

SINCE 1838
Knorr



Soups Recipe Book

“To feel safe & warm on a cold wet

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Soups Guide

Whatever the season, there are few dishes more comforting to prepare or eat than a warming bowl of soup. Whilst also being a great way to use up leftover ingredients from your fridge, not to mention helping to keep your shopping costs down.

Some of the recipes in this book contain ingredients from our Future 50 Food Reports, read on to learn about the report and the ways in which you can make easy swaps in everyday cooking.

You can also make easy swaps with your favourite recipes, even just for one day a week. Look out for our ideas over the page on how you can 'cheat on meat'.

Why not try going meat free one day a week with these easy swaps – try **Meat Free Mondays**



Mince



Legumes



Pulled pork



Jackfruit



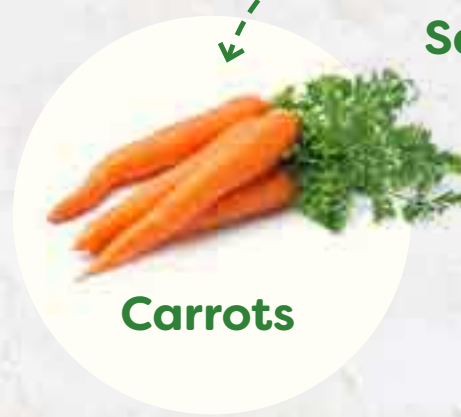
Steak



Portobello mushrooms



Sausages



Carrots



Chicken



Tofu

FUTURE 50 FOODS



What Is The Future 50 Foods Report?

Together with the WWF (the World Wide Fund for Nature), we've launched The Future 50 Foods report which is a collection of diverse plant-based foods from around the world that can boost the nutritional value of our meals whilst reducing the environmental impact of our food supply.

Why have we done this? Well, whilst the global population is growing, so is the demand for agricultural raw materials. About **75% of what the world currently consumes relies on just 12 crops and 5 animal species**, when there are actually over 5,000 species that we could be eating. As a result, we are

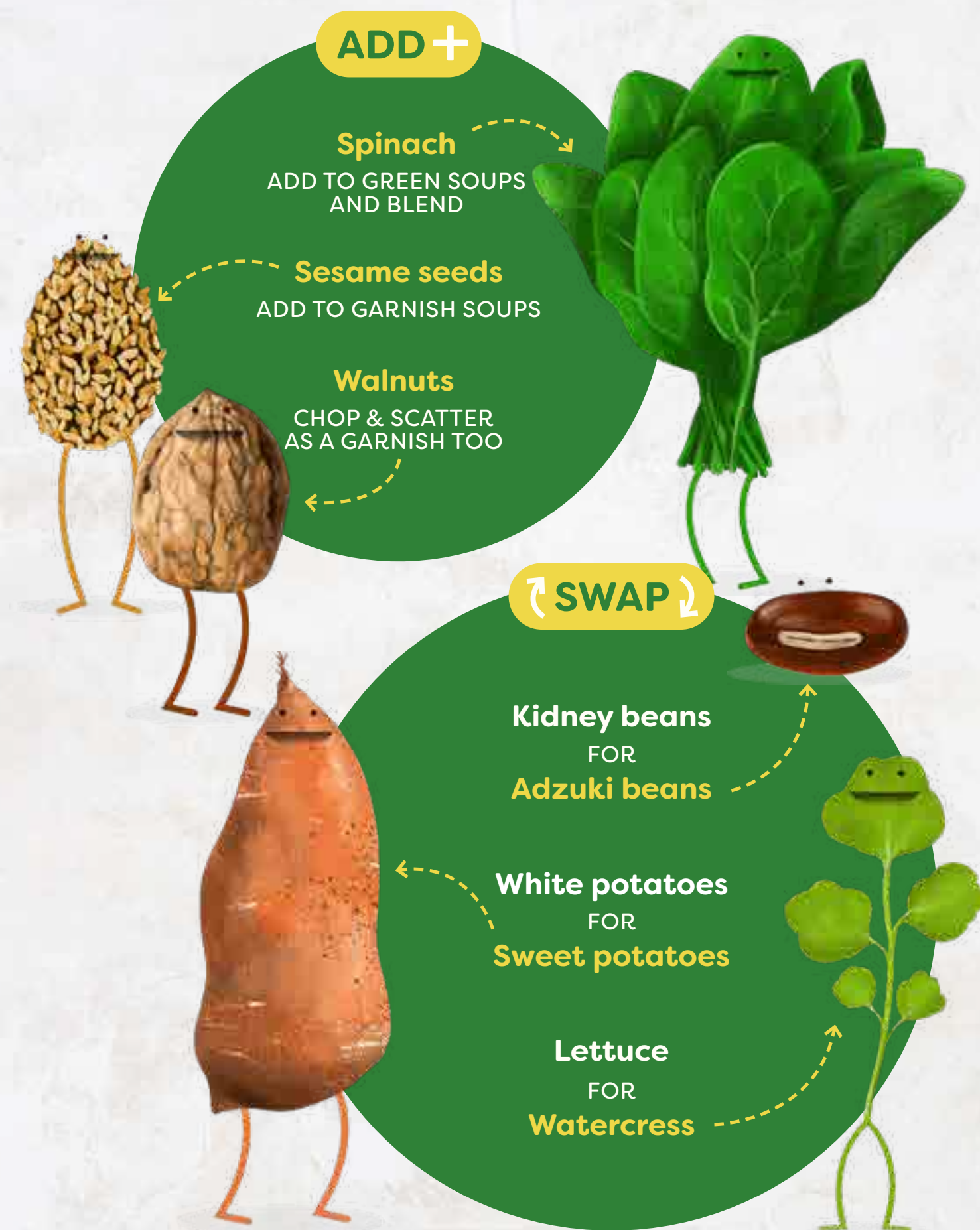
consuming natural resources quicker than they can be regenerated.

