

# Soups

# Browned Onion Soup

## Ingredients

2 onions chopped in thin slices  
1 small capsicum finely chopped  
1 tsp. spring onion green finely chopped  
1/4 tsp. ginger grated  
1/4 tsp. garlic grated  
1/4 tsp. green chilli sauce  
1 tsp. cornflour  
2 medium slices plain bread  
4 cups water  
1 tsp. oil  
1/2 tsp. butter  
salt to taste  
pepper to taste

## Method

Heat oil in a large deep pan. Add ginger garlic and fry for 1 minute.  
Add onions, stir fry till dark brown. Add water, bring to a boil, turn to simmer.  
Make toasts of bread, apply butter. Add sauce, salt, pepper, to soup.  
Break toasts in quarters, add to soup. Boil till bread softens.  
Mash bread lightly with back of spoon. Mix cornflour in 1/2 cup water, add to soup.  
Boil for one minute. Serve hot.

**Courtesy : Saroj Kering**

# Gazpacho

## Ingredients

4 tomatoes ripe and juicy  
1 capsicum finely chopped  
1 onion finely chopped  
1 cucumber finely chopped  
1 tomato finely chopped  
1 tbsp. tomato sauce  
1/2 tsp. red chilli garlic sauce  
1/4 tsp. worcestershire sauce  
1 tsp. sugar  
salt to taste

## Method

Dip tomatoes in boiling hot water, cover and keep for 10 minutes.

Drain tomatoes, peel carefully and chop coarsely.

Add sauces, sugar, salt, 3 cups water and blend till smooth.

Add all chopped veggies, chill for an hour before serving.

Serve chilled with warm garlic rolls or croutons.

**Courtesy : Saroj Kering**

# Hot and Sour Soup

## Ingredients

2 tbsp. cabbage finely shredded  
2 tbsp. carrot finely julienned (slivers)  
1 tbsp. cauliflower finely chopped  
1 small stalk celery, finely chopped  
1 tbsp. spring onion greens finely chopped  
1/4 tsp. ginger grated  
1/2 tsp. red chilli sauce  
1 tsp. soya sauce  
1 tsp. brown vinegar  
1/4 tsp. pepper powder  
salt to taste  
2 tsp. cornflour  
1 tsp butter or oil  
4 cups water or vegetable stock

## Method

Heat fat, add vegetables, ginger, except spring onions.

Stir fry till cooked, add spring onions, stir.

Add stock, chilli sauce, soya sauce, vinegar and stir.

Bring to a boil, simmer for 7-8 minutes.

Add salt and pepper.

Mix cornflour in 1/2 cup water, and pour into soup, stirring continuously.

Cook for 2 minutes. Serve hot.

**Courtesy : Saroj Kering**

# Minestrone Soup

## Ingredients

### Pressure cook together:

1 large tomato  
1 2" piece white pumpkin  
1 onion  
1 carrot  
1 potato small  
3 cups water

### Chop in Juliennes:

1 carrot  
1 capsicum  
1 spring onion sprig  
2 cabbage leaves

### Other ingredients:

1 tbsp. butter  
2 tbsp. boiled, drain pasta  
(macaroni, noodles, spaghetti, any)  
1 tsp. red garlic sauce  
1/2 tsp. ginger grated  
1 tbsp. tomato ketchup  
1 tbsp. fresh beaten cream  
1 tbsp. grated cheese  
salt to taste  
pepper to taste

## Method

Blend pressure cooked veggies in mixie. Strain. Heat butter in a heavy deep pan.

Add ginger, stir, add julienned veggies, stir fry for 2-3 minutes. Add pureed stock. Bring to a boil.

Add all other ingredients, except cream and cheese. Stir and simmer for 2-3 minutes.

Serve hot in individual bowls. Sprinkle some cheese and a swirl of cream before serving.

**Note:** Juliennes are vegetables, etc. cut in thin strips of approx. 1 1/2" length. First chop vegetable in thin slices, and chop slices into thin slivers.

**Courtesy : Saroj Kering**

# Mulligatawny Soup

## Ingredients

1/4 cup yellow lentils (toor dal)	1 tbsp. celery finely chopped
1 tbsp. cauliflower chopped	1/2 tsp. curry powder
1 small potato peeled chopped	salt to taste
1 small carrot coarsely grated	1 tsp. butter or oil
1 small onion finely chopped	1/4 cup thick coconut milk (refer note)
1" piece white radish coarsely grated	salt to taste
1 quarter green cooking apple chopped	pepper to taste

## Method

Wash dal, add potato, cauliflower and 4 cups water. Pressure cook till very soft. Blend in mixie.

Heat butter in a heavy pan. Add chopped veggies and apple, stir fry for 4-5 minutes.

Add blended stock. Stir and bring to boil. Simmer for 5-7 minutes.

Add curry powder, salt and pepper to taste. Stir in coconut milk, serve in individual bowls.

Note:

### How to make coconut milk :

Soak 1 grated coconut in 2 1/2 cups water for 1 hour. Grind in a mixie using same water. Strain to extract the milk. Repeat process with the residue twice. Press out till residue is crumbly. Use milk as mentioned in recipes. Makes 3 cups milk. For above recipe milk of 1 tbsp. grated coconut will suffice.

