



Penny Crowther
MID LIFE NUTRITION

Healthy Heartwarming Soups

Penny Crowther
<http://nutritionistlondon.co.uk>



Roasted Carrot White Bean & Tahini Soup

4 servings

1 hour

Ingredients

18 Carrot (medium, peeled and roughly chopped)
2 tbsps Extra Virgin Olive Oil (divided)
1 Yellow Onion (medium, diced)
3 stalks Celery (chopped)
4 Garlic (cloves, minced)
4 cups Organic Vegetable Broth (Stock)
2 cups White Navy Beans (Haricot Beans) (cooked, drained and rinsed)
1 tsp Turmeric
1/4 cup Tahini
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	423
Fat	16g
Carbs	61g
Fiber	20g
Sugar	17g
Protein	14g
Potassium	1488mg
Vitamin A	46529IU
Vitamin C	22mg
Calcium	253mg
Iron	6mg
Vitamin D	0IU
Vitamin E	3mg
Folate	206µg
Vitamin B12	0µg

Directions

- 1 Preheat your oven to 190 degrees and line a baking sheet with greaseproof paper.
- 2 In a large bowl, toss the chopped carrots with half of the olive oil. Spread them over the baking sheet and roast for 40 minutes, tossing halfway through cooking.
- 3 In a large pot, heat the rest of the olive oil. Add the onion and celery, cook for 7-10 minutes or until softened. Then add the garlic and cook for 2 to 3 more minutes.
- 4 Add the roasted carrots, vegetable stock, haricot beans, turmeric, and tahini into the pot. Use a blender to puree until completely smooth. If you are adding hot soup from the stove direct, make sure your blender has a steam escape route! Add lemon juice and salt and pepper to taste.
- 5 Divide between bowls and enjoy!

Notes

Saving Time: Roasting the carrots gives depth of flavour but is optional. You can simply add raw carrots to the cooking pot. This is also healthier as it avoids heated oil.

Leftovers: Refrigerate in an airtight container up to 4 days, or freeze up to 6 months.

Serving Size: One serving is approximately 2 cups.

Carrot Tip: If using different sized carrots, aim for about 0.5 lb. of carrots per serving.

No Carrots: Use sweet potato instead.

Add Toppings: Greek yogurt, avocado, roasted vegetables, pumpkin seeds, sesame seeds, hemp seeds, cinnamon or extra turmeric.

Magnesium	104mg
Zinc	2mg
Selenium	9µg



Roasted Red Pepper & Tomato Lentil Soup

5 servings
45 minutes

Ingredients

- 2 Tomato (cut in half)
- 3 Red Bell Pepper (Red Pepper) (halved and seeds removed)
- 1 Sweet Onion (coarsely chopped)
- 3 Garlic (cloves)
- 15 milliliters Extra Virgin Olive Oil
- 208 grams Dry Red Lentils (uncooked)
- 711 milliliters Water
- 713 milliliters Organic Vegetable Broth (Stock)
- 1 gram Black Pepper
- 1 gram Oregano
- 34 grams Cashews (raw, unsalted)

Nutrition

Amount per serving	
Calories	272
Fat	7g
Carbs	42g
Fiber	8g
Sugar	8g
Protein	14g
Potassium	816mg
Vitamin A	3221IU
Vitamin C	103mg
Calcium	58mg
Iron	5mg
Vitamin D	0IU
Vitamin E	2mg
Folate	66µg
Vitamin B12	0µg

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with greaseproof paper. Toss the tomatoes, red peppers, onion and garlic in olive oil and place on the baking sheet. Place in the oven and bake for 30 minutes.
- 2 Meanwhile, add lentils and water to a pan. Bring to a boil. Reduce heat to medium-low and simmer uncovered for 15 to 20 minutes or until tender. Stir in vegetable stock, black pepper and oregano in with the lentils and mix well.
- 3 Remove vegetables from oven. Let cool slightly. Peel away the skin from the red pepper and discard. Place vegetables in pot with your lentils.
- 4 Add your cashews to the bottom of your blender. Pour in contents of your pan. Ensure there is somewhere for the steam to escape. Blend into a puree.
- 5 Ladle into bowls. Drizzle with a splash of olive oil and red chilli flakes. Enjoy!