The Future 50 Foods have been selected based on their nutritional value and relative environmental impact amongst other factors, and whilst there are 50 foods globally, the most common foods found in the UK include Spinach, Lentils, Sweet Potato and Broad Beans.

Check out the F50 Foods report to see what foods you can swap:

[READ MORE HERE](#)

Look out for
**Future 50
Food pop ups**
which tell you
more about that
ingredient






Creamy Pea Soup

Perfect mid-week lunch when working from home as it's ready in just 15 minutes!

Cooking time	Difficulty	Prep time	Serves	Key
 10 mins	 EASY	 5 mins	 4 people	 Knorr ingredient

Ingredients

-  1 Knorr Vegetable Stock Pot
- 600g frozen peas
- 1 onion, chopped
- 2 cloves garlic, chopped
- 800ml water
- 200ml double cream
- 1 tbsp olive oil
- Freshly ground pepper

To Garnish

Dill leaf



Cook


1. Heat the oil in a saucepan over a medium heat. Add the onion and garlic then fry for 3–4 minutes, until softened.
2. Add the boiling water, frozen peas and Knorr Vegetable Stock Pot and bring to the boil. Reduce the heat and simmer for 10 minutes.
3. Cool slightly, then add half the cream and use a hand blender to liquidise the soup.
4. Season to taste with pepper and use the rest of the cream and dill for the garnish.





Cauliflower Cheese Soup

This rich and creamy cauliflower soup with an irresistible tang is just the ticket on a chilly day - and it's inexpensive too.

Cooking time	Difficulty	Prep time	Serves	Key
 20 mins	 EASY	 20 mins	 4 people	 Knorr ingredient

Ingredients

- 2 Knorr Vegetable Stock Cubes dissolved in 1L of water
- 2 large cauliflower, cut into florets
- 1 large leek, sliced
- 4 garlic cloves, bashed
- 2 tbsp olive oil
- 200g grated Gruyère
- 100g grated Parmesan
- 50ml crème fraîche
- 2 tsp grated nutmeg
- 100g grated Parmesan
- 1 tsp mustard powder

To Garnish

Parsley, chopped



Cook

- Heat the olive oil in a large, deep casserole dish. Add leeks and garlic then sauté for 6-8 minutes, until soft. Add the cauliflower florets and cook for a further 2 minutes, stirring to combine. Add in the Knorr Vegetable Stock and cover with a lid, simmering for 10-15 minutes until the cauliflower is cooked through.
- Meanwhile, make the parmesan crisps. Line a tray with a baking sheet, mix 100g of grated parmesan with the mustard powder and spoon tablespoon-sized mounds on the baking sheet. Leave an inch in between each mound. Bake in the oven for 6 minutes, until the cheese is golden and has melted into flat rounds. Remove and allow to cool and crisp up.
- When the cauliflower is cooked, remove from the heat and allow to cool. Blend into a smooth, creamy soup with a hand blender. Place back on the hob, over a low-medium heat and stir in the crème fraîche, Parmesan, Gruyère and grated nutmeg.
- Serve, topped with the Parmesan crisps and some chopped herbs.





Sweet Potato, Coconut & Lime Soup

Spice things up with this comforting soup where every mouthful is a perfect combo of sweetness, tang & kick.