**Courtesy : Saroj Kering**

# Spinach Soup

## Ingredients

2 cups shredded spinach (1 bunch)  
2 tbsp. grated bottle gourd or white pumpkin  
1 tsp. fresh cream (optional)  
salt to taste  
pepper to taste  
1 small blob butter  
2 cup water

## Method

Wash spinach well. Put in a large vessel. Sprinkle 2-3 pinches salt and add gourd.  
Boil covered, on high, till soft. (3-4 minutes after boiling)  
Take of fire and put in colander. Pour cold water over it.  
Blend in a mixie till smooth. Add water, mix and take in a deep pan.  
Add all other ingredients, except cream. Bring to a boil. Serve piping hot.  
Beat cream and pour a swirl of it over individual bowls. Serve with warm garlic rolls or soup sticks.

**Courtesy : Saroj Kering**

# Mien chow Soup

## Ingredients

1 floret cauliflower  
2 leaves of cabbage  
1 small carrot peeled  
1 corn cob boiled  
1 onion  
1 tiny sprig spring onion  
1 sprig mint leaves chopped fine  
1 tsp. coriander chopped fine  
1 tsp. soya sauce  
1 small dry red chilli crushed  
salt to taste  
pepper to taste  
2 tsp. cornflour  
1/2 tbsp. butter  
3 cups water of vegetable stock

## Method

Chop vegetables very fine. Remove kernel of corn.

Heat butter to melt in a heavy pan. Add vegetables and stir fry till tender.

Add 3 cups water, bring to a boil. Make paste of cornflour in 1/4 cup water.

Add to soup, stirring continuously till it reboils. Add soya sauce, chilli, salt, pepper, coriander, mint.

Stir and simmer till soup thickens. Serve hot with chillies in vinegar and garlic sauce.

**Courtesy : Saroj Kering**

# Onion Potato Soup

## Ingredients

1 large onion  
1 small sprig spring onion  
1 medium potato  
1/2 piece ginger  
1 florettes garlic  
1 blob butter  
salt and pepper to taste  
1/2 tsp sugar

## Method

Chop the spring onion finely and keep aside.  
Chop the potato and onion into large chunks.  
Pressure cook till soft.  
Blend in a mixie till smooth. Sieve  
In a pan heat the butter.  
Add the ginger and garlic and fry till light brown.  
Add the chopped spring onion and stock (prepared above).  
Add salt, pepper and chilli sauce as desired.  
Serve steaming hot with soup sticks.

**Courtesy : Saroj Kering**

# Sweet Corn Veg Soup

## Ingredients

1 cup tender corn kernels or  
1 cup sweet corn cream style canned  
1 carrot finely chopped  
1 tbsp. cabbage chopped  
1 spring onion finely chopped  
1/2 tsp. sugar  
1/2 tsp. green chilli sauce  
1/2 tsp. soya sauce  
1 tbsp. corn flour  
4 cups water

## Method

If you are using fresh corn, then pressure cook till tender.

Take the corn in a deep pan. Mix the corn flour in 1/2 cup water.

Add water, salt, sugar, vegetables and chilli sauce.

Mix well and put to boil. Once boiling, add corn flour paste and stir continuously.

Keep stirring till the soup is thick and clear.

Stir in the soya sauce and take off fire.

Serve steaming hot with garlic rolls and more chilli sauce or chillies in vinegar.

**Courtesy : Saroj Kering**

# Creamy Celery Soup

## Ingredients

8 small celery sticks thinly sliced  
1 onion finely chopped  
3 cups water  
1 tbsp. plain flour  
2 tbsp. light sour cream  
2 tbsp. grated cheese  
1 tbsp. chopped fresh coriander  
1 tsp. lemon juice

## Method

Boil the celery and onion in 1/2 cup water in a large saucepan till the onion is soft.

Blend flour in 1/4 cup water till smooth.

Stir gradually into the onion mixture.

When smooth stir in remaining water.

Stir constantly till the mixture boils and thickens.

Reduce heat. Simmer covered for 5 minutes.

Stir in sour cream, cheese, parsley and lemon juice.

Serve hot with garlic rolls or croutons or just plain toasts.

**Courtesy : Saroj Kering**

# Curried Carrot Soup

## Ingredients

2 med. carrots chopped  
1 small onion chopped  
1 small potato chopped  
2 cups water  
1 clove garlic crushed  
2 tbsp. orange juice  
1/2 tsp. curry powder  
1 tbsp. thick tomato puree  
1 cup skim milk  
1 tbsp. spring onion greens finely chopped  
1/2 tsp. butter  
salt to taste

## Method

Cook vegetables (onion, potato, carrots, garlic) in water.  
Simmer covered till tender.  
Add orange juice, curry powder, tomato puree and skim milk.  
Blend till smooth.  
Heat butter and stir fry spring onions for two minutes.  
Add blended soup, and heat without bringing to a boil.  
Serve hot with croutons or soup sticks.

**Courtesy : Saroj Kering**

# Peas and Snow Pea Soup

## Ingredients

1 cup peas boiled  
1/2 cup snow peas cleaned and whole  
1 small onion grated  
1 clovette garlic  
1 bayleaf  
3-4 pepper corns  
2 cloves  
1 tsp. butter  
green chilli sauce to taste  
1/2 tsp. plain flour  
salt to taste  
2 cups water

## Method

Put the shelled, boiled, peas, flour, water in a blender. Blend till smooth.  
Heat butter in a saucepan, add onion and snow peas. Stir fry till tender.  
Add blended peas, salt and allow to boil, stirring continuously.  
Tie the garlic, bayleaf, clove, peppercorns, in a tiny pouch of a piece of muslin.  
Add to the soup and boil for 15 minutes, adding more water if required.  
Add chilli sauce as per taste.  
Serve piping hot with warm buns and butter.

