but the main important ones are onions, carrots and herbs. The point is you want the water to taste like vegetables and not like plain water and homemade broth gives the best flavor for soup.

You can also use any other vegetable tops or skins if you like, but leave out things like greens, as they can be too bitter. I suggest that the vegetable peels be organic if you do use them. You can also add leeks, green/spring onions, other root vegetables, already cooked beans etc. to add more depth to the flavor.

Things you do not want to add to vegetable broth are cruciferous vegetables as they contain sulfur and can make the broth bitter and smell unpleasant. No kale, collards, cabbage, broccoli, cauliflower, Brussels sprouts or leafy greens aside from fresh herbs. Please do not add raw beans, grains or pasta to your vegetable broth either.

I know some people say to just use vegetable scraps and trimming to make vegetable broth, but I've tried it and been very disappointed. Leftover potato, onion and carrot peels are not enough flavor to make a broth recipe for to use as soup stock. It may be ok for daily sautéing and cooking but not when you need quarts or litres at a time. I don't find potato skins add any benefit to vegetable broth flavor-wise so I leave them out. I once tried a broth recipe with mostly potato skins and some onion and carrot peels and it was awful!

Lots of carrots, onions and fresh thyme are key to making the best vegetable broth for soup.

## Larger Soup Stock Recipe

Since I make so much soup myself, I often make an even larger batch of soup and almost fill up my pressure cooker. It is so much more affordable than using two or three 1 qt. containers of organic vegetable broth in a big soup recipe. I save any left overs for sautéing onions in other recipes later in the week. It's handy to have quart jars for saving the leftovers as well.



Yields 14 cups of broth

### **Ingredients:**

12-13 cups/3 quarts/2.9 L of filtered water

2 large onions, diced

8 large carrots, sliced

10 stalks of celery, sliced

Any other vegetable leftovers like the tops of leeks or ends of mushrooms

3 bay leaves

3 sprigs of fresh thyme

½ bunch of parsley, chopped \*optional

1/4 tsp whole peppercorns

Pinch of salt \*optional

### **Pressure Cooker Method:**

1. Place the vegetables, water and seasonings into a pressure cooker. Fill with water and bring to high pressure over high heat. When a continuous stream of steam is escaping turn it down to medium or medium high heat and cook for 5 minutes until vegetables are very tender. Use the quick release method (putting in the sink and pouring water over the lid until it releases and unlocks) and let it cool until you can open the lid.
2. Strain the vegetables from broth in a large mesh strainer and use a ladle, nested measuring cup or bowl to press out the excess liquid from vegetables through the strainer to yield the most broth.

### **Stovetop Method:**

1. Place vegetables, water and seasonings into a large pot and bring to a boil. When it's boiling, turn it down to low and simmer for an hour. Don't let your vegetables overcook and completely fall apart, check on them after 45 minutes or so. Stop cooking when they are very tender.
2. Strain vegetables from broth in a large mesh strainer and use a ladle, nested measuring cup or bowl to press out the excess liquid from vegetables through the strainer.

# Recommended Tools For Making The Best Soup

## Pressure Cooker

A pressure cooker is an invaluable tool for making healthy homemade vegan stock, soup, beans, grains and potatoes. It saves me so much time and hassle when I cook.

I have used both the stovetop [Presto 6 Quart Pressure Cooker](#) over my gas stove and the [Nesco 6 Quart Digital Pressure Cooker](#) you plug in and set like a rice cooker.

I also tried using a stovetop pressure cooker on an electric stove at my mom's place, and it was so fickle and difficult to control the heat, unlike a gas stove, that I actually gave up.

My first choice is the electric [Nesco 6 Quart Digital Pressure Cooker](#) because it is easy to use, very safe, and no hassle. You can set it and forget it (as long as you set the valve on the lid to pressurize) and you can walk away from the kitchen and not worry about it. It beeps when it's done and you can manually release the pressure or let it depressurize on it's own. I bought this while staying at my mom's over the holidays and she was so impressed she's using it regularly too now. It is great for those new to cooking and unsure how pressure cookers work on the stove.

My second choice is a high quality pressure cooker like the [Presto 6 Quart Pressure Cooker](#) over a gas stove. It is a little trickier with getting the timing and heat correct, but it is still safe. It also comes with an excellent manual for cooking times with charts for general guidelines. You will have to practice a few times with water levels and cooking times if using for whole meals, as gas stoves tend to be hotter and cook faster.

I would not recommend a pressure cooker over an electric stove unless you are skilled in using one and know how to move the pressure cooker from one high heat element to a medium heat element once it's at pressure and are sure on your cooking times. It takes much longer to heat and come up to pressure as well unlike a gas stove. I am not certain how much time you save if you only use it for 5 minute cooking time recipes like vegetable broth. Use at your discretion.



## **What Else Can You Use A Pressure Cooker For?**

Cooking all kinds of stuff! How about easy mashed potatoes, dried beans, potato salad, yams, sweet potatoes, stews, cooking whole grains, etc. The electric pressure cookers are a LIFESAVER at Thanksgiving, Christmas and Easter when you have a ton of pots on the stove and not a lot of space. You can easily and quickly cook your potatoes or yams in an electric pressure cooker and not take up any stove space. It's also good for people who don't have a stove and want to make one-pot meals. If that is the case, I would recommend getting an electric rice cooker too.

## **What About Using A Slow Cooker Or “Crock Pot” For Soup?**

I like the slow cooker as well. I just find that I don't use it as often as the pressure cooker as I have to prepare everything the night before or early in the morning if I want the meal ready by dinnertime. It's a great tool if you use it. Some of my recipes have slow cooker directions as well as stovetop, but not everyone has a slow cooker so my recipes are not always made in one for this book. Slow cookers are great for making stews and slow cooking beans or grains if you don't want to have to watch the stove and are eating later in the day.

## **Blenders/Food Processors**

For some of the recipes in this book you're going to need a good blender or food processor. Use one that is big enough that you can put at least 3 cups of soup into and blend in batches. I use a Vitamix, but this is because it's essential for making my raw food recipes as well and we invested in it a while ago. If you have a good blender or food processor that you can count on not getting bogged down, just use that. Blendtec is another great choice and you can get them [here](#).

## **Is There A “Cheaper” Heavy Duty Blender Available?**

If you're looking for something a bit more heavy duty than a regular blender, but cheaper than a Vitamix, we recommend the [Omni Power Blender](#) as it comes in at \$250 plus shipping. (This is half of the price of a new model Vitamix)

## **Vegetable Slicers/Choppers**

The [Progressive International Fruit and Vegetable Chopper](#) is a great time saving tool that I would not want to live without. My husband and I have been using it ever since we started making Savory Veggie Stews by Roger Haeske and I regularly use it in my raw and cooked vegan recipes to get an even sized dice. It's great if your knife skills are lacking or you don't have a sharp knife too. I use this for evenly dicing veggies for soup, stews, home fries, hash browns, fresh salsas and more.

## **Garlic/Ginger Mini Chopper**

Peeling and chopping garlic can seem like the bane of your existence every day if you can't do it quickly and efficiently. For those who use garlic constantly I would recommend buying fresh peeled garlic from the grocery store in a container. For occasional users, you can smash an individual garlic clove with the flat side of your knife and then peel it. I use the [Oxo Good Grips Mini Chopper](#) every day for mincing garlic and ginger. Nothing does it faster, and I hate hand-mincing garlic. Alternatively you can use a garlic press if you like. I don't use jars of pre-minced garlic myself, only fresh.

## **A Good Knife**

If you don't have a good knife, you don't know what you're missing. For the casual home cook it may not seem like a big deal, but having a decent knife that is sharp (or that you can sharpen) is really important. Why? Well first of all, safety. If you have a sharp knife, the knife is going to do the cutting for you, you won't be leaning in and bearing down on the knife to cut through things and have the opportunity to slip on that tomato or onion and cut your fingers.

Some people think it is more dangerous to use very sharp knives, but it is just the opposite. A dull knife is the most dangerous as you have to use more force to use it and accidents can happen.

The dangers of using a sharp knife can be avoided with some common sense. Keep them away from children, don't let them lean precariously over the counter edge so they can drop on the floor and cut you, and keep your fingers tucked in and not splayed out when you are chopping vegetables. Keep your first finger knuckles vertical and use them as a guide for your knife strokes. And of

course always look while you are chopping and don't go too fast or get distracted and protect your fingers.

I used to use regular \$40-a-set knives for chopping, but they are so darn heavy and dull really easily. I was getting some pain in my wrist from the frequent chopping and weight of the knife. So we bit the bullet and got a really good Japanese evenly balanced lightweight knife from Global. They make a knife with a high-tech molybdenum/vanadium stainless steel blade, it has a razor sharp edge and a lifetime warranty. I would recommend the [8" Cook's Knife](#), the [5" Cook's Knife](#) (for smaller hands) or the [5 1/4" Santoku Knife](#) for those who like to rock with their slicing motions. If you pick up one of these amazing knives, you'll want to get the [Minosharp Ceramic Wheel Water Sharpener Plus](#) as well to keep them factory sharp before you use them every time. This sharper is great as you can use on all of your knives (except serrated ones). There is a cheaper sharpener, but it is for Global Knives only.

## **An Alternative to Expensive Knives**

If you want an easy to use light weight (inexpensive) knife set, might I suggest the [Kai Pure Komachi set](#). It's only \$59.95 for an 8-piece set. I have a few of these knives to supplement my collection because they are inexpensive and very nice to hold and use. They have a high carbon steel blade and a non-stick coating.

If you don't want a set I would recommend getting at least the 8" [Chef's Knife](#) or the [Santoku Knife](#) and the [Paring Knife](#). They're only \$9.95 each and a really good deal.

The best knife for you is first one that you feel comfortable using, and second that is light enough and evenly balanced that you don't cause yourself wrist pain after chopping for an hour or two if necessary.

## **Cutting Hard Vegetables Like Squash**

Please remember that if you are going to be cutting very hard raw vegetables like butternut squash, Potimarron or Thai pumpkins you want to use a heavier knife and not a very thin knife as it will probably break or can slip and hurt you. You'll want to pick up another knife for that if you don't have something strong enough at home already. The [Ginsu Chikara Cleaver](#) is fairly priced at \$26.

## Cutting Boards

I used to only use the cheap plastic cutting mats before I invested in some cutting boards. I just found they were sliding all over the place and really messy when cutting juicy fruit like watermelon and pineapple. Now I have a basic color-coded thicker plastic set, and 1 large high-end cutting board I use in food demos. I like the plastic cutting boards because I can designate one for cutting onions and garlic on (I like the yellow one) and then use the other ones for cutting vegetables and fruit and then you don't get onion or garlic transfer from your cutting board to your fruits. The [Epicurean](#) one is nice because of the large surface area and it has a little juice trap that prevents really big messes when cutting juicy produce.

The most important recommendation I can give you is to NEVER use a glass cutting board, especially if you have nice expensive knives. It will totally crush and flatten the edge and ruin your knives. Use anything else you like, plastic, wood, etc. just keep ones for onions and meats away from ones for fruits and veggies and make sure to wash them well between uses.

## Onion Goggles

If you're like me and you wear contact lenses mostly when you cook, you will be mostly protected by the strong oils from cutting onions. But when I cook with only my reading glasses on, it can be very hard to get through a whole onion without being blinded by tears.

I know it may seem silly to have a pair of goggles just for cutting onions, but it really depends on how many onions you cut and if your eyes can make it through a whole onion. I use a pair of [these](#) when I don't have my contacts in, or when I've been cutting onions for a while and my contacts start stinging. It's totally worth the \$20 to get your daily onion chopping over with efficiently with no time wasted on burning eyes.

## Another Trick To Prevent Eye Watering When Cutting Onions

If you don't want to get onion goggles, but you are sensitive to onion oils, you have two options. Put your onions in the fridge and only take them out when ready to cut. The cold will keep the irritating oils more solid and you can get through dicing 1-1 ½ onions no problem.

The second option is to use only sweet onions (like Vidalia or Walla Walla) in all of your recipes because they are much much milder and won't cause your eyes to tear up in burning pain like yellow onions. I can generally get through cutting a whole sweet onion with no problem. (You can also put these in the fridge too.) A second one may be pushing it though! They look similar to yellow onions but they are flattened on the top and bottom and are lighter colored inside.