Notes

Add Some Greens: Top with chopped baby spinach.

Saving Time: You can simply add the vegetables to the pan and cook on the stove instead of roasting them. Roasting adds depth of flavour.

Magnesium	41mg
Zinc	1mg
Selenium	2µg



Butternut & Pear Soup

4 servings
30 minutes

Ingredients

560 grams Butternut Squash (peeled, chopped)
3 Garlic (cloves)
2 Pear (peeled, seeds removed, roughly chopped)
1 Carrot (chopped)
1 Yellow Onion (chopped)
2 grams Fresh Sage (optional)
475 milliliters Organic Vegetable Broth (Stock) (plus more if needed)

Nutrition

Amount per serving	
Calories	142
Fat	0g
Carbs	36g
Fiber	7g
Sugar	15g
Protein	3g
Potassium	720mg
Vitamin A	17744IU
Vitamin C	35mg
Calcium	106mg
Iron	2mg
Vitamin D	0IU
Vitamin E	2mg
Folate	48µg
Vitamin B12	0µg
Magnesium	59mg
Zinc	0mg
Selenium	1µg

Directions

- 1 Add all of the ingredients to a large pan, heat until bubbling and simmer until the veg are soft (about 20-30mins).
- 2 Puree the soup until smooth with a hand blender for a less smooth consistency or a bullet/processor. Add additional water or stock if needed until the desired consistency is reached. Add sea salt and black pepper if required.
- 3 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1 1/2 cups of soup.

Additional Toppings: Fresh herbs such as thyme or paprika

Pear: Firm, not overly ripe, pears give the best results.

Vegetable Stock: Use chicken stock or bone broth instead. In supermarkets, look for vacuum packed bags of stock or pots of stock in the chiller cabinets. Avoid stock cubes.



Creamy Broccoli Soup

4 servings
20 minutes

Ingredients

5 milliliters Extra Virgin Olive Oil
1/2 Yellow Onion (chopped)
2 Garlic (cloves, minced)
16 grams Arrowroot Powder
710 milligrams Organic Chicken Broth (Stock)
242 milliliters Organic Coconut Milk (full fat, from a can)
364 grams Broccoli (florets, roughly chopped)
36 grams Nutritional Yeast
2 grams Sea Salt

Nutrition

Amount per serving	
Calories	203
Fat	12g
Carbs	16g
Fiber	5g
Sugar	3g
Protein	9g
Potassium	593mg
Vitamin A	567IU
Vitamin C	82mg
Calcium	58mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Folate	57µg
Vitamin B12	33.8µg
Magnesium	19mg
Zinc	0mg

Directions

- 1 In a large pot over medium heat, add the olive oil and then the onion. Cook for 3 to 4 minutes or until the onion becomes translucent. Add the garlic and cook for one minute. Add the arrowroot powder and chicken stock and whisk until no clumps remain.
- 2 Bring to a boil over medium heat, and then reduce to a simmer. Add the coconut milk, broccoli, nutritional yeast and salt and stir to combine. Cook for 10 minutes or until the broccoli is cooked through.
- 3 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is equal to approximately 1.5 cups of soup.

No Arrowroot Powder: You can usually find this in supermarkets but if you don't have it, use cornflour or gluten free flour instead.

More Flavor: Add fresh herbs or additional vegetables.

Make it Vegan: Use vegetable stock instead of chicken stock.

Nutritional Yeast: This is available in supermarkets in the form of Engevita Yeast Flakes. This contains nutritionally rich yeast which is deactivated and not live, therefore doesn't cause issues with problems such as candida. It has a natural cheese like flavour.

Selenium

2µg