**Courtesy : Saroj Kering**

# Good Old Tomato Soup

## Ingredients

500 gms. tomatoes ripe  
2 tbsp. sugar  
2 1/2 cups water  
1 bayleaf  
1/4 tsp. cinnamon-clove powder  
1/4 tsp. red chilli powder  
1/4 tsp. cumin powder  
1 tsp. butter  
1/2 tbsp. plain flour  
1 clove garlic

## Method

Pressure cook the tomatoes (about 2 whistles suffice).  
Blend till smooth. Strain to remove seeds and peels.  
Heat butter in a pan, add the bayleaf, garlic (whole) and fry for a few seconds.  
Add tomato puree. Stir. Dissolve the flour in a little water till smooth.  
Add the flour paste, stirring continuously, bring to a boil.  
Add the seasoning, salt and sugar.  
Simmer for 5-7 minutes.  
Serve hot with bread croutons, a swirl of fresh cream, and pepper.

**Courtesy : Saroj Kering**

# Vegetable Stems Soup

## Ingredients

8-10 stems of spinach leaves  
4-5 tender stalks of the leaves just below cauliflower  
2-3 stems of coriander leaves  
1 small sprig spring onion  
1 stalk of celery  
1/2" ginger peeled and crushed  
1 clovette garlic crushed  
1 tbsp. cornflour  
1/4 dried red chilli crushed  
1/2 tsp. sugar  
salt to taste  
1/2 tsp. soya sauce  
1/2 tsp. oil or butter  
2 1/2 cups water.

## Method

Clean any fibrous threads from the stems. Chop the vegetables into thin slanted slivers.

Heat oil in a pan. Add ginger garlic. Saute for a minute. Add vegetables.

Stir fry till tender. Add water and bring to a boil. Mix cornflour in 1/2 cup cold water.

Add to soup, stirring continuously till it comes back to a boil.

Add the chilli, sugar, salt, soya sauce and boil till thickened like corn soup

Serve fresh and piping hot.

**Courtesy : Saroj Kering**

# Cauliflower and Broccoli Soup

## Ingredients

500 gms. broccoli chopped into florets  
250 gms. cauliflower chopped into florets  
1 medium onion chopped  
1 medium potato peeled chopped  
1/4 tsp. dried crushed herbs (of your choice) optional  
2 small sticks celery chopped  
1 clove garlic crushed  
2 cups water  
1 cup skim milk  
4-5 mint leaves finely chopped  
1 tsp. butter  
salt to taste  
fresh ground pepper to taste

## Method

Heat butter in a large saucepan. Add garlic and onion, stir fry till soft.  
Add 1-1/2 cups water, potato, celery, broccoli and cauliflower.  
Bring to a boil. Reduce heat and simmer till potato is tender. Add herbs.  
Blend mixture till smooth. Add cornflour paste. Return to pan.  
Stir on high heat till it comes back to boil. Allow to boil till thickened.  
Add salt to taste, fresh ground pepper, milk and parsley.  
Reheat before serving. Serve hot with soup sticks and butter.

**Courtesy : Saroj Kering**

# Beetroot Soup

## Ingredients

1 medium beet root dark  
1 medium piece bottle gourd  
1 small onion  
1 small tomato  
1 small potato  
1/2 tsp sugar  
salt, pepper to taste  
1-2 tbsp. whipped cream  
1 tsp chopped basil or coriander

## Method

Clean, peel and chop vegetables into large chunks.

Pressure cook till soft.

Cool, blend in mixie and strain.

Add seasoning except chopped coriander and cream.

If desired, serve chilled with soup sticks.

Or Serve piping hot with hot garlic rolls.

In either case add a swirl of cream and some chopped coriander on top in each bowl.

**Courtesy : Saroj Kering**

# Clear Soup

## Ingredients

2-3 juicy large carrots  
1-3 pieces bottle gourd  
1-2 leaves cabbage  
1 tbsp. cream  
1 small blob butter  
Salt, pepper to taste  
2-3 tbsp. cream whipped smooth  
1 small sprig mint

## Method

Grate 1 tbsp carrot finely, keep aside.  
Finely chop cabbage, keep aside.  
Pressure cook remaining carrots with bottle gourd till very soft.  
Cool and blend in mixie. Strain.  
Heat butter, add the pulp and bring to just about boil.  
Add the grated carrot and cabbage and salt.  
Take in serving bowl.  
Add a swirl of whipped cream.  
Sprinkle freshly ground pepper and chopped mint before serving.

**Courtesy : Saroj Kering**

# Moong Soup

## Ingredients

1/4 cup Moong (green gram, whole)  
salt, pepper to taste  
lime juice to taste  
1/4 tsp cummin seeds 1 blob butter or ghee  
2 cups water  
Pinch asafoetida  
Big pinch turmeric

## Method

Pressure cook washed gram till very soft.  
Keep aside 1 tbsp. boil gram whole.  
Blend the rest, after cooling.  
In a pan, heat butter.  
Add cummin seeds.  
When they splutter add the asafoetida and moong soup.  
Add salt, turmeric, lime and pepper.  
Boil 5-7 minutes. Add whole moong kept aside.  
Boil till thick enough for soup. Serve hot.