## **A Large Pot**

For all of the recipes in this book, I recommend using a large pot. Use a pot that can hold at least 4-6 quarts or litres and won't be overflowing when it boils. Wider pots are better than the tall skinny pasta pots as they will take less time to cook and will boil water faster. There is a huge difference in a large wide mouthed pot and a tall small-mouthed pot in cooking times.

An 8 qt. pot is even better if you want to make double batches or you make a lot of one pot meal. The [Ecolution Elements 8 qt Stock Pot](#) at comes with a see-through glass lid at \$28 and is very handy.

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**“A FIRST-RATE SOUP IS  
MORE CREATIVE THAN A  
SECOND-RATE PAINTING.”**

**ABRAHAM MASLOW**

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# How To Cook Dried Beans For Soup Recipes

In the following recipes in this book I cooked all of my own beans to get the best taste and because it's less expensive. You are more than welcome to start out using canned beans in these recipes for now, and can venture into cooking your own dried beans at a later time.

For those that want to cook your own beans, it's probably because you've gotten hooked on how amazingly delicious (and cheap) it is to make your own.

I recommend making a big batch if you are going to go to the trouble of cooking beans. You can save any leftovers in containers or bags and freeze them for later, or you can just make a double batch of your recipe to use them all up and have meals for the week. The best tip I have for flavorful beans (especially chickpeas and white beans) is to use a bay leaf and some seaweed like kombu. When you're not using salt, (or a lot) beans can taste very bland and these seasonings will greatly enhance your beans over the canned versions.

**Step #1:** Pick through your dried beans and remove any bits of rocks, broken shells, gross looking beans, random other beans etc.

**Step #2:** Rinse your beans and place into a large bowl or container. Add 3 cups of water for every 1 cup of beans that you are making. Let the beans soak overnight, or first thing in the morning so you can make them for dinner. Note for black "turtle" beans I find 8 hours is way too long to soak them and prefer only 4 hours so they don't fall apart when cooking. Small white beans would be the same as well. I find chickpeas are fine if they are soaked 4-8 hours, but when I soak them overnight they get overcooked really easily and are disappointing. Anything large like kidney beans should be soaked for 8 hours. Try not to soak your beans more than 8 hours if leaving them overnight. If you do, it'd be better to cook them over the stove as there is less risk of overcooking when you use a pressure cooker.

**Step #3:** Drain and rinse the beans again in a colander. If using a pressure cooker, use enough water to just cover the beans and add bay leaves/kombu/a little salt or baking soda if desired and cook for the recommended time on a pressure cooker timing chart. For black beans it's 2-3 minutes maximum at high pressure and chickpeas around 5-7 minutes at high pressure. (Less if you soaked them 8+ hours) [Ultimate Pressure Cooking Chart](#) is a good starting point of

reference, but I find their times to be a little high for my gas stove pressure cooker. Always start with a lower time the first time.

When pressure cooking, keep it on high heat until it reaches full pressure (a steady stream of steam coming out), then reduce it to medium-medium high heat (depending how hot your stove is) and cook for the time indicated in your manual or the pressure cooking chart. I like to play it safe as cook a at least a minute or two less than the charts. Turn off the heat as soon as the timer goes off. Check the beans and see if they are cooked enough.

\*I do not use oil when cooking my beans with a pressure cooker myself. Most companies recommend that you do so that you don't get bean foam clogging up the pressure release valve and make a mess.

To alleviate this problem, I use the "Quick Release Method" by turning off the heat once the timer goes off and then move the pressure cooker into the sink and run cold water on top of the lid until it cools down and the pressurized release opens. This way I do not get any bean foam coming out or making a mess. (This works for stovetop pressure cookers.)

For the electric pressure cookers it can be a little trickier. You can unplug it and place it in the sink and run cold water on it, or you can put a towel over the top and let out the pressure that way, but there will be bean juice and foam coming out of it and soak your towel.

For most things I let the pressure come down naturally, but especially when cooking black beans you need to do the quick release method or else they will be mushy and overcooked. They are very finicky and can only be pressured cooked 1-3 minutes maximum depending on how long they were soaked.

**For cooking the beans on the stovetop** add 3 cups of water for each 1 cup of beans and bay leaves and/or a kombu seaweed strip. Do not add salt or baking soda, as it will take a longer to cook the beans if you do. Only salt and season them after they are at least half done. Bring to a boil and then simmer over medium-medium low heat for 1-2.5 hours until they give to pressure. (it depends on size, small beans cook faster) Make sure they are not crunchy inside or become too soft and mushy like refried beans. Since each bean has a different size, the cooking times will vary.

Baking soda helps keep the skins on beans while pressure-cooking and black beans from losing their color. This is optional for the stovetop.



## Quick Soak Method For Beans

If you forget to soak your beans the night before or in the morning and you want to make a recipe you can do the "Quick Soak Method".

Place your dried beans into a pot and fill with water 3 inches above the beans. Bring to a full boil and then turn off the heat and remove from the stove. Cover and let the beans soak in this hot water for 1 hour. Drain and then cook as above, and your beans should be similar to beans soaked for 8 hours.

## Bean Safety

Red and white kidney beans (like cannellini), contain a toxin called [lectin phytohaemagglutinin](#) and must be boiled for 10 minutes before being reduced to medium low and simmering to destroy it. Never eat undercooked red or kidney beans for your own safety. If using a slow cooker, make sure it heats above 176 F/80 C to destroy these toxins. Once they are cooked at high heat they are safe to eat and won't cause any problems.

From [Wikipedia](#): "Poisoning can be induced from as few as five raw beans, and symptoms occur within three hours, beginning with nausea, then vomiting, which can be severe and sustained (profuse), followed by diarrhea. Recovery occurs within four or five hours of onset, usually without the need for any medical intervention."

The side effects of eating undercooked red and kidney beans are not serious, but I just want to keep you healthy and safe. Getting food poisoning isn't fun.

## Additional Tips

Once your beans are cooked, you can drain them and use them in a recipe, or you can save them in their cooking water and freeze in smaller portions.

Bean cooking liquid is great served over rice or potatoes (if it's a little seasoned) so don't just throw it away.

For the best taste in your beans I always recommend using 2 bay leaves, kombu seaweed (if you can find it) and seasoning with a

little salt or kelp part way through. If you don't season the beans at all they will be very bland and probably taste pasty like dirt! So I don't recommend this.

Kombu is available at Asian markets and health food stores beside the Nori seaweed. You probably won't find this at a regular grocery store though.

# Chapter 3: Chunky Vegetable Soups

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**“THERE IS NOTHING LIKE  
SOUP. IT IS BY NATURE  
ECCENTRIC: NO TWO ARE  
EVER ALIKE, UNLESS OF  
COURSE YOU GET YOUR SOUP  
IN A CAN.”**

**- LAURIE COLWIN “HOME  
COOKING” (1988)**

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These are the hearty, filling soup recipes that will make you a soup lover for life and swear that being vegan never tasted so good! Whip up a big batch of these soups and you will have lunch for a week, or you can save leftovers in the freezer for quick meals later on.

## **“Clean Out The Refrigerator” Vegetable Soup**

This soup is very light and delicious. The recipe is also very versatile that you can literally use dozens of different combinations of fresh vegetables to suit the season.



Serves 6

### **Ingredients:**

8-cups/2 qts./1.9 L vegetable broth, (homemade or low sodium)

1 large onion, diced

4-6 cloves of garlic, minced

1-2 bay leaves

1 tbsp. fresh thyme, or 1 tsp. dried (or favorite herbs, like dill or basil)

2 carrots, sliced

2 stalks of celery, sliced

1 medium golden beet or turnip, diced small (smaller is better)

1-2 cups mushrooms, sliced

6-8 asparagus spears, ends trimmed and cut into thirds

2 cups broccoli or broccolini florets

2 cups green cabbage, or other greens, sliced

1 handful of parsley, chopped

½-1 lemon, juiced

¼-½ tsp. Herbamare or salt to taste

Fresh pepper to taste

## **Directions:**

1. Add 1 cup of vegetable broth to a large soup pot and turn it onto medium heat. Add the bay leaves, thyme, onions and beets and sauté for 5-6 minutes. Add more broth if necessary until the beets are almost covered. (While this is cooking you can continue peeling/slicing your other veggies.)
2. Add the mushrooms, garlic, carrots, celery, cabbage and the rest of one carton of vegetable broth (or two few cups). Stir and let it keep cooking over medium-medium high heat for about 10-15 minutes. Add more vegetable broth if needed. You want your vegetables to be almost done before adding the broccoli and asparagus. Check on the beets. If they are still too hard, keep cooking until they are almost done.
3. Add the remaining vegetable broth and bring it up to a boil. When it boils, turn it back down to medium-medium high and add the asparagus, broccoli and parsley (and any tender greens like spinach if using instead of cabbage). Cook for 2-4 minutes (depending on the size you cut them) and test the broccoli and asparagus for doneness. You don't want them too

wilted or mushy. When done, immediately remove the soup from heat.

4. Add lemon juice, salt and pepper and season to taste. Adjust seasonings if desired.

5. Serve!

### **Additional Tips:**

You can easily change out any of the vegetables in this recipe for ones you already have or like best. This is one soup recipe that most vegetables will go well with so you don't have to make it exactly like I did.

This is a very low calorie soup, so it's great for a light meal or a starter soup as well.

**Nutritional Information:** 6 servings **Amount Per Serving:** 81 calories, Total Fat 0.5 g, Sat. Fat 0.1 g, Sodium 363 mg, Carbs 17 g, Fiber 5.7 g, Sugars 5.3 g, Protein 3.8 g

## Creamy Potato Corn Chowder

I designed this recipe as a healthier vegan alternative for one of my mom's friends and she absolutely loves this soup and craves it regularly. Actually everyone who's eaten this soup craves it regularly!



Serves 6

### Ingredients:

- 5 cups/1.25 qts./1.18 L vegetable broth (homemade or low sodium)
- 2 15-oz./432 g cans of sweet corn, drained (no salt added)
- 3 large waxy potatoes peeled and diced in cubes (about 4 cups)
- 1 large onion, diced
- 6 cloves of garlic, minced
- 1 long thin carrot, sliced
- 1 stalk of celery, diced



- 1 tbsp. parsley flakes
- 1 1/2 -2 tsp. chili powder
- 1 tsp. sugar or other sweetener
- 1 15-oz./443 ml can light coconut milk (light has less fat)
- 1 large lime, juiced
- 1 1/2 tsp. Herbamare or salt (less if using salted corn)
- 1/2 tsp. fresh ground black pepper or to taste

### **Directions:**

1. In a large pot, sauté the onions and garlic in 1 cup of vegetable broth over medium heat for 5-6 minutes.
2. Add the carrots and celery and sauté for another minute.
3. Add the diced potatoes, corn, parsley and remaining vegetable broth. Bring to a boil and cook until potatoes are tender, about 20 minutes.
4. Remove 4 cups of the soup and transfer to a Vitamix, blender or food processor, and blend on low speed just to roughly puree.
5. Pour blended mixture back into the pot and stir.
6. Reduce heat to low and stir in coconut milk and remaining seasonings. Heat through and taste test. Adjust seasonings if desired.
7. Serve.

### **Additional Tips:**

Make sure to dice the potatoes into small cubes so that they cook fast enough. If you don't, your soup will take much longer than 20 minutes to cook. Evenly dice the carrots and celery as well so that there are no giant pieces. This makes the soup easier to eat, as you won't have just one large vegetable on each spoonful.

**Nutrition Facts:** 6 Servings **Amount Per Serving:** Calories 252.0  
Total Fat 2.9 g Sat. Fat 0.1 g Sodium 766.8 mg Carbs. 55.1 g Fiber  
7.9 g Sugars 7.3 g Protein 7.5 g

## Chinese Vegetable Noodle Soup

This soup is inspired by the many Macrobiotic noodle houses we visited while in Hong Kong. Although miso paste is Japanese, this is a Chinese Macrobiotic style soup based on vegetables and has a nice arrangement when served. Miso is used as a quick way to get a flavorful broth along with dried mushrooms. Feel free to use another favorite vegetable broth for the base if you wish.



