

HOMEMADE

Soups That Warm the Soul

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African Chickpea and Peanut Stew

Ingredients:

1/2 yellow onion well chopped
3 cloves of garlic
5-6 cups of cubed uncooked Butternut Squash
1/2 tsp cumin
1/4 tsp coriander
5-6 cups of vegetable broth (or more depending on how thick you like it)
1/2 cup smooth natural peanut butter (Add 1-2 more tablespoons as per taste)
2 TBSP tomato paste
1 1/2 cups cooked chickpeas
salt to taste if needed

Instructions:

Chop 1/2 yellow onion. Put it in a stock pot with 3 cloves garlic and a small amount of broth. Once onion is softened, add in squash (cubed into bite size pieces), spices and 4 -5 cups of broth. Once temperature has risen, add in peanut butter, tomato paste and chickpeas (rinsed). Add more broth to desired thickness.

Makes 6-8 servings

Approximately 260 - 300 calories per serving

Goes great with quinoa pilaf and greens



Vegetarian Tortellini Soup

Ingredients:

½ cup yellow onion well chopped
4 cloves of garlic
3 carrots
1 pkg Buitoni Spinach and Cheese Tortellini (2 ½ cups)
1 ½ cups diced tomatoes (1 can)
1 ½ cups white beans (cooked)
1 ½ cups cooked spinach (1 can)
400 grams seitan
6 cups vegetable stock
salt to taste if needed

Instructions:

Chop ½ yellow onion. Put it in a stock pot with 4 cloves garlic, chopped carrots and a small amount of broth. Once onion is softened, add in 6 cups of broth, tortellini, tomatoes, beans, spinach and seitan. Add more broth to desired thickness.

Makes 6-8 servings

Approximately 300 calories per serving

Top with parmesan cheese and serve with a green salad.



Lentil Stew

Ingredients:

1/2 yellow onion well chopped
4 cloves of garlic
2 carrots
1 tablespoon curry powder
7 cups of vegetable broth (or more depending on how thick you like it)
2 TBSP tomato paste
1 cup dry red lentils (rinsed)
900 grams potatoes chopped (mix of sweet and white works well)
salt to taste if needed

Instructions:

Chop ½ yellow onion. Put it in a stock pot with 4 cloves garlic, chopped carrots and a small amount of broth. Once onion is softened, add in the rest of the ingredients. When potatoes and carrots have softened enough to bite easily, puree in a food processor or with the handheld. Add more broth to desired thickness.

Makes 7-8 servings

Approximately 200-250 calories per serving

Goes great with wheatberries and steamed broccoli