**Courtesy : Saroj Kering**

# Mixed Vegetables Soup

## Ingredients

1 small carrot  
1 florettes cauliflower  
1/2 capsicum  
2-3 french beans  
1 onion  
1 small piece cabbage  
1/2 tsp soya sauce  
1/2 tsp each grated ginger and garlic  
1/4 tsp crushed red chilli  
salt to taste  
1/2 tsp sugar  
2 tsp cornflour  
1 blob butter  
2 cups water

## Method

Chop all the six vegetables either in a chopper or very fine by hand.

Heat butter in a pan. Add ginger, garlic and vegetables.

Stir fry the vegetables till they look bright and done. Add water and bring to boil

Mix cornflour in 1/2 cup cold water and add to the soup, stirring simultaneously.

Bring to boil again. Add chilli, sauce and sugar and boil till thick and transparent.

Serve hot.

**Courtesy : Saroj Kering**

# Chilled Cucumber Soup

## Ingredients

2 medium cucumber which are juicy  
1/2 piece ginger  
1 small green chilli  
2-3 cups water  
2-3 tbsp. cream whipped smooth  
1 small sprig finely chopped mint  
1 tsp sugar  
salt and pepper to taste  
1-2 slice bread

## Method

Chop cucumber onto large chunks

Grate ginger, keep aside.

Boil the cucumber in the water, till soft.

Let it Cool. Blend in a mixie

While blending add the bread, ginger and green chilli. Sieve.

Add sugar, salt, Chill for 2 hours

While serving, take in individual soup bowls.

Carefully pour a swirl of cream, sprinkle freshly ground black pepper and a tiny amount of chopped mint.

**Courtesy : Saroj Kering**

# Chicken Coconut Soup

## Ingredients

1 chicken breast  
1 cup chopped mushroom  
1-1/2 cup coconut milk  
3 cups chicken stock  
3 tbsp chopped lemon grass  
1 tbsp ginger root  
1 tbsp lemon juice  
1/2 tsp sugar  
1/4 cup fish sauce  
1/4 cup chopped spring onion  
2 green chillies, chopped finely  
3 tbsp chopped coriander leaves for garnishing

## Method

Boil chicken till pink in colour.

Drain and keep the water as stock.

Discard skin and bones, and shred into small pieces, keep aside.

In a saucepan, mix all the ingredients except chicken and lemon juice.

Bring it to boil.

Let it cook for another 20-25 minutes on slow flame.

Add chicken pieces and simmer for another 10 minutes.

Add lemon juice.

Serve hot, garnished with coriander leaves.

# Lentil Soup

## Ingredients

1 cup lentils  
3 cups chicken stock  
1/4 cup chopped onion  
1/4 cup chopped carrots  
1/4 cup chopped spring onion (only green parts)  
2 garlic cloves, minced  
1 bayleaf  
1/4 tsp oregano  
1 tbsp lemon juice  
1 cup shredded spinach  
1 tsp olive oil (or cooking oil)  
1/2 tsp cumin seeds powder  
1/4 cup tomato ketchup  
pepper as per taste  
salt as per taste

## Method

Wash lentils and soak it for 1 hour. Heat oil in a pan.

Saute onion till transparent. Add garlic, carrots, bayleaf, saute for another 2-3 minutes.

Add chicken broth. Add all the ingredients except lemon juice and spinach.

Let it cook for atleast 30 minutes. Add spinach and let it cook for another 20 minutes.

If the soup is too thick, then add more water. Lastly put the lemon juice. Serve hot, garnishing with garlic bread.

# Clam Chowder

## Ingredients

2 cups clams  
1 cup chopped potatoes  
1/4 cup chopped capsicum  
1/4 chopped celery  
1 tbsp butter  
1/4 cup chopped onion  
1/4 tsp pepper  
4 cups water  
2 cups milk  
1 cup fresh cream  
salt as per taste

## Method

Boil clams in 2 cups water till cooked. Remove clams, and retain the stock.

Chop the clams. In another 2 cups water boil potatoes and celery till tender.

Heat butter in pan. Saute onion till transparent, add capsicum and saute for another 2-3 minutes.

Pour vegetables and its stock. Also add the clam stock.

Bring to boil, simmer for 5 minutes on slow flame. Add clams, salt and pepper.

Add milk and cream. Bring to simmering point. Serve hot.

# Garlic Soup

## Ingredients

1/2 cup garlic cloves  
1/2 cup chopped onion  
Salt as per taste  
Pepper as per taste  
1/4 chopped parsley  
4 cups chicken stock  
1/4 grated cheese  
1 tbsp butter  
1 tbsp plain flour

## Method

Peel and mice the garlic cloves.

Heat butter in a pan.

Saute onion and garlic till they are tender and light brown on slow flame.

Add flour and stir for another 3-4 minutes.

Add stock and bring to boil.

Add salt, pepper and parsley.

Let it simmer on slow flame for 25-30 minutes.

Pour soup in serving bowls.

Garnish with grated cheese and serve.