Serves 4

### Ingredients:

8-cups/2 qts./1.89 L of water

6-8 tsp. light miso paste, or salt to taste

1 tsp. light soy sauce

1 oz./28 g dried shiitake mushrooms or mixed dried mushrooms

1 large turnip, cut into 8 pieces

1 bunch of broccoli, cut into big florets  
2 carrots, sliced into 3 chunks and then lengthwise  
2 stalks of large Bok Choy or 2 baby Bok Choy, sliced  
8 oz./226 g package of (egg-free) lo mein noodles, or rice noodles  
Green/spring onion to garnish\* optional

## **Directions:**

1. Rinse and soak the dried mushrooms in warm water. If you have whole mushrooms you'll want to remove the stems when soaked and slice them. Alternately you can use pre sliced shiitake mushrooms.
2. Put water in a large pot and turn on to medium heat. When hot, add the miso paste and drained soaked mushrooms. Stir. Add the turnip pieces and bring to a boil. When it reaches a boil bring it back down to medium and cook until the turnip is al dente and can be pierced with a fork. Add soy sauce and season to taste.
3. In a separate pot, bring lightly salted water to a boil. When it's boiling add your noodles. Cook for time indicated on package until desired tenderness. Drain and rinse the noodles when ready. Then divide between serving bowls.
4. Place vegetables into a steamer basket in another pot and bring to a boil. Gently steam your vegetables until al dente or desired tenderness.
5. When broth and vegetables are ready, assemble the soup. Pour broth with mushrooms and turnip into the serving bowls over noodles. Add steamed vegetables as desired and arrange in a way that each vegetable is grouped together nicely. Garnish with green onion if desired.
6. Serve with chopsticks and a spoon.

## **Variations:**

You can add any vegetables you like to this soup. Generally you want to use a starch like turnip, sweet potato or squash, and at least one green vegetable. Choose 4 of your favorite vegetables to mix it up. The tender vegetables are steamed separately so they do not get overcooked and turn mushy as they take far less time to cook than the turnip or potatoes (if you use them).

Try using different styles of noodles as well. Always cook them separately from the broth to prevent any excess starch affecting the clarity or flavor of the broth.

Save any leftovers in containers. It's best to keep the noodles separate from the broth and vegetables and then you can assemble and heat again the next day.

**Nutrition Facts:** 4 Servings **Amount Per Serving:** Calories 107.4  
Total Fat 0.8 g Sat. Fat 0.2 g Sodium 181.0 mg Carbs. 22.5 g  
Dietary Fiber 6.8 g Sugars 3.8 g

## Easy Roasted Tomato Basil Soup

This soup is nothing like the Campbell's soup you've had before. It's bursting with savory flavors of fire roasted tomatoes and oven roasted garlic. It will soon become your new favorite tomato soup. I like to eat this a little bit chunky, but you can always puree it smooth if you prefer.



Serves 4

### **Ingredients:**

4 cups/1 qt./ .95 L vegetable broth

2 28 oz./793 g cans roasted diced or whole tomatoes (about 7 cups)

2 large sweet onions, diced

10 very large garlic cloves, peeled

1 cup fresh basil, chopped and packed

1 tbsp. fresh thyme  
2 tsp. red wine vinegar  
1 tsp. sugar or sweetener  
1 tsp. Herbamare or salt  
1/2 tsp. fresh ground pepper

### **Directions:**

1. Preheat oven to 350 F / 175 C. Place peeled garlic on a tray and roast for 28-33 minutes until brown. (If using small cloves check at 10 minutes) Remove when lightly browned and soft. Don't let them overcook or they will be hard inside.
2. In a large pot, sauté onions over medium heat for 15 minutes until very soft.
3. Add canned roasted tomatoes and stir.
4. Add basil, thyme and remaining vegetable broth and bring to a boil.
5. Reduce to a simmer and leave uncovered for 30 minutes.
6. Process the soup in a food processor or Vitamix and roughly blend the mixture. Do this in batches to control the desired chunkiness of your soup.
7. Return the chunky mixture to the pot and season to taste with Herbamare or salt and pepper.
8. Garnish with extra basil if desired and serve.

**Nutritional Information:** 4 Servings Amount Per Serving Calories 136.5 Total Fat 0.1 g Sat. Fat 0.0 g Sodium 482.4 mg Carbs. 10.0 g Fiber 4.9 g Sugars 15.5 g Protein 4.0 g



## French Onion Soup

This is lighter and healthier version of an old classic non-vegan soup.



Serves 6

### Ingredients:

8 cups/1 qt./ .95 L vegetable broth (or mushroom broth for the dark color)

2-lbs./0.9 kg of yellow onions, about 4 medium ones, sliced in long strips

6-8 cloves of garlic, minced

1 tbsp. maple syrup or liquid sweetener

2 bay leaves

2 sprigs of thyme

1 tsp. Herbamare or salt



Dash of fresh ground pepper

**Garnish:**

Toast or croutons (if desired)

Nutritional yeast\* optional

**Directions:**

1. In a large non-stick skillet, sauté the onions dry over medium heat for about 10-15 minutes. If you don't have a non-stick skillet, keep moving them so they don't burn and stick. If you need to, use a little vegetable broth to keep them moist. You want to get the onions to release their sugars and caramelize a bit and turn brown.
2. Add garlic, maple syrup and 1/2 tsp. Herbamare or salt and continue stirring and cooking for 20 minutes. You want the onions very soft.
3. In a large pot, add the broth, bay leaves, and thyme and bring to a boil. Reduce heat to a simmer and cook while onions are cooking. When onions are ready, add them to the pot and stir to combine.
4. Simmer the soup for another 20-30 minutes. Add remaining Herbamare or salt and taste test. Adjust seasonings if desired. Remove bay leaf and stems of thyme.
5. Serve with toasted bread or croutons and garnish.

**Additional Tips:**

You want to slice the onions into long thin strips so they will be like noodles. Slice off the top of the onion and slice it in half. Peel off the outer layer. Now slice it in thin long strings lengthwise. If you have onion goggles, it will help protect your eyes from the intense onion oils that cause irritation.

Note that this recipe will not yield dark brown broth because we are not using beef broth, or a toasted oil and flour roux that the standard recipe calls for. Alternately you can use a darker

mushroom-based vegetable if desired to yield a more brown colored broth.

If desired you can also use some vegan cheese and place on a slice of bread and broil for a minute in the oven until melted. Make sure you watch it carefully to ensure it doesn't burn. Garnish the soup with the bread.

I just toasted a slice of bread, cut it into a square and garnished it with nutritional yeast for my version.

**Nutritional Information** 6 Servings **Amount Per Serving**

(Without Bread) Calories 36.4 Total Fat 0.0 g Sat. Fat 0.0 g Sodium 414.3 mg Carbs. 8.0 g Fiber 1.7 g Sugars 4.7 g Protein 0.2 g

## Greek Fasolada (White Bean) Festival Soup

We first had this delicious traditional bean soup on the isle of Naxos while traveling in Greece. We were thrilled when we found out we could get this homemade soup at most Tavernas. It's almost the national dish of Greece! Serve it with some fresh bread and enjoy.



Serves 6

### Ingredients:

8-cups/2 qt./1.9 L vegetable stock (homemade or low sodium)

4 cloves of garlic, minced

1 large onion, diced

4 stalks of celery, diced

2 large carrots, diced

1 32 oz./907 g can of diced or crushed tomatoes

2 15 oz./425 g cans Great Northern/Cannellini beans or about 4 cups cooked

2 tbsp. fresh thyme or 2 1/2 tsp. dried thyme

2 large bay leaves

1 small lemon, juiced

1 handful of flat leaf parsley, chopped

1 tsp. Herbamare or salt

Dash of fresh ground pepper

### **Directions:**

1. In a large soup pot, sauté onions, garlic, bay leaves, carrots and celery in 2 cups vegetable broth over medium heat for about 10 minutes.
2. Add remaining stock, tomatoes, beans and thyme. Bring to a boil and reduce heat to medium low. Cook for about 35-40 minutes until beans and vegetables are tender. (You may need less time if your canned beans are very soft.)
3. Add lemon juice, Herbamare, pepper and stir. Taste test. Adjust seasonings if desired.
4. Garnish with fresh parsley and serve.

### **Additional Tips**

This soup is best made with homemade vegetable stock and dried beans, rather than canned. The real key to the simple Greek flavors in this soup is the fresh cooked beans, tomatoes, parsley and lemon. It's well worth the effort.

**Nutritional Information:** 6 Servings **Amount Per Serving:**  
Calories 234.4 Total Fat 0.7 g Sat. Fat 0.2 g Sodium 793.7 mg  
Carbs 47.6 g Fiber 14.1 g Sugars 12.9 g Protein 12.2 g

## The Best Indian Dal Soup

This is by far the best dal soup I have ever had in my life. I'm so thrilled to share this recipe with you. Most of the dals served in restaurants are extremely thin and spicy and leave much to be desired. This soup is milder, very aromatic and much more filling. My family (who are very skeptical of lentils) were immediately in love with it and couldn't get enough. I make double batches of this soup regularly. It goes that quickly!



Serves 8 side servings

### Ingredients:

8-cups/2 qt./1.9 L vegetable broth (homemade or low sodium)

1 large onion, minced

6 large cloves of garlic, minced

2 tbsp. fresh ginger, minced

2 cups dried red splits lentils, rinsed and picked over

2 1/2 tsp. roasted cumin powder (or regular)

2 1/2 tsp. roasted ground coriander (or regular)

3/4 tsp. turmeric powder

1/2 tsp. ground cardamom

3/4 tsp. ground cinnamon (cassia not ceylon)

1/4-1/2 tsp. cayenne pepper (as desired)

1/4-1/2 tsp. smoked paprika\* optional

5 tbsp. tomato paste

2 - 2 1/4 tsp. Herbamare or salt

1 cup/250 ml of water to thin \*optional

Fresh ground pepper to taste

Fresh cilantro to garnish

## **Directions:**

1. In a large soup pot, add 1 cup of vegetable broth, onions, garlic and ginger and cook over medium heat for 10 minutes. Alternately, you can sauté the onions, garlic and ginger dry in a large non-stick skillet and then pour this into the broth and heat when done. Browning them this way brings out more of the flavors.
2. Add the remaining broth, lentils, and spices except the Herbamare or salt. Stir and bring to a boil over medium-high heat.
3. Reduce heat to low, cover and simmer the soup for 20-25 minutes until the lentils are very tender and falling apart. They will change color now from red to tannish brown.
4. Stir in the tomato paste until well combined. You may need to use a whisk to break it up.
5. Cook for a few more minutes and check the consistency. If you like thicker dal, add the Herbamare or salt now and

pepper now. If you like it thinner, add another cup of water and then add the Herbamare or salt and pepper.

6. Taste test and adjust cayenne if desired if you like more heat. I like to add a little more cumin and smoked paprika to taste as well. The flavor should be complex and very savory from all of the spices.
7. Garnish with fresh chopped cilantro.
8. Serve with basmati rice or your favorite Indian curry.

### **Additional Tips:**

While this recipe may contain a few spices you've never used before, fear not it is worth the trouble of getting them and the few extra dollars spent. If you also get my Comfort Dinner Recipes eBook you will find more Indian recipes that use the same spices again that are in this soup.

Roasted spices are the best, but regular will suffice. There is quite a bit of difference in the taste as roasting cuts down the bitterness of the spices and brings out a richer more aromatic flavor.

I like to make a big batch or double batch of this if serving for a main meal. You can also freeze any leftover portions as well for later in the week.

If you want to save some money, buy cumin, coriander and cardamom whole, dry roast them separately on a non-stick pan for a few minutes until fragrant and then grind in a clean coffee or spice grinder. Store in separate containers and enjoy.

The only spices that I would say can be omitted for personal preference would be the cayenne (if you don't like spicy food) and the smoked paprika. This soup has been carefully tested and balanced with the exact quantities of the remaining spices. You also won't be able to taste the cinnamon in this recipe, but it is necessary so don't be apprehensive to try it.

If you go to an Indian market or a specialty spice store you will be able to find all of these seasonings. At your regular grocery store or Walmart (in the USA) the spice brand McCormick sells all of these seasonings including the roasted versions. If you cannot find cardamom you can get it from Amazon [here](#). Cardamom pods and

cumin seeds are also great when added to basmati rice while it cooks so you will use these spices again.

