

fernzeood

It's soup season!

Keep your body happy and nourished this winter with these delicious soup recipes. All of these soup recipes take 40 minutes or less to prepare, so you can spend more time doing the things you love.

Not only is soup warming and delicious, it's also ideal for food prep. We've designed these soups to serve one, but feel free to double or quadruple the recipes to make a plentiful supply of fresh soup. This may increase the cooking time a little, but will save time in the long run!

These recipes have been hand-selected from our MyFernwood program. When you join our exclusive female fitness community, you are given access to MyFernwood, which is packed with hundreds of recipes, monthly meal plans, at home workouts, online chat with our food and fitness coach, and more! Sign up to today to get access to all this as a bonus on top of your Fernwood membership.

- 2 CARROT & SWEET POTATO SOUP
- CAULIFLOWER, CANNELLINI & ROSEMARY SOUP
- ZUCCHINI & PEA SOUP
- CHICKEN, LENTIL & SPINACH SOUP
- 6 CURRIED RED LENTIL SOUP
- PAGE 7 EASY MINESTRONE

CAUTION

Hot soup can cause steam buildup in sealed blenders, so allow soup to cool first and release steam every few pulses if using a closed blender.

Be careful when using a handheld blender, or any device, when blending or mixing soup. It's always best to allow soup to cool before blending.





INGREDIENTS

35g brown onion ½ garlic clove ½ tsp fresh ginger 100g sweet potato 100g carrots

½ tbsp olive oil

1 tsp ground cumin

1 cup vegetable stock

110g non-fat plain natural yoghurt

1 thick slice wholemeal bread

- 1. Finely chop the onion, garlic and ginger. Peel and coarsely chop the sweet potato and carrots.
- 2. Add half the olive oil to a saucepan and heat over medium heat. Add the onion and cook for 5 minutes, stirring occasionally. Add the garlic, ginger and half the cumin and cook, stirring for 1-2 minutes.
- 3. Add the sweet potato, carrot and stock and bring to the boil. Cover and reduce the heat to cook for a further 15-20 minutes. Set aside to cool slightly.
- 4. Blend the carrot and sweet potato mixture in a blender until smooth. Place the mixture in a saucepan over low heat and stir until heated through. Season with pepper.
- 5. Meanwhile, drizzle the remaining olive oil over the bread, sprinkle with the remaining cumin and grill until golden brown.
- **6.** Serve the soup topped with yoghurt and a side of cumin toast.





INGREDIENTS

1 cup cauliflower

40g onion

1 tsp garlic

½ tsp salt

2 tbsp yeast flakes

1 tsp rosemary

1½ cups water

³/₄ cup cannellini beans

½ tsp pepper

½ tbsp tahini

1 cup sliced tomato

1 slice wholemeal bread

- 1. Put the cauliflower, onion, garlic, salt, yeast flakes and rosemary in a saucepan with 1 and a half cups of water.
- Bring to a boil and simmer gently for 15 minutes or until cauliflower is tender and falling apart.
- 3. Allow to cool slightly before pureeing in a blender or with a handheld mixer. (Caution: hot soup can cause steam buildup in sealed blenders, so allow soup to cool first and release steam every few pulses if using a closed blender.)

- **4.** Add cannellini beans and stir through.
- **5.** Garnish with extra rosemary and cracked black pepper, and serve with tahini and tomato on toast.



INGREDIENTS

1 zucchini

1½ spring onions

3/4 garlic clove

1 cup vegetable stock

1/3 cup frozen peas

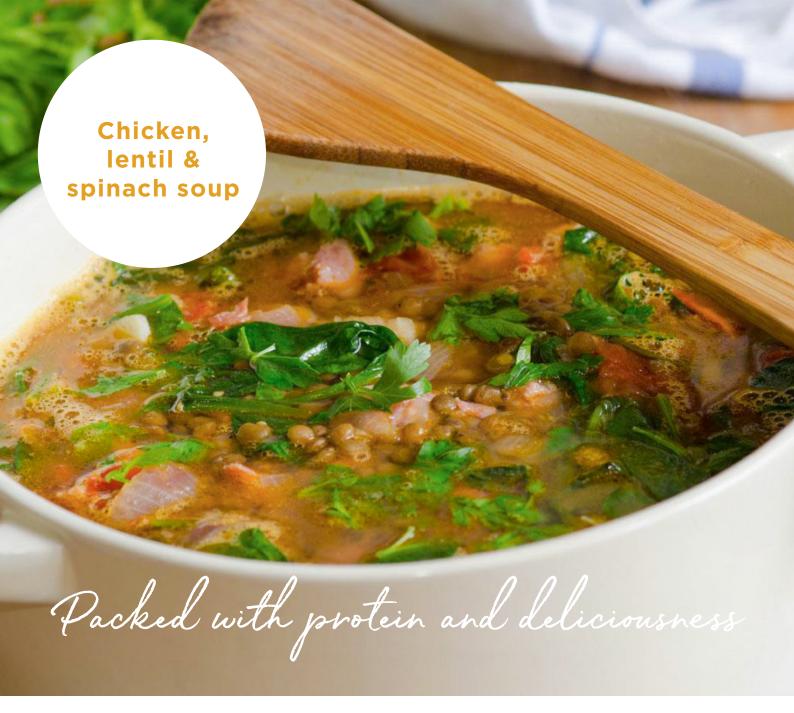
70ml low-fat milk

50g 50% reduced fat grated cheese 60g non-fat plain natural yoghurt 6g of fresh mint, finely chopped 1/4 lime

- Add the chopped zucchini, spring onion and crushed garlic. Stir-fry for a couple of minutes until the zucchini has softened. Pour in the vegetable stock and bring to the boil. Reduce the heat and simmer for 4-5 minutes. Add the peas and cook for another 1-2 minutes or until peas are cooked.
- 2. Remove the saucepan from the heat and allow to cool. Carefully puree the soup with a blender or food processor until smooth. Return to the saucepan and

- back onto the heat. Stir in the milk and gently simmer for 2-3 minutes or until heated through. Remove from heat to avoid boiling.
- **3.** Sprinkle the cheese over the soup and gently mix together until it has melted into the soup.
- **4.** In a small bowl, add the yoghurt, mint and a squeeze of lime juice. Mix to combine.
- **5.** Serve the soup topped with a swirl of minted yoghurt and cracked pepper to taste. Enjoy.