# Wintry Soup

## Ingredients

4 cups vegetable stock (refer below)  
1/2 onion , chopped fine  
1/4 tsp ginger paste  
1/4 tsp garlic paste  
1/4 tsp. cumin powder  
2-3 pinches turmeric powder  
1 tsp curry powder  
salt to taste  
1/2 cup frozen corn  
1/2 cup tomatoes, chopped finely  
1/4 cup tomato puree  
2 tbsp raw rice  
2 tbsp moong dal (yellow)  
1 tbsp oil

## Method

Heat oil in a pan

Fry onion, ginger and garlic till transparent

Add cummin powder, turmeric and curry powder

Add vegetable stock and bring it to boil

Add moong dal and let it cook for 2-3 minutes.

Add rice, corn, tomatoes and puree

Let it cook till rice is done

Serve hot. Soup sticks, pepper and salt, as desired.

**Note:** For vegetable stock, boil 1 onion, 1 carrot, 1/2 cup bottle gourd and 2-3 french beans in 4 cups water, till soft. Blend in mixie, strain and use.

# Dill Soup

## Ingredients

1 tbsp. dill leaves finely chopped  
1 spring onion with greens finely chopped  
1 small floret cauliflower  
2 leaves cabbage finely chopped  
3" piece celery stick  
2 french beans finely chopped  
1 tsp. capsicum finely chopped  
2 pinches grated ginger  
2 pinches grated garlic  
1/2 tsp. green chilli sauce  
1/4 tsp. white vinegar  
1/4 tsp. sugar  
salt to taste  
2 tsp. cornflour  
1 tsp. butter  
2 cups white vegetable stock or water

## Method

Slice cauliflower floret and celery thinly. Melt butter in a nonstick or heavy pan.

Add all vegetables, except dill and spring onion greens. Stir fry till veggies are bright, but tender and crunchy.

Add 1-1/2 cups stock, bring to a boil on high. Dissolve cornflour in remaining stock.

Add all other ingredients to cornflour mixture.

Pour into soup, stirring constantly. When boil resumes, simmer till soup is thickened a bit, and transparent.

Serve hot, topped with a swirl of cream if desired.

# Ginger Soup

## Ingredients

ginger 200 gm  
cumin seeds 1/2 tsp  
turmeric powder 1 tsp  
butter or pure ghee 2 tbsp  
salt to taste  
black pepper optional  
milk 1 glass 8 to 10 oz  
water 2 to 3 glass

## Method

Grind ginger make fine paste without adding water.

Heat Oil put cumin seeds roast them put ginger paste and fry till golden brown, then add turmeric powder salt and water bring to boil, when it is boiling add milk and then again let it boil but be careful now it can boil out.

Serve hot with dry Chappathis boiled Rice or just like that.

Hope you will enjoy. You can use garlic and ginger also. Garlic is optional.

# Vegetable Soup

## Ingredients

2 carrots

1 capsicum

1 large potato

1 onion

4 tomatoes

4 cups stock cubes, diluted in 4 cups water, or 4 cups water

1/4 kg peas

macaroni (optional)

a little cabbage (grated)

salt and pepper to taste

## Method

Chop the vegetables and fry in a little butter or oil.

Put the tomatoes through a blender and add to the vegetables.

Next, add the stock, salt and pepper and when it comes to a boil, add the peas and macaroni.

Cook till the peas and macaroni are tender, then add the grated cabbage and cook for a minute.

Remove from fire and serve.

# Mix Veg Noodle Soup

## Ingredients

2 tbsp cornflour  
4 glass of water  
2 tbsp soya sauce  
1 tbsp white vinegar  
1/2 tsp ground black pepper  
2 small green chilli, finely chopped  
2 tbsp vegetable oil  
1 onion chopped  
4 garlic chopped  
one cup beans chopped  
one cup cabbage chopped  
one cup broccoli chopped  
one cup carrot chopped  
half a cup capsicum chopped  
half a cup mushroom chopped (depends on your choice)  
one cup boiled noodles  
one table spoon salt  
1/2 spoon ajinomoto motto

## Method

In a mixing bowl mix cornflour in cold water. Heat it on low flame stir continuously to avoid the lumps. Add soya sauce, white vinegar, ajinomoto, salt and black pepper.

Heat the oil and put in all the chopped vegetables add one spoon water & steam it on low flame for 6 mins.

Mix the steamed vegetables in the corn flour add the pre boiled noodles in it & give it a final boil.

Serve hot garnish it with the grated cheese & serve with tomato & chilly sauce.

# Meatball Soup

## Ingredients

### For Soup:

1/4 cup finely chopped carrots  
1/4 cup finely chopped french beans  
1/2 cup shredded cabbage  
1/4 cup peas  
1/4 cup finely chopped celery  
1 cup tomato puree  
1/4 tsp cummin seed powder  
Pepper as per taste  
Salt as per taste  
4 cups meat stock

### For Meatballs:

1/4 kg minced meat  
1 egg, beaten  
1/4 tsp garlic powder  
3 tbsp finely chopped onion  
1/2 cup bread crumbs  
Salt as per taste  
1/4 tsp pepper powder  
2 tbsp cornflour  
Oil to deep fry meatballs

## Method

Mix all the ingredients of meatballs.

Make small balls (1/2").

Deep fry or shallow fry till balls are golden brown.

Drain and keep aside.

Bring the stock to boil.

Add all the ingredients and let it cook for 20-25 mins or vegetables are tender.

Add meatballs and simmer for another 5-7 minutes.

Serve hot.