**Nutrition Facts:** 8 Servings **Amount Per Serving:** Calories 94.7  
Total Fat 0.3 g Sat. Fat 0.1 g Sodium 615.3 mg Carbs 18.0 g Fiber  
6.0 g Sugars 3.5 g Protein 5.4 g



## Just-Like Chicken Noodle Soup

With this method, you will swear you are eating chicken noodle soup, but it's all vegan! This is great for kids or those who want a healthier low fat version of that old favorite soup.



Serves 6

### Ingredients:

- 10-12 cups/3 qts./2.8 L vegetable broth
- 1 large sweet onion, diced (like Vidalia or Walla Walla)
- 6 cloves of garlic, minced
- 8 tbsp. nutritional yeast
- 4 small carrots, peeled and sliced semi thinly (1 1/2 cups)
- 2 stalks of celery, sliced semi thinly (1 cup)
- 1 1/2 cups mushrooms sliced and diced in cubes

2 bay leaves

1/2 lb. or about 200 grams of eggless or GF pasta (I used Goya brand Fidelini style)

1 tsp. dried thyme

2 tbsp. fresh parsley, chopped

1 green onion/spring onion, sliced

1 1/2 tsp. Herbamare

1/4 tsp. fresh ground pepper

### **Directions:**

1. In a large pot, sauté onions and garlic in 1 cup of broth over medium heat for 5-6 minutes.
2. Add nutritional yeast, bay leaves, another cup of broth and remaining vegetables and sauté for another 3 minutes.
3. Add remaining vegetable broth, and thyme and cook another 7-8 minutes. The vegetables should be starting to soften now.
4. Add package of noodles and cook another 10 minutes until pasta and vegetables are tender. (Time will vary depending on thickness of pasta.)
5. Taste test and add salt and pepper as desired. Add additional broth if desired to thin your soup. Add chopped parsley and green onions and stir.
6. Serve.

### **Additional Tips:**

If you would like to add chunks of tofu or marinated tofu to make up for the lack of chicken in this recipe, feel free to do so. I find that having little cubes of mushrooms works well and is great for those who don't enjoy the taste of tofu.

Goya brand Fidelini style is the eggless pasta I used. I was really impressed by how this turned out and tasted even better than

Lipton style chicken noodle soup. Use any small strand pasta you like or your favorite gluten free pasta.

If you are using a different kind of pasta for the first time and worried about the cooking time, you can cook it separately and strain it and place it in bowls. Cook the soup until your vegetables are at desired tenderness and then pour the soup over the bowls of noodles.

**Nutrition Facts:** 6 Servings **Amount Per Serving:** Calories 301.4  
Total Fat 1.3 g Saturated Fat 0.2 g Sodium 562.7 mg Total  
Carbohydrate 61.8 g Fiber 7.3 g Sugars 7.2 g Protein 12.1 g

## Japanese Miso Soup

This is an easy and flavorful miso soup that you can control the taste of quite easily by adjusting the miso or soy sauce to your liking. It's a great accompaniment to sushi or steamed edemame. Unfortunately, it is not possible to make this recipe soy free as it is based on miso and soy sauce.



Serves 6

### **Ingredients:**

7 cups/1.75 qts./1.65 L of water

5-6 tbsp. miso paste

1-2 tsp. light soy sauce

4 cloves of garlic, sliced thinly

1/2 - 1 package of tofu sliced in cubes

3 green onions, sliced

## **Directions:**

1. In a medium pot, add 1 cup of water and the garlic. Cook for 3-4 minutes. Add the remaining water, miso and soy sauce. Stir well to break up miso paste. Bring to low simmer for 5 minutes. Do not let it boil.
2. Add the tofu pieces and green onions and heat through for a minute or two.
3. Serve.

## **Additional Tips:**

For a more flavorful miso soup you can add some wakame seaweed. This is a tip from my Japanese friend, who is an expert in using seaweed for seasoning vegan dishes.

**Nutrition Facts:** 6 Servings **Amount Per Serving:** Calories 57  
Total Fat 3.4 g Sat. Fat 0.5 g Sodium 681.3 mg Carbs. 8.0 g Fiber  
1.6 g Sugars 1.1 g Protein 6.4 g

## Kale and White Bean Soup

I wanted to create a delicious and healthy tasting kale soup that was fairly simple. The bay leaves and fresh thyme are a perfect compliment to the mild flavor of white beans. This has become my go-to kale soup recipe. I hope it will become yours too!



Serves 6

### Ingredients:

12 cups/3 qts./~2.8 L vegetable broth (as desired)

1 large onion, diced

6 cloves of garlic, minced

2 carrots, chopped

2 celery stalks, chopped

2-2 1/2 tbsp. fresh thyme (or 2 tsp. dried)

2 bay leaves

2 15 oz./425 g cans white beans, low sodium (4 cups cooked)

1 small bunch of kale (about 9 cups chopped)

3/4 tsp-1 tsp. Herbamare or salt

1-2 tbsp. sugar or sweetener \*optional

1 1/2 tbsp. lemon juice (about 1/2 large lemon) \*optional

Fresh ground pepper to taste

### **Directions:**

1. In a large soup pot, add 1 cup of vegetable broth or water and cook the onions and garlic over medium heat for about 6 minutes. Add the carrots, celery, bay leaves and thyme and cook for another 5-10 minutes while you rinse and chop the kale. Add additional water or broth as needed to keep the vegetables covered.
2. Remove all of the stems from the kale and roughly chop. Add to the pot and add the remaining vegetable broth.
3. If using canned beans, drain and rinse them well. Add the beans and cook over medium heat for another 20 minutes until kale and vegetables are tender.
4. Season with Herbamare, pepper and lemon juice as desired.
5. Serve!

### **Additional Tips:**

Don't let this soup boil away and overcook the kale. Kale contains sulfur and can have this unpleasant taste when it's overcooked.

The fresh thyme makes a big difference in this recipe as it adds a nice flavor to the broth.

This soup tastes best when you add some sweetener to it because the kale can be quite strong and bitter. It really brings up the flavor of the soup if you add a tablespoon or two. I recommend it.

To save money, you can substitute 4 cups/1 qt/1 L of the broth for filtered water if desired and add a little more seasonings.

To make a more filling soup, you can add 1 cup of cooked brown rice or barley as well.

**Nutrition Facts:** 6 servings **Amount Per Serving:** 218.3 calories  
Total Fat: 1.5 g Sat. Fat 0.0g Sodium 430.2 mg Carbs 41.8 g Fiber  
12 g Sugars 9.7 g Protein 9.1 g



## Mexican Black Bean & Corn Soup

This is one of my family's top favorite soup recipes. I would eat this soup every week if I could. Using homemade dried beans and vegetable broth makes this soup even better. Make this soup soon!



Serves 8

### Ingredients:

5 cups/1.25 qts./1.2 L of vegetable broth (home made or low sodium)

1 large onion, diced

6 cloves of garlic, minced

3 stalks of celery, diced

2 carrots, diced

4 15 oz/425 g cans of black beans, low sodium (or 7 cups cooked)

1 15 oz./425 g can of whole sweet corn, drained (salt free, unsweetened)

1 14.5 oz./411 g can of fire roasted tomatoes, diced

1 tbsp. + 1 tsp. roasted cumin (or regular cumin)

1 to 1 1/2 tsp. chipotle chili powder

1/2 tsp. Herbamare or salt to taste

1/2 tsp. sugar or sweetener \*optional

1 small lime, juiced

Fresh ground pepper to taste

1/2 bunch of cilantro, chopped to garnish

## **Directions:**

1. In a large pot, sauté onion, celery, carrots and garlic in 1 cup of vegetable broth over medium heat for 6-7 minutes. Add chipotle chili powder, roasted cumin, and black pepper and cook for another minute or two. Stir in remaining vegetable broth, 4 cups (or 2.5 cans) of beans (and liquid), and sweet corn. Turn to high heat and bring to a boil.
2. Add remaining 3 cups (or 1.5 cans including liquid) of beans and diced tomatoes to a Vitamix or blender and process until smooth. Stir into soup when boiling, reduce heat to medium, and simmer for 15 minutes until beans and vegetables are at desired tenderness.
3. Taste test. Add salt to taste and lime juice. If your soup is a little too tangy or bitter, you can add a little sugar to balance the flavor if desired.
4. Serve in bowls and garnish with fresh chopped cilantro

## **Additional Tips:**

This soup tastes best when you make homemade black beans and vegetable broth. If you use packaged broth you may want to balance out the slight bitterness it gives to the soup with a little sweetener.

The roasted cumin and chipotle chili powder really make this recipe soar, it gives it a complex Latin flavor not achieved by regular cumin and regular chili powder. If you can get it, it will be worth it and you can use it in the rest of my recipes as well.

I use canned corn for this recipe because it keeps it's firmness and texture. Frozen corn can be really flat and mushy and won't taste as good. Fresh corn is a better substitute when it's in season. Use 1  $\frac{3}{4}$  of a cup of fresh corn.

**Nutrition Facts:** 8 Servings **Amount Per Serving:** Calories 225.8  
Total Fat 0.2 g Saturated Fat 0.0 g Sodium 485.5 mg Carbs 42.6 g  
Dietary Fiber 16.9 g Sugars 4.1 g Protein 13.6 g

## Moroccan Chickpea Soup

This is a deliciously spiced and hearty chickpea soup. If you've never had Moroccan food before, don't worry you're going to love this!



Serves 4

### **Ingredients:**

5 cups/1.25 qts./1.2 L vegetable broth

1 large onion, diced

2 celery stalks, diced

4 medium carrots, diced

2 15 oz./425 g cans chickpeas, drained low sodium (or 3.5 cups cooked)

14.5 oz./411 g can fire roasted diced tomatoes (or regular)

1 tbsp. ginger, minced  
5 cloves of garlic, minced  
1/4 tsp. turmeric  
1/2 tsp. roasted cumin (or regular)  
1 tsp. cinnamon (cassia not ceylon variety)  
1 1/4 tsp. smoked paprika  
1 1/2 tsp. sugar or sweetener  
1/2 tsp. Herbamare or salt  
Fresh ground pepper to taste  
A pinch of cayenne pepper (optional)  
1/2 a lemon, juiced  
1 handful of parsley for garnish, chopped

### **Directions:**

1. In a large pot, sauté onion, garlic, carrots and celery in 1 cup vegetable broth over medium heat for 8-10 minutes. Add more broth if needed.
2. Add the tomatoes, chickpeas, spices, and remaining broth. Stir to combine. Bring to a boil and then lower the heat and simmer for 20-25 minutes until the veggies and chickpeas are tender.
3. Taste test and add the sugar, lemon juice, Herbamare or salt and pepper now. Adjust seasonings to taste adding more heat if desired.
4. Garnish with fresh parsley and serve.

**Nutrition Facts:** 4 Servings **Amount Per Serving:** Calories 276.9  
Total Fat 2.1 g Sat. Fat 0.3 g Sodium 655.2 mg Carbs 52.7 g  
Fiber 15.2 g Sugars 8.7 g Protein 12.7 g

## Red Wine Minestrone Soup

This soup is inspired from one of Jamie Oliver's (non vegan) versions and I have changed it up a bit to still be delicious but low fat vegan style. It's very flavorful and versatile so you can use numerous different vegetable, bean and pasta combinations.



Serves 8

### **Ingredients:**

6 cups/1.5 qts/1.4 L vegetable broth (homemade or low sodium)

1 large onion, diced

4 cloves garlic, minced

4 stalks of celery, chopped

3 large carrots, chopped

32 oz./907 g can of diced tomatoes

3/4 cup/177 ml red wine



1 15 oz./425 g can Cannellini beans, drained (or 2 cups cooked beans)

2 cups baby spinach

2 medium zucchinis, chopped or sliced

1 bay leaf

1 tbsp. chopped fresh oregano or 1 tsp. dried

2 tbsp. chopped fresh basil or 2 tsp. dried

1 tsp. sugar \*optional

1- 1 1/2 tsp. Herbamare or salt

Dash of fresh ground black pepper

3/4 cup large seashell pasta or GF pasta of choice

## **Directions:**

1. Hand dice, or use a veggie chopper to dice the vegetables into small cubes. The closer in size they are to each other, the nicer the soup will be to eat.
2. In a large stockpot, over medium heat add the onion and garlic and sauté for 5-6 minutes. Add the celery and carrots and sauté for another 2 minutes.
3. Add vegetable broth, diced tomatoes, red wine and bay leaf and bring to boil, stirring to break up the tomatoes. Boil for 2-3 minutes.
4. Reduce heat to low and add beans, spinach leaves, zucchini, oregano, basil, salt and pepper. Simmer for 40-45 minutes until vegetables are tender.
5. While the soup is cooking, get out another medium pot, and bring lightly salted water to a boil. Add the seashells or pasta and cook just until tender. Drain and set aside.
6. Taste test the soup and add the Herbamare or salt and pepper as desired. If the soup is tart or bitter from the canned tomatoes, add 1 tsp. of sugar or sweetener at a time and keep taste testing until you get the flavor you desire.