INGREDIENTS

3/4 onion

½ garlic clove

70g potatoes

50g spinach

½ tbsp olive oil

85g chicken breast, finely sliced

35g lentils

1/4 cup chicken stock

200ml boiling water

½ lemon (juice and rind)

Salt and pepper to taste

- 1. Finely chop onion and garlic.
- **2.** Peel and dice potatoes, roughly chop spinach.
- Add olive oil to a saucepan and heat over medium heat. Add the onion and garlic and cook for 2 to 3 minutes. Add the chicken and cook until browned on the outside.
- **4.** Add the lentils, potatoes, stock and boiling water and bring to the boil.
- 5. Reduce heat to medium-low and cover to simmer for 25 minutes or until lentils are tender. Add more boiling water if the soup

- begins to lose too much liquid while cooking. Remove from heat and add the spinach, lemon juice, salt and pepper. Stir until well combined.
- **6.** Ladle into a bowl and top with lemon rind. Serve and enjoy.





INGREDIENTS

1 tsp olive oil
2 ½ tbsp chopped onion
1 garlic clove, crushed
¼ tbsp gluten-free curry powder
50g dried red lentils
50g tomato, chopped
1 cup gluten-free vegetable
liquid stock
55ml warm water
100g plain firm tofu, chopped

METHOD

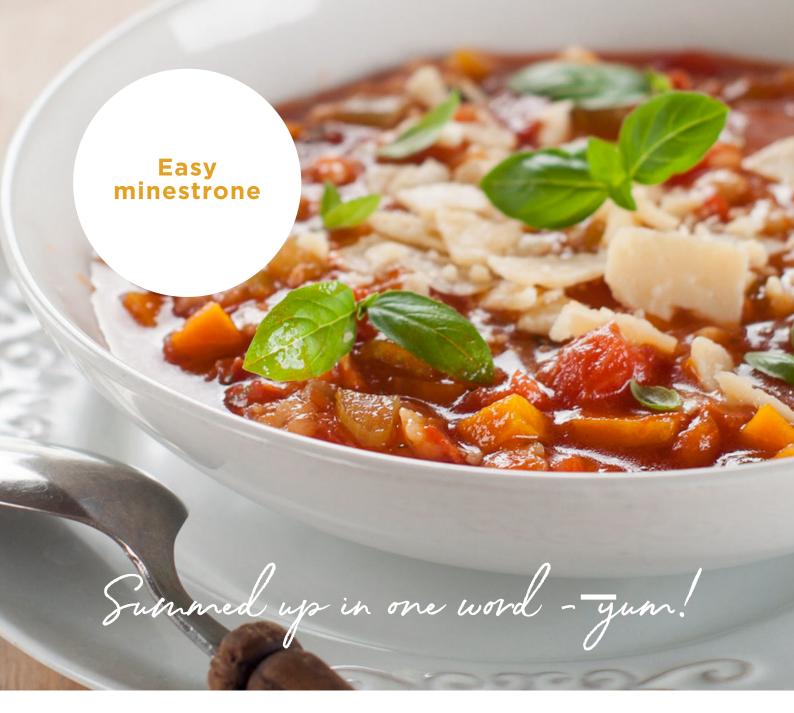
- Add olive oil to a pan and heat. Add the onion and garlic and cook for 1-2 minutes or until onion is soft. Add the curry powder and cook for 15 seconds or until fragrant.
- 2. Add the lentils, tomato, stock and warm water. Bring to the boil. Reduce heat and simmer, uncovered, for 15-20 minutes or until soup has thickened and lentils are cooked and soft. If the soup becomes too dry while cooking, add more boiling water.
- **3.** Add the tofu to the soup and stir until warmed. Remove from the heat. Allow the soup to

- cool then carefully blend with a handheld blender or in a food processor until smooth.
- **4.** Serve the soup topped with cottage cheese and parsley. Enjoy.



4 tbsp low-fat cottage cheese

3/4 tbsp chopped fresh parsley



INGREDIENTS

½ tbsp extra virgin olive oil

30g red onion

½ garlic clove

40g celery

35g carrots

35g capsicum

½ cup red kidney beans

100g canned chopped tomatoes

40g wholemeal pasta

½ tsp mixed herbs

A sprinkle of salt and pepper

5g parsley

METHOD

- Heat the oil in a medium pan.
 Finely chop onion, garlic and
 celery, add to the pan and sauté
 on a low heat for 1-2 minutes.
- 2. Chop the carrot and capsicum into 1cm cubes. Add to the pan and sauté for a further 3-4 minutes, adding dry herbs and salt and pepper.
- **3.** Add the beans, canned tomatoes and water. Increase the heat and bring to a boil. Add pasta and simmer until pasta is tender (about 7-10 minutes depending on the pasta).

4. Serve topped with finely chopped parsley.



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