# Cheesy Soup

## Ingredients

1/4 cup small cooked chicken pieces  
4 cups chicken stock  
2 carrots, diced  
1/4 cup chopped french beans  
2 onion, chopped  
1/2 kg shredded cheddar cheese  
2 cups milk  
salt as per taste  
pepper as per taste  
4 tbsp butter  
2 tbsp plain flour  
2 tbsp cornflour  
3 tbsp chopped celery

## Method

Heat butter in a pan. Fry onion, carrots, french beans till tender.

Add flour, stir till it is blended with onion. Add chicken stock.

Stir continuously till it starts thickening. In 1/4 cup milk, mix cornflour, taking care no lumps are formed.

Add in chicken stock, stirring continuously. After 2-3 mins, add remaining milk.

Stirring continuously, till milk comes to boil. Add milk, chicken piece, salt and pepper powder.

Cook till cheese melts. Sprinkle celery and serve hot.

# Mushroom Soup

## Ingredients

2 cups button mushrooms  
3 cups chicken stock  
2 sprig spring onions, chopped finely  
1/2" ginger, chopped finely  
1/2 tsp black pepper  
salt as per taste

## Method

Clean the mushrooms and cut into slices.  
Heat a pan and put the chicken stock.  
Once it boils, slow the flame and simmer for 15 minutes.  
Add mushrooms, onions, ginger, salt and pepper.  
Let it boil for another 10 minutes on slow flame.  
Serve hot.

# Fish Corn Soup

## Ingredients

250 gms. tomatoes ripe  
1 tbsp. sugar  
1-1/2 cups water  
1 bayleaf  
1/4 tsp. cinnamon-clove powder  
1/4 tsp. red chilli powder  
1/4 tsp. cumin powder  
2 tsp. butter  
1/4 tbsp. plain flour  
1 clove garlic  
1 cup flaked and cooked fish  
1 cup tender corn kernels  
1 spring onion, finely chopped  
1 tbsp finely chopped parsley  
2 tbsp finely grated paneer  
salt as per taste  
2 cups fish stock

## Method

Pressure cook the tomatoes (about 2 whistles suffice).

Blend till smooth. Strain to remove seeds and peels.

Heat 1 tsp butter in a pan, add the bayleaf, garlic (whole) and fry for a few seconds.

Add tomato puree. Stir. Dissolve the flour in a little water till smooth.

Add the flour paste, stirring continuously, bring to a boil.

Add the seasoning, salt and sugar. Simmer for 5-7 minutes, keep aside.

In a pan, heat 1 tsp butter, simmer corn till soft.

Add spring onion, fish and parsley, simmer for 5 min.

Add fish stock and bring to boil. Add tomato soup and paneer.

Boil it for 10 mins. Serve hot with bread croutons, a swirl of fresh cream, and pepper.

# Chicken Noodle Soup

## Ingredients

1/2 cup chopped carrots  
1/2 cup shredded mushroom  
1/4 cup finely chopped french beans  
3/4 cup cooked, chopped chicken pieces  
1-1/2 cup boiled egg noodles  
1 tbsp chopped onion  
2 garlic cloves, finely chopped  
1 tsp dried oregano  
1 tsp dried thyme  
pepper as per taste  
salt as per taste  
6 cups chicken stock

## Method

Boil the chicken stock.  
Add all the ingredients except chicken and noodles.  
Bring it to boil.  
Add chicken and noodles.  
Cook it for another 10 mins.  
Serve hot.

# Sweet Corn Chicken Soup

## Ingredients

1 cup cooked chopped (or shredded) chicken  
1 cup cooked sweet corn kernels  
4 cups chicken stock  
1 egg white, lightly beaten  
1/4 cup chopped spring onion  
1 tbsp corn flour  
pepper as per taste

## Method

Bring the chicken stock to boil.

Add chicken pieces and corn kernels.

Dissolve corn flour in 1/4 cup water.

Add it to the stock, stirring continuously so no lump is formed.

Let it simmer for 10 mins.

Add spring onion and pepper.

Let it simmer for another 5-7 mins.

Slowly pour in egg white, stirring continuously.

Take off from fire immediately after putting the egg white.

Garnish with coriander leaves / chicken pieces / corn kernels.

Serve hot.

# Minestrone Soup

## Ingredients

2 cups homemade chicken broth  
1/2 medium white onion, chopped  
2 stalks celery, chopped  
1 clove garlic, chopped  
1/2 spring onion, chopped, green stems removed  
4 medium tomatoes, diced  
1/2 teaspoon basil (tulsi)  
1/4 teaspoon oregano  
1/8 teaspoon black pepper  
1-1/2 cups cabbage, shredded  
1/2 medium zucchini, thinly sliced  
1 carrots, grated  
6 ounce can, or equivalent measure of boiled red kidney beans (rajma), with liquid  
1-1/2 cups cooked macaroni

## Method

In a stock pot, heat stock just to boiling (do not boil).

Add onion, celery, garlic and leek.

Reduce heat to simmer, cook 2 hour.

Add tomatoes, basil, oregano and pepper, simmer 30 minutes.

Return stock just to boiling (do not boil).

Add cabbage, zucchini and carrots, reduce heat and simmer 20 minutes.

Add remaining ingredients and heat.

# Peanut Butter Soup

## Ingredients

- 1/2 cup diced onions
- 1/2 cup diced celery
- 1/2 cup diced green pepper (less if you are not a vitamin a or pepper lover).
- 2 cloves minced garlic
- 3 tsp butter
- 3-4 tsp all purpose flour (you can judge the consistency you like)
- 2-1/2 cup chicken broth (optionally use water)
- 5 cups milk
- 1 cup half and half cream. (you can vary this mixture depending on how rich you like your soup.)
- 1 cup creamy peanut butter.
- 2 tsp tomato paste. (optional)
- 3 tsp soya sauce chopped peanuts for garnish

## Method

Saute onions, celery, green pepper and garlic in the butter until onions are translucent.