7. Once the seashells are cooked and soup is ready, place 2 large spoonfuls of cooked pasta into individual serving bowls. Ladle the soup on top of pasta in bowls.
8. Garnish with fresh basil if desired and serve.

**Nutrition Facts:** 8 Servings **Amount Per Serving:** Calories 185.3  
Total Fat 0.5 g Saturated Fat 0.1 g Sodium 558.9 mg Total  
Carbohydrate 33.7 g Dietary Fiber 9.4 g Sugars 8.4 g Protein 8.4 g



## Split Pea Yam Carrot Soup

This is my all-time favorite split pea soup. The yams and carrots add a nice dimension of sweetness to an otherwise potentially bland soup. I hope you like it too.



Serves 8

### Ingredients:

9 cups/2.25 qts./2.1 L of vegetable broth (homemade, or low sodium)

1 lb./454 g bag of split peas (about 2 1/2 cups)

1 medium yam or orange sweet potato, diced

2 small potatoes, diced

3 stalks of celery, sliced

3 carrots, sliced

1 onion, diced or 1 tbsp. onion powder

4 cloves of garlic, minced

2 tsp. Herbs De Provence (or a combo of sage, thyme, and rosemary)

2 tsp. roasted cumin (or regular)

1 tsp. Dijon mustard (not prepared mustard)

1 bay leaf

1 tsp. smoked paprika

1 tsp. Herbamare or salt

Fresh ground pepper to taste

## **Directions:**

### **Stovetop Method:**

1. Sort and wash split peas. Wash or peel the vegetables. Use a veggie chopper or dice by hand into small cubes.
2. In a large pot, sauté onions in 1 cup of vegetable broth over medium heat for 5-6 minutes.
3. Add the garlic and celery and sauté another minute. Add carrots and sauté another minute or two.
4. Add yams, potatoes and split peas, remaining vegetable stock and seasonings except for salt and pepper.
5. Bring the soup to a boil and reduce to low heat and cook for 2 1/2-3 hours until it reaches desired texture. (Longer for smoother mushier peas.)
6. Taste test and add Herbamare or salt and pepper to taste.
7. Serve!

### **Crockpot/Slow Cooker Method:**

1. Sort and wash split peas.
2. Peel yam and carrots. Slice vegetables into rounds. Dice potatoes into chunks.

3. Place items into slow cooker (except salt and pepper) and cook on high for about 5 hours, or low for 7 hours, depending on the consistency you would like your peas. (Longer for mushy, less for chunky.)
4. Taste test and add salt and pepper to taste.
5. Serve!

### **Additional Tip:**

If you do not have vegetable broth, you can substitute 9 cups of water mixed with 3 low sodium bouillon cubes for the crock pot version. You don't want it to be overly salty to start with, so be conservative when using bouillon as a base. Slowly cooking the soup this way will bring out more flavor.

**Nutrition Facts:** 8 Servings **Amount Per Serving:** Calories 166.9  
Total Fat 0.4 g Sat. Fat 0.1 g Sodium 368.9 mg Carbs 34.3 g Fiber  
9.1 g Sugars 5.5 g Protein 6.8 g

## Tuscan Roasted Tomato Chickpea Soup

This is one of my absolute favorite soups inspired by the flavors of Tuscany in Italy. It's so rustic and flavorful, even those not already in love with chickpeas will declare their love for this soup! This could easily be served at any high end restaurant in Italy, but it's our little secret...



Serves 6

### Ingredients:

7 cups/1.75 qts./1.65 L vegetable broth (homemade or low sodium)

1 large onion, diced

6 cloves of garlic, minced

3 15 oz./425 g cans chickpeas (low sodium) or 5.5 cups cooked

1 28 oz./793 g can of fire roasted diced or crushed tomatoes

3/4 tsp. dried rosemary or 3/4 tbsp. fresh

¾ tbsp. fresh thyme or ¾ tsp. dried  
2 tbsp. balsamic vinegar  
¼ tsp. fresh ground pepper  
¾ tsp. Herbamare or salt, as desired

### **Directions:**

1. Sauté onions, garlic, rosemary and thyme in 1 cup of vegetable broth over medium heat for 5-6 minutes. Add more broth if necessary to keep from burning.
2. Add crushed tomatoes, chickpeas, and remaining broth. Take out 4-5 cups of soup and blend in a Vitamix or food processor on medium low until chunky. If you have a small blender you may have to do it 2 cups at a time.
3. Add blended soup back to pot and add balsamic vinegar and bring to a boil. Reduce to a simmer and cook for 15-20 minutes until chickpeas are tender. (This may be shorter for canned chickpeas.)
4. Season to taste with fresh pepper and Herbamare or salt.
5. Serve!

### **Additional Tips:**

For this soup I generally cook my own chickpeas from dried. This ensures they are all the same firmness. Sometimes I have opened cans of beans that have firmer and softer batches in them and it makes cooking a dish more complicated with timing. The taste is also nicer with dried chickpeas, if you can give it a try you'll definitely appreciate it.

Fresh herbs are preferable to dried ones for this recipe as well.

**Nutritional Information:** 6 Servings **Amount Per Serving:**  
Calories 318.5 Total Fat 3.7 g Sat. Fat 0.4 g Sodium 565.9 mg  
Carbs 56.4 g Fiber 15.0 g Sugars 15.0 g Protein 15.5 g

## Vegetable Bean Barley Soup

This soup is another one of my favorites because it's so hearty. Even my family who is not in love with barley loved it. The beets add a great dynamic to the soup and release some natural sweetness into it. If you can't find barley or are gluten intolerant, please still make this recipe without it and you will enjoy it just as much!



Serves 8

### Ingredients:

10 cups/2.5 qts./2.37 L vegetable broth

1 large onion, diced

8 cloves of garlic, minced

3 stalks of celery, sliced

2 large carrots, sliced



2 medium golden beets, chopped in 3/4" cubes (smaller pieces is better) or turnip

2 cups sliced greens (spinach, cabbage, chard, etc.)

2 cups mushrooms, diced

1 16 oz/454 g can fire roasted crushed tomatoes

1 15 oz can cannellini beans, (low sodium) or 2 cups cooked

2/3 cup dried pearl or pot barley (omit for GF)

2 bay leaves

3 sprigs of fresh thyme

1 tbsp. dried parsley flakes

1 tbsp. fresh basil or 1 tsp. dried

1 tbsp. fresh oregano or 1 tsp. dried

1/2 tsp. Herbamare or salt

1/2 tsp. fresh ground pepper

Sprinkle of garlic powder \*optional

Sprinkle of onion powder \*optional

## **Directions:**

1. Rinse and soak the barley while you are prepping your ingredients. If you pre-soak your barley for a few hours, you will reduce your cooking greatly and this is helpful.
2. In a large pot, add onions, celery, carrots, beets and mushrooms and 4 cups of vegetable broth and sauté over medium high heat for 7-8 minutes until slightly softened.
3. Add roasted tomatoes, barley (drained), bay leaves, thyme, parsley, basil, oregano and remaining broth.
4. Bring to a gentle boil and then reduce to low and cook for another 45-60 minutes until the barley and beets are soft. Add thicker greens like chard or collards here if using.

5. Add the beans and remaining seasonings and heat through. Add softer greens like spinach here, if using. Adjust seasonings to taste if desired.
6. Serve.

### **Variations:**

For a gluten free soup, omit the barley and add another bean or GF pasta if desired. It is still very delicious without the barley.

You can also cook this soup all day in a slow cooker if desired, but it's best to keep the barley separate. Cook it on the stove and stir it into the slow cooker to prevent it from falling apart.

**Nutrition Facts:** 8 Servings **Amount Per Serving:** Calories 206  
Total Fat 0.7 g Sat. Fat 0.1 g Sodium 424.5 mg Carbs 43.9 g Fiber  
10.0 g Sugars 5.4 g Protein 7.3 g



## Vietnamese Vegan Pho (Noodle Soup)

It is rare in many cities to find a Vietnamese restaurant that has meat-free broth. If you've ever had Vietnamese Pho, or really love Asian noodle soups, you are going to love this recipe. The broth alone is amazing and you can dress up your soup with any ingredients you like.



Serves 4

### Ingredients:

#### Broth:

8 cups/2 qts./1.9 L vegetable stock (homemade or low sodium)

1 medium onion, quartered

1 large shallot or 2 small, halved

8 garlic cloves, sliced in half

2 inches ginger, peeled and sliced

3 pieces of 3" cinnamon sticks

2 star anise pods

4 whole cloves

2 tsp. coriander seeds

8 carrots, sliced

3 tbsp. light soy sauce

1/4 tsp. Herbamare or salt



### **Soup Accompaniments:**

1 lb./454 g rice noodles (ban pho or vermicelli style)

2 small blocks of baked or smoked tofu (if desired)

1 cup Asian mushrooms, sliced

4 mini Bok Choy (or other cabbage)

1 head of broccoli, cut into florets

**Garnishes:**

1 package of fresh bean sprouts, rinsed

2 green onions (scallions), chopped

¼ of a white onion, sliced

1 bunch of Thai basil

½ bunch of cilantro (coriander)

1-2 Thai chili peppers \*optional

Hoisin sauce \*optional

2 limes, quartered

1-2 Sliced jalapeños (if desired)

**Directions:**

1. To make the seasoned soup broth, heat a large pot over medium-high heat. Add the onion, shallots, garlic, ginger, cinnamon sticks, star anise, and cloves and dry-roast, stirring occasionally, until the vegetables begin to char. Add the stock and light soy sauce and bring to a boil over high heat. Turn the heat down to medium-low, cover, and simmer for about 25 minutes. (Or cook in a pressure cooker at high pressure for 5 minutes.) Strain into a clean pot and discard the solids. Taste test the broth and add Herbamare or salt if desired. Keep the broth warm over low heat when finished.
2. While the broth is simmering, prepare the rice noodles. Boil lightly salted water in a kettle or separate pot. Place the noodles into a large deep bowl. Pour boiling water over the noodles to cover and soak for 10-12 minutes or until al dente.
3. In another separate pot, steam or sauté your vegetables until al dente or desired firmness.
4. When you are ready to assemble the soup, add the tofu to the warm broth and allow it to heat through. Drain the soaked rice noodles and divide evenly among 4 large bowls. Using a slotted spoon, scoop the tofu out of the broth and distribute among the bowls. Ladle the hot broth over the noodles. Place your desired steamed vegetables over the bowls of soup.

5. Serve the bowls of Pho with the green onions, bean sprouts, herbs, lime wedges, hoisin sauce, jalapeños and chilis on a separate platter so that everyone can season their own soup as they wish.

### **Additional Tips:**

This soup broth is by far the best when you start out with my homemade broth recipe as the base. I have made it with store bought broth and it wasn't as delicious and needed some more seasonings and sweetness added.

You can make the broth the day or night before and then prep the ingredients the following day for a quicker meal. Save any extra broth, noodles and veggies in separate containers for leftovers you can reheat and reassemble easily.

It's very important not to overcook the noodles, because if they are very soft they will fall apart when you pick them up from the soup. They must still be a bit firm to be eaten easily.

### **Variations:**

The ingredients I suggest are traditionally what most meat-free pho soups come with. Many people also use fresh mint leaves, Chinese cabbage, snow peas or other vegetables. Mix it up, because the varieties are endless.

You can also use this really flavorful broth for any other Asian noodle soup recipes.

**Nutrition Facts:** 4 Servings **Amount Per Serving:** Calories 245.3  
Total Fat 0.7 g Sat. Fat 0.1 g Sodium 939.6 mg Carbs 53.9 g Fiber  
7.4 g Sugars 9.9 g Protein 5.8 g



## Yam Cabbage Chickpea Soup

There are many, many cabbage soup recipes out there, but this one rocks! Chickpeas and yams go together so well and add great texture and flavor to an otherwise potentially boring cabbage soup recipe.



