

Vegan khao soi soup

Serves 3-4s

Classic Thai curry

Prep 30 min, cook 20 min

Paste

- 4 tbsp cilantro, chopped
- 6 garlic cloves
- 2 inch piece ginger
- 2 onions, small
- 1 tsp coriander seeds or 1/2 tsp ground coriander
- 1 tsp curry powder
- 1 1/2 tsp turmeric

Other ingredients

- 1/2 head broccoli, divided into florets
- 1 1/2 cups butternut squash, peeled and diced
- 1 cup zucchini noodles, per person
- 2 cloves garlic
- 2 cup coconut milk, full fat
- 2 cups vegetable/chicken stock
- 3 tbs fish sauce/ coconut aminos
- Buch cilantro/ shadow benny florets for serving
- 2 Tbs coconut oil for frying
- 1/2 Lime
- Red pepper to taste (optional)



METHOD

1. Roast coriander seeds on a dry pan until golden and fragrant. Set aside to cool.
2. Place all the paste ingredients in a herb chopper or a food processor, add about 4 Tbs of water and process until you get a uniform paste.
3. Coat diced butternut squash in a tablespoon of oil, season with salt/coconut amigos and 1 clove garlic and grill, until golden.
4. Heat up one tablespoon of oil in a wok and stir fry broccoli florets with 1 clove garlic for about 1 minute, add sliced beans and stir-fry for about 1 minute. Season with 1-2 tsps coconut amino acid.
5. Heat up 1 Tbs of oil in a medium size pot. Add Khao Soi paste to the hot oil and stir-fry it for about 4-6 minutes, until slightly darkened. Add vegetable broth and coconut milk and allow them to come to the boil. Season with vegan fish sauce/amino acid, add fresh lime juice to taste.
6. Add diced butternut squash in the soup, allow the soup to come to the boil and simmer for about 7 minutes, then add broccoli florets and sliced beans and cook for a 5 further minutes.
7. Pour over zucchini noodles and serve with fresh coriander.

Roasted cauliflower soup

Serves 4

Prep 15mins, cook time 45 min

- 1 Carrot, diced
- 1 head Cauliflower, chopped into florets
- 1 stalk Celery
- 1 head Garlic
- 1 handful Parsley
- 1 Yellow onion, small

- 12 ounces fresh coconut milk, full fat
- 4 cups vegetable or chicken broth
- 1-2 tsp paprika
- Handful of parsley for garnish
- 3 Tbs extra virgin olive oil
- Salt to taste

Directions

- Preheat oven to 400 degrees F.
- Cut the top off the head of garlic, revealing a small portion of each clove. Lightly drizzle with olive oil and wrap in aluminum foil.
- Toss the cauliflower florets with 2 tablespoons olive oil, salt and pepper to taste. Spread the cauliflower in a single layer on a baking sheet.
- Bake the cauliflower and garlic for 30 minutes.
- Heat remaining olive oil in a large pot over medium-high heat. Add onions. Cook until translucent (a few minutes).
- Add carrots and celery. Cook for a few minutes. Add paprika and salt.
- Add vegetable broth, and bring to a boil.
- Add roasted cauliflower and garlic to the pot (squeeze the garlic paste out of the cloves)
- Bring to a boil, reduce heat and simmer for 10-15 minutes.
- Remove from heat and puree until smooth with an immersion blender.
- Add coconut milk and nutritional yeast. Bring to a boil, reduce heat and simmer for 2-3 minutes.
- Serve topped with any leftover roasted cauliflower florets and chopped parsley.



**Vegan + Gluten
Free**
Roasted Cauliflower
& Garlic Soup

<http://recipes55.com/p/roasted-cauliflower-soup-with-garlic-gf-vegan-giveaway>

Sancocho (Vegetable soup)

Serves 4-6

4 cloves garlic

1 large onion, chopped

1 cup pumpkin or squash, peeled and diced

8 sprigs cilantro

4 sweet potatoes, peeled and diced

3 medium carrots, diced

6 green figs

1 plantain

5 cups vegetable stock

2 Tbs coconut oil

Salt to taste

Directions

Heat oil in an 8-qt. saucepan over medium heat; add garlic, onions, and tomatoes; cook until soft, about 8 minutes. Add stock, cilantro, and chicken; cook for 20 minutes. Add potatoes, carrots, and plantain; cook until everything is tender, about 25 minutes. Remove and shred chicken, discarding bones and fat. Add chicken to pot along with spaghetti. Cook until pasta is al dente, about 8 minutes. Season with salt and pepper.

<https://www.saveur.com/article/Recipes/Sancocho-Chicken-and-Root-Vegetable-Soup>

Cabbage soup

Serves 6

Prep 10, cook 30mins

- 2 tbsp. extra-virgin olive oil
- 2 onions, chopped
- 2 carrots, chopped
- 2 stalks celery, minced
- 8 cloves garlic, minced
- 1 tsp. thyme leaves
- 4 c. low-sodium vegetable or bone broth
- 2 c. water
- 1/4 c chicken broth (optional)
- 1/2 large head cabbage, chopped
- 2 cups grilled pumpkin
- 1 Tbs green seasoning
- 2 Tbs. freshly chopped parsley, plus more for garnish
- 1/2 bunch basil
- Salt to taste



Directions

In a large pot (or dutch oven) over medium heat, heat olive oil. Add onion, carrots, and celery, and season with salt. Cook, stirring often, until vegetables are soft, 5 to 6 minutes. Stir in garlic, and thyme and cook until garlic is fragrant, about 30 seconds. Add broth and water, and bring to a simmer.

Stir in pumpkin and cabbage and simmer until cabbage is wilted, about 6 minutes.

Remove from heat and stir in parsley. Season to taste with salt. Garnish with more parsley, if using.

Italian Inspired Vegetable soup

Serves about 4 - 6

Prep 20 mins Cook 60 mins

Ingredients:

Coconut oil

Salt

3 heads garlic

1 tablespoon olive oil

1 onion, finely diced

2 cups carrots, peeled and diced

2 ribs celery, finely diced

2 cups butternut squash, peeled and diced into cubes

2 teaspoons Italian seasoning

6 ounce pumpkin puree, plus 1 1/2 Tbs apple cider vinegar

4 1/2 cups hot chicken stock

2 cups kale, chopped into small pieces

1/4 cup fresh basil leaves, julienned

1 tablespoon chopped flat-leaf parsley



Preparation:

Cut the tops off of the heads of garlic, drizzle each head with a little oil, plus a pinch of salt, and wrap each head in a small piece of foil; place on the baking sheet. Roast for 45 minutes; then allow to cool until they can be handled.

Once they are cooled, squeeze the roasted garlic from the papers, and using your knife or a fork, make the cloves into a paste; set the paste aside.

Place a medium-large pot over medium heat, and drizzle in about 2-3 tablespoons of the oil, add in the onion and allow it sweat for about 3-4 minutes, until translucent and softened.

To the onion add the roasted garlic “paste”, and stir it in to combine.

Next, add in the diced carrots, celery and butternut squash and stir to combine; add in the Italian seasoning, plus a pinch or two of salt and stir to incorporate.

Add in the pumpkin puree and stir, and allow it to cook with the vegetables for about 2-3 minutes, or until the “raw” flavor of it is cooked out of it.

Next, add in the stock and stir, cover with a lid and simmer very gently on low for about 20-22 minutes, stirring occasionally until the veggies are tender.

Turn off the heat, add in the kale and stir to incorporate it, and allow it wilt into the soup for a few minutes; then, finish the soup by adding in the basil and the parsley (also, check your seasoning at this point to see if any additional salt is needed).