Add flour and cook for 2 to 3 minutes, until you have a light roux.

Stir in stock, add milk slowly.

Bring to a boil. Add peanuts butter, tomato paste (optional), and soya sauce.

Reduce heat and simmer approximately 15 minutes.

Serve hot with chopped peanuts for garnish.

# Easter Soup

## Ingredients

1/2 kg boneless meat  
1/2 cup chopped spring onion  
2 eggs  
salt as per taste  
pepper as per taste  
1 cup chopped fresh parsley  
1 cup chopped coriander leaves  
1 cup grated cheese  
2 tbsp lemon juice  
1/4 tsp grated ginger  
1 tbsp butter

## Method

Pressure cook the meat in 1 liter water with ginger till tender.  
Drain and keep the stock aside. Chop the meat into small pieces.  
Heat butter, saute spring onion.  
Add meat pieces and parsley and cook for 10 minutes.  
Add coriander leaves, salt and pepper and meat stock.  
Let it simmer for 20-25 minutes. Beat the eggs for 2 minutes.  
Gradually add lemon juice to egg, while beating.  
Add to soup, stir well and serve very hot, garnishing with cheese.

# Fish Soup

## Ingredients

6 slices - surmai / pomfret fish  
4 cups water  
5-6 cloves garlic roughly pounded  
1 tsp soya sauce  
1 very flat spoon of sugar  
1/2 tsp pepper powder  
salt to taste  
1/2 cup shredded cabbage

## Method

Put all the ingredients in a vessel.  
Bring to a boil.  
Simmer for about 7 mins or more.  
Make sure fish is cooked.  
Serve hot.

# Shrimp Soup

## Ingredients

2 cups shrimps  
2 onion chopped  
2 garlic flakes, grounded  
1 tbsp tomato puree  
1/4 tsp turmeric powder  
2 tbsp oil  
salt as per taste  
black pepper powder as per taste

## Method

Peel and de-vein the shrimps.  
Heat the oil in a pan.  
Add onion and fry till golden brown.  
Add garlic paste and stir for 2 minutes.  
Add shrimp and fry till pinkish.  
Add turmeric powder, salt and pepper powder and tomato puree.  
Add water 4 cups and let is cook for 45 minutes.  
Add more water if required.  
Serve hot.

# Crab Soup

## Ingredients

1/2 kg crab meat, cooked and flaked, cartilage removed  
1-1/2 cup chicken stock  
2 cups water  
2-1/2 cups tomatoes, chopped  
3/4 cup chopped celery  
3/4 cup onion (chopped fine)  
1 cup corn kernels  
1 cup peas

## For Seasonings:

1 teaspoon seasoning (a dash paprika and celery)  
1 bayleaf  
1/4 tsp pepper  
1 tsp lemon juice

## Method

Put chicken stock, water, tomatoes, celery, onion, and seasonings in a vessel, and bring to a boil.

Simmer for about 20-30 minutes. Add corn and peas.

Simmer 10 minutes more (or till the corn is cooked).

Add crab meat, simmer until heated through.

Remove bayleaf. Serve hot.

# Chicken Soup with Mixed Vegetables

## Ingredients

chicken breast cut into bite-size pieces - 1/2  
fresh potato cut into bite-size pieces - 1/2 cup  
(soak in cold water and lemon juice and drain)  
white onion cut into bite-size pieces - 1/2  
carrot cut into bite-size pieces - 1/3 cup  
cilantro leaves chopped - 3 tbsp  
spring onion chopped - 3 tbsp  
black pepper ground to taste salt  
to taste sugar - 1/2 tsp  
deep fried dried garlic - 2 tsp  
chicken stock - 2 cups

## Method

In a pot, boil chicken stock.

Add the white onion, carrot, potato and boil for 3 minutes.

Add the chicken and boil about 1-2 minute.

Now, add fish sauce or (salt to taste), sugar, pepper, cilantro leaves and spring onion.

Add deep fried garlic boil briefly and serve hot.

# Roasted Cauliflower Soup

## Ingredients

- 1 large head of cauliflower cut into florets
- 1 cup of chopped carrots
- 2 cloves garlic, chopped
- 1-2 tbsp. olive oil or ghee
- 1/2 tbsp. cumin seeds or 1 tsp. ground cumin
- 2 cups chicken broth
- 1 bayleaf
- 1 cup half and half or land o'lakes non-fat cream

## Method

Pre-heat the oven to 400.

Toss the vegetables, garlic, and cumin in a bowl or plastic bag with the oil or ghee and roast the mixture in the oven until the cauliflower begins to brown (about 15-20 minutes).

Remove from oven and cook the cauliflower mixture in the chicken broth and added bayleaf for 20 minutes.

Throw away the bayleaf. Puree the ingredients in a blender, adding the cream slowly until the soup is liquified and is a good consistency.

Garnish with cilantro or a dab of sour cream and serve hot or refrigerate and serve cold. It's great either way.

# Groundnut Soup in Chicken

## Ingredients

groundnut paste from fresh groundnuts about 100 grams

2 chopped onions

20 grams fresh pepper green

preferably red palm oil extract of palm nut of malaysian origin or africa. substitute can also be general oil but would not add that much of a flavour.