Cooking time 20 mins	Difficulty EASY	Prep time 10 mins	Serves 4 people	Key Knorr ingredient Future 50 Food
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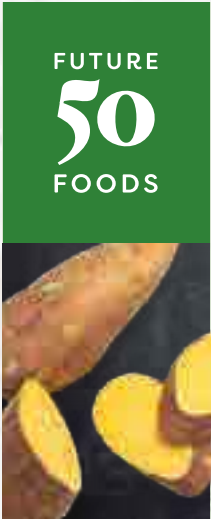


Ingredients

- 1 Knorr Vegetable Stock Cube
- 1 medium-sized sweet potato
- 1 onion
- 1 garlic clove
- 1 tin of coconut milk
- 1 small red chilli
- 1 stick of lemongrass
- 2 lime leaves
- 1 tbsp olive oil
- 450ml water

Garnish

- 1 lime
- 1 red chilli, thinly sliced



Red Indonesian Sweet Potatoes

Did you know? Sweet potatoes are high in essential nutrients and have 500x more vitamin E and 3x more vitamin C than white potatoes.

Cook

- Heat the oil in a saucepan then sweat the onion, garlic, lemongrass and chilli for 5 minutes.
- Add the diced sweet potato and lime leaves then pour in the coconut milk, water and Knorr Vegetable Stock Cube then bring to the boil.
- Simmer for 10 minutes or until the potatoes are soft. Remove the lime leaves and lemongrass then blend until smooth.
- Finish with a squeeze of lime and garnish with thinly sliced red chilli.



Tomato & Basil Soup

Try creating our delicious yet simple recipe for Basil and Tomato Soup.

Cooking time



20
mins

Difficulty



EASY

Prep time



10
mins

Serves



4
people

Key



Knorr ingredient

Ingredients



1 Knorr Vegetable Stock Pot

400g tinned plum tomatoes

3 large tomatoes, chopped

2 carrots, peeled and chopped

2 celery sticks, chopped

1 medium onion, chopped

This recipe can also be used with a



STOCK CUBE

2 cloves garlic, crushed

400ml water

2 tbsp olive oil

20g basil

Freshly ground pepper

60g mascarpone (or a similar vegetarian alternative)



Cook

1. Heat the oil in a large pan, add the carrots, celery, onion and garlic and cook on a low heat for 5 minutes or until the vegetables have started to soften.
2. Add the water, Knorr Vegetable Stock Pot, tinned and fresh tomatoes and simmer for 20 minutes.
3. Add the basil, taste, and add pepper if needed.
4. Blend until smooth, serve into bowls with a spoonful of mascarpone and some of the saved basil leaves.



Mexican Veggie Soup With Tortilla Chips

This soup is packed with veggies and legumes - a delicious and comforting meal.

Cooking time



15
mins

Difficulty



EASY

Prep time



15
mins

Serves



4
people

Key



Knorr ingredient

Ingredients



1 Knorr Vegetable Stock Cube

1 red onion, diced

1 red pepper, diced

400g canned chopped tomatoes

1 tbsp chipotle chilli sauce

100g frozen sweetcorn

40g lightly salted tortilla chips

30g cheddar cheese, grated

1/2 avocado, diced

400g tin of kidney beans, strained









Cook


1. Heat a little oil in a saucepan and fry onion until soft (1-2 minutes). Add pepper and fry a further 1 minutes.
2. Stir in tomatoes, chipotle sauce, stock and sweetcorn. Simmer for 12-15 minutes.
3. Serve in bowls topped with the tortilla chips, and top with cheese and avocado if used.

Carrot & Coriander Soup

A classic flavourful Carrot & Coriander soup never goes a miss, just simply serve with crusty bread!

Cooking time	Difficulty	Prep time	Serves	Key
 20 mins	 EASY	 15 mins	 4 people	 Knorr ingredient  Future 50 Food

Ingredients

-  1g Knorr Vegetable Stock Cube, dissolved in 1L of boiling water
- 500g carrots, sliced
- 1 onion, sliced
- 1 tbsp vegetable oil
- 1 tsp ground coriander
- 30g fresh coriander, roughly chopped





Cook

1. Heat the oil in a large pan and add the onions and carrots. Cook for 4-5 minutes until starting to soften. Stir in the ground coriander. Cook for further 2 minutes.
2. Add the Knorr Vegetable Stock and bring to the boil. Cover and simmer until the vegetables are tender. Then cool.
3. Whizz with a hand blender or in a blender until smooth. Reheat in a clean pan adding pepper to taste, stir in the fresh coriander and serve.




Minestrone Soup

Wholesome & hearty Italian soup, packed full of flavour!