Serves 6

### Ingredients:

2 cups of yams/orange sweet potatoes, chopped (about 2 small)

2 14.5 oz./411 g cans of fire roasted diced tomatoes

1 15 oz./425 g can of chickpeas (low sodium) (or about 2 cups cooked)

2 carrots, diced

3 stalks of celery, diced

1/2 head of green cabbage, shredded

1 large sweet onion, diced

5 cloves of garlic, minced

3 tbsp. Herbs De Provence or Italian herb mix

9-10 cups/2.25-2.5 qts./2.13-2.36 L vegetable broth (homemade or low sodium)

1/2-3/4 tsp. Herbamare or salt

Fresh ground pepper to taste

### **Directions:**

1. Combine all of the ingredients except for Herbamare and pepper into a large pot and bring to a boil.
2. Reduce to medium heat and cook for 20-30 minutes until the yam/sweet potato chunks and the cabbage are soft.
3. Season to taste with Herbamare and fresh pepper.
4. Serve.

**Nutrition Facts:** 6 servings **Amount Per Serving:** 226.8 calories  
Total Fat 1.1 g Sat. Fat 0.2 g Sodium 539.6 mg Carbs 48.2 g Fiber  
13.5 g Sugars 10.3 g Protein 7.9g

# Chapter 4: Blended Vegan Soups

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**“ONE WHIFF OF A SAVORY AROMATIC SOUP  
AND APPETITES COME TO ATTENTION. THE  
STEAMING FRAGRANCE OF A TEMPTING  
SOUP IS A PRELUDE TO THE GOODNESS TO  
COME. AN INSPIRED SOUP PUTS FAMILY  
AND GUESTS IN A RECEPTIVE MOOD FOR  
ENJOYING THE REST OF THE MENU.”**

**-LOUIS P. DE GOUY, ‘THE SOUP BOOK’ (1949)**

These soups range from the simple and delicious to the gourmet and refined. You may even find a new favorite here that you never even thought of before.

## Cream Of Artichoke Soup

This is a delicious soup that is mild in flavor and a great way to enjoy artichoke hearts. I used fresh ones in mine, but you can use canned or frozen if desired. I can't wait to have this soup again soon.



Serves 3-4

### **Ingredients:**

4 cups/1 qt./0.9 L vegetable broth (homemade or low sodium)

8 artichoke hearts about 8 oz/226 g (fresh, frozen or jarred -try to find oil free)

1 sweet onion, diced

4 cloves garlic, minced

1 bay leaf

3 tbsp./45 ml white wine, or cooking wine



1 large potato, peeled and diced small  
1 1/2 cups almond or coconut milk (unsweetened, original)  
2 tbsp. nutritional yeast  
1/4-1/2 tsp. Herbamare or salt  
Fresh ground pepper to taste  
1 wedge of lemon, juiced

### **Directions:**

1. In a large pot, sauté onions and garlic in 1 cup of vegetable broth over medium heat for 5-6 minutes.
2. Add bay leaf, wine, remaining broth and potatoes. Cook until potatoes are soft. Add a little bit of water or broth if needed to keep potatoes covered.
3. When potatoes are cooked through, ladle soup along with drained artichokes into a Vitamix or food processor. Add coconut milk and blend until smooth. Don't over blend or the potatoes will become too starchy and stick. Have an extra pot or bowl handy to pour blended soup into.
4. Pour the soup back into pot and season to taste with nutritional yeast, Herbamare, pepper and lemon. Heat through.
5. Serve.

**Nutrition Facts:** 4 Servings **Amount Per Serving:** 160.4 Calories  
Total Fat 1.5 g Sodium 583.5 mg Carbs 29 g Fiber 6.9 g Sugars 2.7 g Protein 6.2 g

### **Additional Tips:**

If using frozen artichokes, be sure to defrost first. If desired you can add them a few minutes before the potatoes are done to warm through.

## Cream of Asparagus Soup

This is a really quick soup to make that tastes more complex than it is. The smoked paprika really shines in this recipe. Although it is a small recipe, feel free to double it if you wish to have leftovers.



Serves 2-3

### Ingredients:

- 1 ½ cups/354 ml vegetable broth (homemade or low sodium)
- 1 medium onion, diced
- 1 bunch asparagus, chopped (bottom portion of stems removed)
- 2 tbsp. flour or cornstarch (for GF)
- 1 cup/250 ml light coconut milk or almond milk
- 1-2 wedges of lemon, juiced
- 1/4 tsp. smoked paprika

2 tbsp. Nutritional yeast  
1 - 1 1/4 tsp. Herbamare or salt  
Dash of fresh ground black pepper

### **Directions:**

1. Place onions and asparagus in a pot with vegetable broth and bring to a boil. Reduce heat and simmer for 20-25 minutes until the asparagus is very tender.
2. Place vegetables and broth into a Vitamix or high-powered blender and blend until smooth. If your blender is not very strong, you may want to cook the asparagus even more to ensure it's not stringy. Once blended, add the flour and blend again until combined. (This is so you don't get uneven chunks of flour in your soup.) Have an extra pot or bowl handy to pour blended soup into.
3. Pour the mixture back into pot and stir in coconut or almond milk and seasonings.
4. Heat through over medium heat.
5. Taste test and adjust seasonings if desired.
6. Serve.

### **Additional Tips:**

If you'd like some asparagus to garnish, remove a few pieces when they are al dente and set them aside. Place on soup when ready.

**Nutrition Facts:** 3 Servings **Amount Per Serving:** Calories 96.8  
Total Fat 1.4 g Sat. Fat 0.1 g Sodium 917.6 mg Carbs 17.1 g Fiber  
4.4 g Sugars 3.4 g Protein 5.6 g

## Cream of Broccoli Soup

Broccoli is one of my favorite vegetables and I love it in just about everything. This soup is a great alternative for those who miss creamy non-vegan cream of broccoli soup.



Serves 4

### Ingredients:

6 heads of broccoli with long stalks, chopped (about 11-12 cups of broccoli, including stalks)

1 large onion, diced

6 cloves of garlic, minced

3 cups/709 ml vegetable broth (homemade or low sodium)

2 1/2 cups almond or coconut milk

1 1/2 tsp. Herbamare or salt

2 tbsp. nutritional yeast

Fresh ground black pepper to taste

### **Directions:**

1. In a large pot, sauté onions and garlic in 1 cup vegetable broth over medium heat for 5-6 minutes. Add another cup of broth and add broccoli pieces and bring to a boil and cook until tender and broccoli turns bright green.
2. Carefully move contents into a blender or use an immersion blender to combine. You can leave out some of the top florets if you'd like it to be chunky, or blend it all. You may need to blend in several batches, so get out another bowl if you have a small blender to pour the soup into. Have an extra pot or bowl handy to pour blended soup into.
3. Pour everything back into the pot and add almond or coconut milk, nutritional yeast and pepper and Herbamare. Taste test and adjust seasonings if desired.
4. Serve.

### **Additional Tip:**

To use the stalks of the broccoli, just shave off the hard outer layer until you reveal the tender inner light colored portion. This is edible and should not be discarded.

**Nutrition Facts:** 4 Servings **Amount Per Serving:** Calories 158.6  
Total Fat 2.8 g Saturated Fat 0.2 g Sodium 698.2 mg Total  
Carbohydrate 27.6 g Fiber 11.0 g Sugars 5.9 g Protein 11.3 g

## Curried Carrot Leek Soup

I love the flavor of curry powder mixed with carrots. This is a light and flavorful soup that makes a great lunch when you're craving something savory and exotic.



Serves 4

### Ingredients:

- 4 cups/1 qt./0.9 L vegetable broth (homemade or low sodium)
- 2 large leeks sliced, white and light green parts only
- 1 large onion, diced
- 1 1/2 tbsp. ginger, minced
- 4 cloves of garlic, minced
- 8 medium carrots, peeled and sliced (about 5 1/3 cups)
- 1 large potato, peeled and diced (about 1 1/2 cups)



1 tsp. curry powder  
1/2 tsp. Herbamare or salt  
1/4 tsp. fresh ground pepper  
1-2 tbsp. maple syrup or liquid sweetener

### **Directions:**

1. In a pot, sauté onions and leeks in 1 cup of vegetable broth over medium heat for 5 minutes.
2. Add ginger, garlic and carrots. Sauté another 2 minutes, stirring frequently.
3. Add the remaining broth, potato and curry powder and bring to a boil.
4. Reduce heat; cover and simmer for 15-20 minutes or until the vegetables are very tender.
5. Ladle the vegetables and broth into a Vitamix or blender and very carefully process the soup in batches until pureed and smooth. Have an extra pot or bowl handy to pour blended soup into.
6. Return soup to the pot and heat through.
7. Stir in maple syrup or sweetener, Herbamare and pepper. Adjust seasonings if desired.
8. Serve.

### **Additional Tips:**

Make sure to slice the leeks down the center and clean the leaves very well, they are known to have lots of dirt stuck in between them. Discard the dark green tops (or save them for making broth).

**Nutrition Facts:** 4 Servings **Amount Per Serving:** Calories 218.3  
Total Fat 0.8 g Sat. Fat 0.1 g Sodium 444.8 mg Carbs 50.0 g Fiber  
9.6 g Sugars 15.3 g Protein 4.8 g



## Carrot Ginger Soup

This is a very brightly flavored and healing soup. The ginger will warm you up and help heal a sore throat. If you're a ginger lover, you will love this.



Serves 6

### Ingredients:

6 cups/1.5 qts./1.4 L vegetable broth (homemade or low sodium)

1 large sweet onion, minced

4 tbsp. fresh ginger, minced

9 cups of carrots, sliced (about 3 lbs/1.3 kg)

2 cups/500 ml clementine orange juice (16-20 small ones juiced) or sweet navel orange juice

1 cup/250 ml almond or coconut milk

3-4 tbsp. maple syrup or sweetener  
1-1 1/2 tsp. Herbamare or salt  
Dash of fresh ground pepper  
1 handful of parsley, chopped \*optional

## **Directions:**

1. In a large pot, sauté onions and ginger in 1 cup of vegetable broth over medium heat for 5-6 minutes.
2. Add the vegetable broth and carrots and simmer on medium low heat for 30-40 minutes until the carrots are really soft.
3. Add mixture to a Vitamix or food processor and puree until smooth. You may need to work in smaller batches if you have a small blender or food processor. Have an extra pot or bowl handy to pour blended soup into.
4. Return blended soup to pot and stir in the fresh orange juice and coconut milk. Add maple syrup, Herbamare and pepper. Taste test and adjust seasonings if desired.
5. Garnish with fresh parsley if desired.

## **Additional Tips:**

Use fresh sweet carrots for this recipe. Sometimes old carrots can taste bitter and make for an untasty soup. Taste-test a carrot from your bag before deciding to use as the base of this soup. You may find organic, farm fresh or younger carrots taste better.

Clementines are a variety of mini mandarin oranges that are usually sold in 2-3 lb. bags. Fresh orange juice is much better. If you use bottled pasteurized juice it will be very acidic and probably not taste very good in the soup, so I don't recommend it. Use the best tasting fresh oranges you can get that are in season.

If you are unsure if you like the taste of ginger, you can also reduce it to half the amount so it is milder.

**Nutrition Facts:** 6 servings **Amount Per Serving:** 187.8 calories  
Total Fat 1.2 g Sat. Fat 0.1 g Sodium 688.4 mg Carbs 42.9 Fiber  
7.2 g Sugars 27.2 g Protein 3.0 g

## French Potimarron (Red Kuri Squash) Carrot Soup

Don't be alarmed by the name of this soup. It's just a delicious type of squash that tastes similar to chestnuts and has a really creamy flavor. The addition of carrots makes it a little sweeter naturally and it makes for a great fall or winter soup. If you love butternut squash soup, you will love this too.