1 whole chicken cut into big pieces for serving 5 persons.

maggi cubes flavours 8 pieces

## Method

Heat the palm oil in a big pot.

Put onion into it stir fry little bit, then add paste of peanut and keep stirring and do not heat up oil, only at simmer.

Then gradually insert 7 cups of water initially and then later on after boiling add another cup.

Let boil for 30 minutes until it becomes a little bit thicker, then toss in the green pepper and maggi cubes salt and mix together let stir for 10 minutes.

Cover, then put the chicken inside and cover sim for 20 minutes.

Eat with country rice preferably or uncle bens rice or Indian Basmati. Bon appetite.

This is an award winning any corner anytime African dish popular through out the West African region.

# Spicy Chicken Soup

## Ingredients

chicken - 1 breast piece with bone (can use other portion of a chicken with bones too)

bay leaves - 3 pieces

garlic - 3 cloves chopped finely

green chillies - 2 finely chopped (depending on how hot you want to make it you can add more chillies)

red chilli powder - 1/2 teaspoon

tomatoes - 2

garam masala - 1/2 teaspoon

curry powder - 1 teaspoon (optional)

salt to taste

for seasoning

cooking oil

cumin seeds

flour (maida)

## Method

Cut chicken into small pieces. Put 5 cups of water, chopped garlic, chicken, bay leaves, green chillies. Boil it in simmer for about 15 minutes.

Add commutates and red chilli powder to the boiling soup and continue boiling it in simmer for another 10 minutes. In another pan heat oil and put season it with cumin seeds. Do it with low heat.

Add flour (maida) to the oil and fry it for 3-4 minutes until the color of the flour just starts to turn light brown.

Add the seasoning you made in step # 4 to the boiled soup. Add garam masala, curry powder and salt to the soup. Boil it for 5 minutes. Your Spicy chicken soup is ready. Serve hot with bread and enjoy.

# Egg Drop Soup

## Ingredients

2-1/2 cup chicken pieces  
2 eggs  
1 spring onion chopped  
1 tsp black pepper powder  
salt as per taste  
1/2 tsp sugar

## Method

Boil the chicken pieces along with salt and pepper powder and enough water  
Slightly beat the eggs  
Add the chopped onions into the beaten eggs  
Stir well the egg mixture  
Put the egg mixture slowly in the boiling stock stirring constantly to avoid lumps  
Let it boil for 2 minutes  
Serve hot.

# Creamy Chicken Rice Soup

## Ingredients

3/4 cup boiled chicken pieces  
1 onion chopped finely  
1/2 cup raw rice  
1/4 cup chopped celery  
2 tbsp butter  
2 tbsp maida  
1-1/2 cup water  
1-1/2 cups milk  
black pepper powder as per taste  
salt as per taste

## Method

Mix celery, chopped onion, rice and water

Cook till rice is done and most till water evaporates

Remove from fire

Mix properly butter and maida in a separate vessel and then add 1 cup milk to make a smooth paste

Add the paste to the rice mixture

Put to boil and stir continuously so that no lumps are formed

Add chicken pieces and 1/2 cup milk and stir continuously

Add pepper powder and salt

Put on fire for 5 minutes

Serve hot.

# Spinach Egg Soup

## Ingredients

1 bunch spinach  
1 hard boiled egg, chopped  
1 cup buttermilk  
1 cucumber, peeled and thinly sliced  
1 tbsp lemon juice  
salt as per taste  
pepper powder as per taste

## Method

Clean the spinach and chop it finely  
Boil the spinach in 5-6 cups of water  
Add lemon juice, salt and pepper powder  
Let it cook for 10 minutes  
Let it cool  
Add buttermilk and beat till foamy  
Garnish with chopped eggs and cucumber pieces.

# Green Pea Soup

## Ingredients

1 onion, chopped  
2 tbsp oil  
1/2 tsp ginger, grated  
1/2 tsp garlic, minced  
2 tsp salt  
6 whole peppercorns, crushed  
1 tsp turmeric  
2 tsp coriander  
2 tsp cumin  
2 tsp chili peppers, crushed  
1/2 tsp chili powder  
4 whole cloves  
1 stick cinnamon  
2 cardamom pods  
1 cup green split peas, dried  
2 tomatoes, diced  
5 cup chicken stock  
1 tsp garam masala

## Method

In a large soup pot, fry the onions in the oil until light brown.

Stir in the spices & toss in the peas & tomatoes.

Stir again & cook for 5 minutes over moderate heat.

Add stock, bring to a boil, cover & simmer until the peas are tender (at least an hour).

Serve hot.

# Mango Soup

## Ingredients

2 potatoes, peeled, cubed  
2 mangoes, riped but firm, peeled and chopped  
1/2 tsp ginger paste  
1/4 cup chopped onion  
2 tsp curry powder  
1 tsp cumin seeds powder  
4 cups chicken stock  
1 tbsp lemon juice  
salt as per taste  
white pepper powder as per taste

## For Garnishing

2 tbsp chopped spring onion  
1/4 cup chopped mangoes

## Method

In a pot, mix all the ingredients  
Bring it to boil  
Reduce heat and let it cook for 20-25 minutes  
Let it cool a little  
Blend with hand blender till smooth  
Garnish with spring onion and mangoes before serving.