Cooking time	Difficulty	Prep time	Serves	Key
 25 mins	 EASY	 15 mins	 4 people	 Knorr ingredient

Ingredients

-  2 Knorr Zero Salt Vegetable Stock Cubes
- 1 tinned chopped tomatoes
- 50g pasta shapes
- 1L of water
- 2 carrots, peeled and finely diced
- 2 celery sticks, diced
- 2 leeks, chopped
- 2 small red onions, finely diced
- 60g green beans, sliced
- 50g button mushrooms, sliced
- 2 cloves garlic, crushed
- 1 tbsp tomato puree
- 1 tbsp plain flour
- 2 tbsp olive oil

Cook

1. Heat the oil in a deep saucepan. Add the leeks, carrots, celery and onions, fry for 2 minutes. Add the garlic, puree and flour then stir for 30 seconds. Add the Knorr Zero Salt Veggie Stock Cube, water and tinned tomatoes then simmer for 15 minutes.
2. Cook the pasta in boiling water with the green beans and cook for 3-4 minutes. Then drain.
3. Add the cooked green beans, pasta and mushrooms to the soup and simmer for a further 3-4 minutes then serve.



Red Thai Curry Lentil & Sweet Potato Soup

This veggie curry soup recipe is super-satisfying, bulked out with lentils and sweet potatoes to help keep you fuller for longer.

Cooking time



30
mins

Difficulty



MEDIUM

Prep time



15
mins

Serves



5
people

Key



Knorr ingredient



Future 50 Food



Ingredients

-  1 Knorr Vegetable Stock Pot
-  150g tinned brown lentils, cooked
-  300g sweet potato, peeled and chopped into small chunks
- 200g carrots, peeled and diced
- 2 onions, diced
- 3 cloves garlic, sliced
- 2cm ginger, finely diced
- 400ml reduced-fat coconut milk
- 2 tbsp Thai red curry paste
- 2 tbsp olive oil
- Fresh coriander

Cook

1. Heat the oil in a large pan over medium heat. Add the onion and fry, stirring occasionally, until translucent. Then add the garlic, curry paste and ginger and cook for a minute.
2. Add the sweet potato, carrots, Knorr Vegetable Stock Pot, lentils and 500ml of water. Bring it to a boil, cover with a lid and reduce the heat. Allow to simmer for 20 minutes until the lentils and sweet potato are cooked through.
3. Place a quarter of the cooked vegetables to the side and keep warm.
4. Using a blender, purée the remaining vegetables to create a smooth, creamy soup. Once blended, stir in the coconut milk.
5. Divide the reserved vegetables into soup bowls and pour in the blended soup. Garnish with coriander.



Lentils

Lentils are a great source of Iron and vitamin B1, helping to maintain a steady heartbeat and the body use energy efficiently.

Squash & Pumpkin Soup

Perfect for the rainy autumn days, snuggle up under a blanket and enjoy this simple but delicious soup!

Cooking time



40
mins

Difficulty



EASY

Prep time



20
mins

Serves



4
people


Key



Knorr ingredient



Ingredients

-  1 Knorr Vegetable Stock Cube
- 1 small pumpkin, cut into large chunks with the skin left on
- 1 small butternut squash, cut into large chunks with the skin left on
- 2 large carrots, sliced into rounds
- 1 onion, quartered
- 4 garlic cloves, peeled
- 1 tbsp dried oregano
- 1 tbsp cumin
- 1 tbsp cayenne pepper
- 1L water
- 1 sheet of puff pastry
- 125g cheddar cheese, grated
- 1 egg yolk, whisked
- 1 tbsp poppy seeds

Cook

1. Pre-heat the oven to 180°C. Place all the vegetables in a large baking tray along with the garlic cloves. Drizzle with olive oil, then sprinkle the dried oregano, cumin and cayenne pepper. Put in the oven for 40 minutes.
2. Meanwhile, to make the Cheese Pastry Stars, flour a surface, lay out the puff pastry sheet and cover half with grated cheddar then fold in half. Roll the sheet to double its size and cut into star shapes using a shaped pastry cutter. Brush with egg wash and sprinkle with poppy seeds. Bake in the oven for 10-12 minutes until risen and golden.
3. Remove the vegetables from the oven, place in a large pot and add the Knorr Vegetable Stock Pot. Pour 1L of water then blend everything into a smooth soup.
4. Serve with a few Cheese Pastry Stars.




Slow-Cooker Leek and Potato Soup

Try this warming soup garnished with chives and a few pieces of sourdough bread

Cooking time	Difficulty	Prep time	Serves	Key
 240 mins	 EASY	 10 mins	 4 people	 Knorr ingredient

Ingredients

-  1 Knorr Vegetable Stock Pot
- 500g potato
- 350g leeks, sliced
- 3 cloves garlic
- 1L water
- 15g sour cream

To Garnish

Chives

Serve With

Sourdough bread

Cook

1. Add the potato, leeks, garlic and Knorr Vegetable Stock Pot to a slow cooker. Add 1L of water and cook on high for 4 hours.
2. After 4 hours, using a stick blender, blend the soup until smooth and stir in the sour cream. Ladle into bowls and garnish with chives and a few pieces of sourdough bread.



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