Serves 4

### Ingredients:

3 cups/709 ml vegetable broth (homemade or low sodium)

1 large [Potimarron](#) or red kuri squash (or two equaling ~3+ lbs/1.4kg)

1 large shallot (1/2 cup, chopped)

2 large carrots, sliced

2 tsp. fresh thyme

1 bay leaf  
1 cup/250 ml light coconut milk  
1/2 -3/4 tsp. Herbamare or salt  
1/4-1/2 tsp. fresh ground pepper

### **Directions:**

1. Preheat oven to 375 F/190 C.
2. Cut Potimarron in half with a very sharp sturdy knife. If you have problems cutting it, you can microwave it for 2-3 minutes to soften the skin. Scoop out inside seeds and pulp. Turn halves over and slice into quarters and then slice quarters in half again. You should have 8 pieces from a large Potimarron. You can cut into 6 pieces if you have small or medium ones.
3. Place on a baking tray skin side down and put a spritz of cooking spray on the insides of the slices (just a bit.) Sprinkle a little bit of salt and pepper if desired. (Do not over-salt.)
4. Place in oven on second bottom rack and roast for 50-60 minutes until almost soft when pierced with a fork.
5. While the Potimarron is roasting you can prepare the shallots and carrots.
6. In a large soup pot, add 1 cup of the vegetable broth, shallots and bay leaf and heat over medium heat and sauté for a minute or two.
7. Add the sliced carrots and thyme and cook for about 5 minutes. If you get low on broth add a little more.
8. When carrots are starting to get soft you can set the pot to the side of the stove if you're still waiting on the Potimarron to roast.
9. When the Potimarron is ready, cut the peel off each slice or scoop out with a spoon, (whichever is easier) and place it into the soup pot.

10. Mash Potimarron in soup pot with potato masher. It should fall apart quite easily. Stir together and add coconut milk and remaining broth. Season to taste with Herbamare and pepper.
11. Cook for a few more minutes if the squash and carrots need it.
12. Remove the bay leaf carefully with tongs and pour soup mixture into a Vitamix or blender or food processor. (Be careful it's hot.) If your blender is small do it in 2 or 3 batches and have an extra pot or bowl handy to pour blended soup into. Return soup to the pot.
13. If your soup is hot, you can taste test and adjust seasonings if you like. If it needs to be reheated a little do so on the stove.
14. Serve hot with croutons or crusty bread.

**Nutrition Facts:** 4 Servings **Amount Per Serving:** Calories 135.0  
Total Fat 4.1 g Saturated Fat 3.0 g Sodium 434.5 mg Carbs 35.7 g  
Fiber 8.4 g Sugars 9.1 g Protein 2.0 g

## Gourmet Cream of Mushroom Soup

This soup is amazing. I don't normally use nuts in my soups, but cashews make a delicious addition to this particular recipe. If you'd like a nut-free alternative you can substitute coconut milk instead. This truly is a gourmet tasting soup you will want to make again and again.



Serves 4

### Ingredients:

4 cups/1 qt./0.9 L vegetable broth (homemade or low sodium)

1 onion, diced

1 1/2 lbs./680 g mushrooms (I suggest 1 lb/454 g white and 1/2 lb/227 g baby portabellas)

6 cloves of garlic, minced

2 tbsp. + 1 tsp. light soy sauce



3 large sprigs of thyme  
1 bay leaf  
3/4 cup/125 g cashews, soaked in water  
3/4 cup/177 ml water  
1 tsp. sugar or sweetener

### **Directions:**

1. Slice or dice your mushrooms to your desired size.
2. In a large pot, over medium heat sauté onions and mushrooms in 1 cup of vegetable broth. Add bay leaf and thyme and soy sauce. Cook for 15 minutes until the mushrooms are tender and the thyme has softened. Add the remaining broth and keep it at a simmer, stirring occasionally.
3. Drain soaked cashews, add to the Vitamix or food processor. Add water and sweetener and blend until smooth.
4. Pour cashew mixture into a bowl and set aside.
5. Remove stems of thyme and bay leaf from pot. Add about 2/3 of the contents of the pot to your Vitamix or blender and blend until smooth. You may need to do it in batches, so have another pot or bowl ready you can pour the blended mixture into.
6. Once most of the mixture is blended and you have some mushrooms and onions left over, return everything to the pot and stir in the cashew mixture.
7. Heat through and taste test. Add any additional seasoning if desired.
8. Serve.

### **Additional Tips:**

You can use other mushrooms if you like, but I suggest using at least some gourmet mushrooms like portabellas to give it a richer flavor. I used some white mushrooms to keep the cost a bit lower for this recipe.

Serve this soup immediately. It can change texture when reheated depending on how well you blended your cashews. The more powerful your blender, the smoother it will be.

**Nutrition Facts:** 4 Servings **Amount Per Serving:** Calories 206.6  
Total Fat 12.2 g Sat. Fat 2.4 g Sodium 485 mg Carbs 20.4 g Fiber  
3.5 g Sugars 5.9 g Protein 7.1 g

## Potato Mushroom Leek Soup

This soup is really delicious and filling! I love the combination of creamy leeks with savory mushrooms and hearty potatoes. I highly recommend it.



Serves 6

### Ingredients:

- 4 cups/1 qt./0.9 L vegetable broth
- 4 medium potatoes, sliced 1" thick
- 3 large leeks, white and light green parts only, sliced
- 1 large onion, diced
- 4 garlic cloves, minced
- 1 1/2 cups portabella mushrooms, sliced
- 1 cup/250 ml light coconut milk

1 bay leaf

1 tsp. Herbamare or salt

1/4-1/2 tsp. fresh ground black pepper

### **Directions:**

1. In a pot, boil potatoes until tender, about 15 minutes. Or cook in a pressure cooker for 5 minutes.
2. In a large pot, sauté onions, leeks, bay leaf and mushrooms in 1 1/2 cups of vegetable broth over medium heat for 6-7 minutes.
3. When potatoes are done, drain and add to soup pot and sauté another minute.
4. Add the remaining broth, and coconut milk and stir to combine.
5. Remove bay leaf. In a Vitamix or food processor, add soup ingredients and process on medium power until smooth. Do it in batches if you need to. Do not over process, and do not process all of the potatoes together or it will make the soup really starchy and too thick. Have an extra pot or bowl handy to pour blended soup into.
6. Return blended soup to pot and add seasonings. Heat through and adjust seasonings if desired.
7. Serve.

### **Additional Tips:**

Make sure to slice the leeks down the center and clean the leaves very well, they are known to have lots of dirt stuck in between them. Discard the dark green tops (or save them for making broth).

**Nutrition Facts:** 6 Servings **Amount Per Serving:** Calories 207.1  
Total Fat 2.9 g Saturated Fat 2.6 g Sodium 517.7 mg Carbs 40.2 g  
Fiber 6 g Sugars 5 g Protein 6.5

## Roasted Butternut Squash Soup

Butternut squash soup is one of everyone's favorites. This simple version is so delicious you'll want to make it again and again. It's even better with my fresh garlic croutons.



Serves 6

### Ingredients:

4 cups/1 qt./0.9 L vegetable broth (homemade or low sodium)

1 large Butternut Squash (3-3.5 lbs/1.36-1.6 kg)

1 large onion, diced

6 cloves of garlic, minced

1 tbsp. ginger, minced

1 cup/250 ml light coconut milk (sugar free, original)

1/4-1/2 tsp. fresh pepper

1/2-1 tsp. Herbamare or salt

**Garnish:**

Fresh homemade garlic croutons (recipe at the end of book)

**Directions:**

1. Preheat oven to 375 F/190 C.
2. Cut squash in half and deseed. Cut into large 2-inch chunks and place on baking sheet. Spritz a little cooking spray and pepper on squash. Roast squash for 50-60 min.
3. When squash is ready, let cool a few minutes before handling.
4. In a large soup pot add 1 cup of broth and sauté onions, garlic and ginger for 5-6 minutes.
5. Peel off or cut off skin of squash and place into the pot. Add additional broth and mash with a potato masher to break up the pieces.
6. Add coconut milk and stir.
7. Add soup to Vitamix or blender in multiple batches if necessary and blend until smooth. Have an extra pot or bowl handy to pour blended soup into.
8. Return to pot and season with salt and pepper to taste.
9. Pour into serving bowls and garnish with croutons if desired.

**Nutrition Facts:** 6 Servings **Amount Per Serving:** Calories 141.3  
Total Fat 2.9 g Sat. Fat 2.0 g Sodium 221.2 mg Carbs 30.3 g Fiber  
7.8 g Sugars 1.4 g Protein 2.5 g

## Roasted Garlic and Cauliflower Soup

This was the very last recipe I created for this book. It came out even better the second time I made it and is so delicious with the roasted garlic I can't get enough. I know you'll love it. It's very simple but sophisticated at the same time.



Serves 6

### **Ingredients:**

6 cups/1.5 qts./1.42 L vegetable broth (homemade or low sodium)

3 leeks, cleaned and diced (white and light green parts only)

2 heads of garlic (roasted)

1 large head of cauliflower, inner core removed and cut into big florets (1 lb 9 oz./708 g)

1 large potato, diced into 1" cubes (14 oz./396 g)



1 large carrot, sliced

1 tbsp. fresh thyme

1-1 1/4 tsp. Herbamare or salt

Fresh ground pepper

1 cup/250 ml almond or coconut milk (unsweetened, original)

### **Directions:**

1. Preheat oven to 400 F/204 C. Cut off tops of garlic bulbs and surround in tinfoil and onto a baking sheet or in a muffin tin. Spread cauliflower florets into a large shallow roasting pan. Fill with a cup of water and roast cauliflower for 30 minutes. Put garlic in at the same time and roast for 45-55 minutes until soft. Remove cauliflower when done. Let garlic cool before opening
2. In a large pot, add 3 cups of vegetable broth and add potatoes, leeks, carrots and thyme and bring to a boil. Reduce heat to medium high and cook for 15 minutes or until the potatoes are soft.
3. Add another 3 cups of broth and the cauliflower and roasted garlic. Cook over medium heat for another 5 minutes or until the cauliflower is really soft.
4. Add the soup mixture to the Vitamix or food processor and blend in batches until smooth. Do not blend for really long periods of time or it will become too thick and starchy. Have an extra pot or bowl handy to pour blended soup into.
5. Pour mixture into a large soup pot. Add the almond/coconut milk and heat through.
6. Season to taste with Herbamare or salt and fresh ground pepper.
7. Serve.

### **Additional Tips:**

1. Make sure to slice the leeks down the center and clean the leaves very well, they are known to have lots of dirt stuck in

between them. Discard the dark green tops (or save them for making broth).

2. If you want to steam the cauliflower instead of roasting it you can do this as well. You can also roast the garlic in advance and squeeze out the cloves and keep in a container in the fridge so it's ready to use.
3. If you want to garnish the soup with some cooked cauliflower, set some aside before adding it to the pot.
4. Fresh thyme really adds a nice flavor to this soup. It's preferable over dried thyme.

**Nutrition Facts:** 6 Servings **Amount Per Serving:** 159.5 calories Total Fat: 1.1 g Sat. Fat 0.1 g Sodium 454.2 g Carbs 34.5 g Fiber 6.5 Sugars 4.4 g Protein 5.2 g

## Thai Pumpkin Soup

I first had a version of this soup while at a vegetarian restaurant in Thailand. It is similar to butternut squash soup, but has different seasonings. I think you will love this exotic version.



Serves 4

### Ingredients:

- 1 1/2 cups/354 ml vegetable broth (homemade or low sodium)
- 1 large onion, minced
- 6-8 cloves of garlic, minced
- 1 medium [Thai/Japanese pumpkin](#) or squash cooked (about 4 cups mashed)
- 2 cups/500 ml light coconut milk (sugar free, original)
- 2 tbsp. sugar or sweetener of choice

1/2 cup chopped cilantro (chopped finely if you have a low power blender)

1/4 tsp. turmeric

1 1/2 tsp. Herbamare or salt

Fresh ground pepper to taste \*optional

### **Directions:**

1. Peel and deseed squash using a very sharp knife. If you have problems cutting it, try microwaving it for 3-5 minutes (depending on strength of your microwave) to soften the flesh. Cut into small chunks and steam or pressure cook until soft. Drain and let cool before handling.
2. In a large pot, sauté onions and garlic in 1 cup of broth over medium heat for 5-6 minutes until soft.
3. When squash is cool enough to handle, add to Vitamix or food processor along with onions and cooking broth. Add sugar, turmeric and cilantro and blend until smooth. You may need to blend in small batches if you have a smaller blender. Have an extra pot or bowl handy to pour blended soup into.
4. Pour mixture back into pot, and heat through. Season to taste with Herbamare or salt and pepper as desired.

**Nutrition Facts:** 4 Servings **Amount Per Serving:** Calories 213.0  
Total Fat 8.3 g Saturated Fat 6.0 g Sodium 498.4 mg Carbs 37.6 g  
Fiber 7.1 g Sugars 7.1 g Protein 2.5 g

## Spanish Gazpacho

This is the only cool Summer soup recipe in the book. There are many, many different ways to make Gazpacho across the Mediterranean. This is a more traditional spin on it and includes stale bread, green peppers and peeled tomatoes. Normally it has a lot of olive oil in it, but for our purposes and health we are leaving it out.



Serves 3 small starters or 6 Martini glasses for an amuse bouche (bite-sized hors d'œuvre)

### Ingredients:

10 Roma tomatoes, peeled and seeded

3 slices stale dry sourdough or GF bread (about 150 grams left out overnight or 48 hours)

2 green peppers (capsicum), seeded and diced

1/3 cup red onion, diced

2 large cloves of garlic  
1 cup English cucumber, peeled (or small seedless variety)  
2 tbsp. red wine vinegar  
1/2 tsp. Herbamare or salt

**Garnishes:**

Diced cucumber  
Diced onion  
Olive pieces\* optional  
Mint leaves or other herbs\* optional

**Directions:**

1. Tear or cut the stale bread into chunks. Soak bread in ice-cold water for 20 minutes.
2. Add all of the ingredients to the Vitamix or food processor. If you have a small processor you may have to do it in batches. Blend on high until well combined.
3. Next get out a large bowl and large metal mesh sieve and strain the large particles from the soup. Right now it is very thick, and you want a nice thinner watery soup. Use a spoon if needed to push the liquid from the mixture through the sieve. Discard the solids as it fills up. Keep straining until you have passed the mixture through once.
4. Now you can decide if you would like an ultra light soup with very little particles in it, or a thicker soup. If you want it thinner, strain the whole mixture again and discard the solids. Note that this will yield less soup, but it will be more elegant in texture.
5. Taste test and add any additional salt, pepper or vinegar if desired, but the soup should be mild without any one flavor overpowering it.

6. Let sit in the fridge to cool and the flavors marry for a few hours. It can also sit overnight and will taste even better the next day.
7. Serve in small soup bowls or Martini glasses for a dinner party and garnish as desired.

## **How To Peel Tomatoes:**

To peel tomatoes, bring a pot of water to a boil. Score an X with a knife on the stem end of the tomato. Using a slotted spoon, plunge each tomato in boiling water for 30 seconds just until you see the peel lifting. Remove from boiling water and plunge into a large bowl of water with lots of ice. Repeat with each tomato. Once tomatoes are cool remove from ice bath and peel and deseed.

## **Variations:**

You don't have to use bread for this recipe if you don't eat bread. It won't have as much of a sour flavor, but you can adjust with a little more vinegar and season as desired.

**Nutrition Facts:** 3 Servings **Amount Per Serving:** Calories 206.5  
Total Fat 2.3 g Sat. Fat 0.7 g Sodium 549.7 mg Carbs 41.1 g Fiber  
Not relevant as soup has been strained Sugars 9.5 g Protein 7.7 g



# Bonus Recipes

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**“BETWEEN SOUP AND  
LOVE, THE FIRST IS  
BETTER.”**

**-OLD SPANISH SAYING**

Here are some additional recipes that I wanted to include as they can compliment some of the soups seen here in this book. I hope you enjoy them!

## Easy Garlic Croutons

You can use these delicious croutons to garnish your soups or salads! I've used homemade bread to make these many times. These are shown on top of the Roasted Butternut Squash Soup.

Serves 6

### Ingredients:

3 slices whole-wheat bread (thick cut)

Granulated garlic

Granulated onion

### Directions:

1. Preheat oven to 350 F/177 C.
2. Slice bread lengthwise in 2" strips and then cube.
3. Spread cubes onto a tray and sprinkle liberally with garlic and onion granules until covered. If desired you can turn over and sprinkle a little more.
4. Bake for 15 minutes, or until browned. Check at 10 minutes to prevent burning. Cook and store covered in the fridge.

### Additional Tips:

Do not use garlic or onion powder for this. You can easily over season it and it is very dry. You can find granulated garlic and granulated onion in the spice section of the health food store and some grocery stores. It looks like mini salt crystals. Don't use garlic salt either.

**Nutrition Facts:** 6 Servings **Amount Per Serving:** Calories 31.7  
Total Fat 0.5 g Sat. Fat 0.0 g Sodium 58.1 mg Carbs 6.5 g Fiber 1.2 g  
Sugars 1.0 g Protein 2.3 g

## (Oil Free) Vegan Bread Maker Recipe

This is a bread maker recipe that my friend made with a [Zojirushi Home Bakery Bread Maker](#). Store-bought bread usually has oil and too much salt in it. So this version has no oil and is very low in salt.



Makes 1 loaf in a 2 lb. bread maker

### **Ingredients:**

1 1/2 cups + 2 tbsp./385 ml water

3 cups/360 g whole-wheat flour  
3/4 cup/102 g white bread flour  
3 3/4 cups/510 g whole wheat bread flour  
2 tbsp. dry soy milk powder  
1/2 tsp. salt  
2 tbsp. apple sauce  
3 tbsp. brown rice syrup or honey  
1 1/2 tbsp. vital wheat gluten  
3 tsp. active-dry yeast

### **Directions:**

1. Measure all of the ingredients using flat nested measuring cups. Spoon the flour with a tablespoon into the cups. Never scoop flour into the cups from the bag, this will cause the bread to be hard and dense and can result in having too much flour in the recipe. Don't use rough estimates or rounded scoops either. Bread needs to be more exact.
2. Place the ingredients in the order listed into the bread maker machine. Keep the active dry yeast away from the brown rice syrup and salt so it doesn't start reacting right away.
3. Select the wheat bread setting on your bread maker and press start.
4. When the bread is done, let it cool on a wire rack before slicing. Use a bread knife to make nice even slices.
5. Serve with soup or make sandwiches.

### **Additional Tips:**

The vital wheat gluten is to give elasticity to the bread. When you make it oil free it can become quite heavy and tough and this conditions it so it is softer and chewy instead. The soy milk powder also improves the texture to the bread.

If you know how to make your own bread and can knead it and let it rise you can do so. I am just not a bread expert and have not made my own bread by hand before.

## (Oil Free) Vegan Garlic Herb Biscuits



Makes 16 small biscuits

### **Ingredients:**

1 cup/128 g all purpose flour

1 cup/120 g whole-wheat flour

1 tsp. baking powder

1/2 tsp. baking soda

3/4 tsp. Herbamare or salt

1/4 tsp. fresh ground pepper

2 tsp. sugar

1 tbsp. Herbs de Provence or Italian seasoning

- 1 tbsp. nutritional yeast
- 3 tsp. dried chives (or a few tbsp. fresh chopped)
- 3 garlic cloves, minced or 1 tsp. granulated garlic
- 2 tbsp. tomato powder or a tbsp. of tomato paste
- 2 tbsp. lemon juice
- 1 1/4 cups/295 ml almond milk (unsweetened, original)

### **Directions:**

1. Preheat oven to 400 F/205 C
2. Using a coffee grinder, spice grinder or mortar and pestle grind the Herbs De Provence into a powder. (This is so you don't get giant bits of hard rosemary in your biscuits).
3. Combine all of the dry ingredients into a large bowl.
4. Mix the wet ingredients in a separate small bowl. (If using tomato paste mix it well with the milk.)
5. Pour the wet ingredients into the dry ingredients and mix gently with a fork until moistened. Don't over mix.
6. Use a non-stick baking pan or spray non-stick spray on one and drop the biscuits by the large tablespoonful onto the sheet. You should be able to fit 12 and leave enough space that they are not touching.
7. Bake for 11-12 minutes until golden on the bottom and the tops start to brown a bit.
8. Serve hot.

### **Additional Tips:**

Tomato powder can be found at some specialty spice or grocery stores. Alternatively you can get it online at [Amazon](https://www.amazon.com) or other retailers. You can also substitute tomato paste. You can buy this in



a tube and use it for times when you need just a bit and not a whole can's worth.

These biscuits are really easy to make up and you can store any leftovers in the refrigerator or freezer. Just reheat by microwaving for 8-12 seconds and serve warm with your soups.

**Nutritional Information:** 16 biscuits **Amount Per Serving:** 56.6  
Calories Total Fat 0.4 g Sodium 78.5 mg Carbs 11.7 g Fiber 1.4 g  
Protein 2.1 g

# Afterword:

Thank you for purchasing this eBook! I hope that you have enjoyed the recipes, photos and techniques I have shared with you.

I love teaching people how they can create their own nutritious food at home easily (after learning a few tricks and skills of course) that will last them the rest of their life.

Some people ask me if it's my dream one day to have some sort of restaurant or café, and I would say no, it isn't! Actually I prefer cooking for my own family at home and creating recipes that I can share with other people. Personally, cooking for demanding customers day in and day out is a lot of work and I would miss out on the creative aspect of making my recipes and photographing them.

This eBook is just the first in a series of MANY eBooks I want to create for you. I wanted to start off with eBooks as it's easier to get it out right away to people all over the world looking for tasty oil free vegan recipes. I do have plans to create a self-published printed recipe book that will include all of my best recipes in it sometime in the future. Self-publishing is quite a task in and of itself on top of writing a recipe book on your own!

If you would like to ask any specific questions or give any feedback on the recipes contained in this book please go to:  
<http://lowfatveganchef.com/products/feedback-page-for-recipe-ebooks/>

Also you can follow me on [Twitter](#) and like my [Facebook](#) page to keep up to date on what I'm doing each week.

You can also check out my [YouTube](#) channel for some great smoothie recipes and produce FAQs you may find helpful.

I have a great [How To](#) section on my website that covers many helpful tips that you can use to save time and do things easier while making these soup recipes.

Make sure you sign up for my newsletter to get free recipes and tips in your inbox as well.

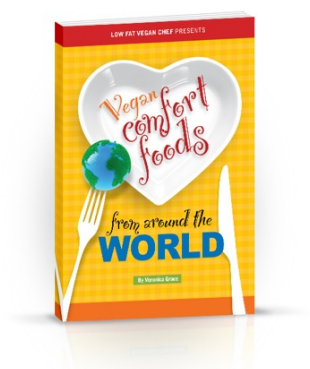
My next eBook Low Fat Vegan "Comfort Dinner Recipes From Around The World" (with 30 more delicious oil free recipes) is coming out very soon!

Stay tuned!

Veronica Grace  
The Low Fat Vegan Chef

**If you enjoyed these recipes you may also enjoy my other recipe eBooks:**

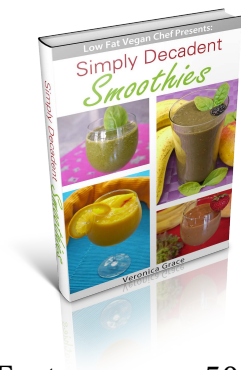
### **1. Comfort Foods From Around The World:**



Featuring **over 60** delicious classic and new style comfort foods, all oil-free and low in fat, but full of flavor! Some favorites include: "Just Like" Chicken Noodle Soup, Roasted Butternut Squash Soup, Mexican Black Bean Corn Soup, Creamy Potato Corn Chowder, Gourmet Cream of Mushroom Soup and many more!

<http://www.lowfatveganchef.com/comfortfoods>

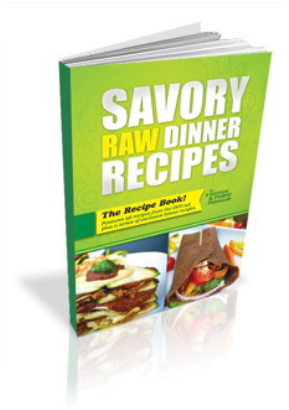
### **2. Simply Decadent Smoothies:**



Features over 50 fruit and green smoothie recipes own smoothies using whole fruits and greens without fillers such as sugar, dairy, or sorbets. 100% natural and 100% good for you.

<http://www.lowfatveganchef.com/simplysmoothies>

### 3. Savory Raw Dinner Recipes



Features 55 raw vegan recipes you can use for appetizers, entrees and snacks. It focuses on whole raw plant foods and shows you how to make your own raw blended soups, homemade salad dressings, dehydrated crackers, chips and tortilla wraps, as well as entrees such as raw lasagna, raw chili and more!

<http://www.lowfatveganchef.com/savory>