

# 7 SIMPLE SOUPS



**VEG** WITH  
THE **EDGE**



# 7 SIMPLE SOUPS

It is true that the simple things in life are often the best - a warming bowl of soup on a cold day brings satisfaction far beyond its basic purpose.

These 7 Simple Soup recipes have been designed to get a delicious meal together in little time using convenient pantry staples in Edgell legumes and corn.

Consider making double batches and freeze left-overs in lunch-sized portions, to have hearty meals available for the weeks ahead.

Our handy nutrition stamps below are added to each recipe so you can know their nutritional benefits.



Recipe contains at least **1+ serves** of **protein** as per Australian Dietary Guidelines and contains at least 10g protein per serve.



Recipe contains at least **2+ serves of vegetables per serve of the recipe**, as per Australian Dietary Guidelines i.e. recipe contains at least **150g vegetables**.



Recipe contains **two types** of protein, from plant or animal sources.



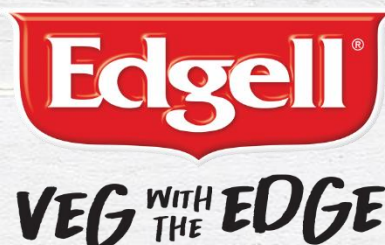
Recipe is suitable for **lacto-ovo vegetarians**. Recipe contains **no animal based meat products (i.e. No meat, poultry, fish or seafood)** but may contain dairy (non-animal rennet), honey and egg ingredients.



Recipe contains a **plant based source of protein** e.g. legumes/beans, tofu, plant based meat product (soy or non-soy based).



Recipe contains **no animal derived ingredients or products** (including but not limited to: no meat, poultry, fish or seafood, eggs, all dairy products, honey, condiments containing meat or seafood derivatives etc.).





# CHICKEN & CORN SOUP

Our famous, classic corn soup has been passed down through the generations and is still as popular as ever.

PREP 10 mins  
COOK TIME 10 mins  
SERVES 4



SOURCE OF  
PROTEIN

## INGREDIENTS

- 1L chicken stock
- 420g can Edgell Creamed Corn
- 420g can Edgell Corn Kernels, drained
- 6 spring onions, chopped
- 1 tablespoon finely shredded fresh ginger
- 1 teaspoon soy sauce
- 2 cups shredded cooked chicken, warm

## PREPARATION

1. Place chicken stock, Edgell Creamed Corn, Edgell Corn Kernels, the white of the spring onions, ginger and soy sauce in a saucepan, bring to the boil. Simmer covered for 5 minutes.
2. Season to taste. Ladle soup into bowls, top with chicken and the green of the spring onion.



Having Edgell canned vegetables and legumes on hand means there is soup ready to easily make when the weather turns cold.



# ITALIAN MEATBALL SOUP

PREP 20 mins  
COOK TIME 20 mins  
SERVES 4

A heart warming soup that's a meal in a bowl.



## INGREDIENTS

400g pork mince  
2 tablespoons Leggo's Tomato Paste  
Zest of 1 small lemon  
1 tablespoon olive oil  
1L chicken stock  
500g jar Leggo's Napoletana Pasta Sauce  
⅓ cup risoni pasta  
1 carrot, diced  
400g can **Edgell Red Kidney Beans**, drained  
1 zucchini, diced  
Crusty bread, for serving

## PREPARATION

1. Combine mince, tomato paste and lemon zest in large bowl. Mix well and shape in to small balls.
2. Heat oil in a large saucepan over medium high heat. Add meatballs and cook, turning regularly, for 4-5 minutes or until browned.
3. Pour in chicken stock, pasta sauce, risoni, and carrot. Bring to a gentle simmer and cook for 10 minutes. Add Edgell Red Kidney Beans and zucchini and cook for a further 5 minutes.
4. Season soup to taste and serve with crusty bread.



- For ease, shape meatballs with a small ice cream scoop or heaped teaspoon.
- For an even speedier option, buy ready made meatballs from the supermarket.



# CARROT & LENTIL SOUP

PREP 5 mins  
COOK TIME 10 mins  
SERVES 4

A fragrant and light soup, ready in 15 minutes.



## INGREDIENTS

500g packet frozen Birds Eye Julienne  
Carrots  
1 onion, chopped  
2 cups chicken stock  
1 cup water  
400g can **Edgell Brown Lentils**, undrained  
¼ teaspoon caraway seeds  
Finely grated zest of 1 orange  
Natural yoghurt, for serving

## PREPARATION

1. Bring frozen carrots, onion, stock and water to the boil in a saucepan, cover and simmer for 5 minutes.
2. Remove from heat and puree with a stick blender. Add Edgell Brown Lentils, reserving 2 tablespoons for serving. Stir in caraway seeds and orange rind, reheat.
3. Serve soup with a dollop of natural yoghurt, top with reserved lentils.



- Edgell lentils are pre-cooked and ready to eat.
- If using fresh carrots, cook for longer until tender.



# PUMPKIN & CHICK PEA SOUP

Pumpkin soup is always a winner, adding chick peas just makes it even better.

PREP 15 mins  
COOK TIME 20 mins  
SERVES 4



VEGAN

2+  
SERVES VEG

PLANT  
PROTEIN

## INGREDIENTS

1 onion, chopped  
500g pumpkin, chopped  
250g sweet potato, chopped  
3 cups vegetable stock  
400g can **Edgell Chick Peas**, undrained,  
reserve some for garnish  
1 teaspoon ground cumin  
Chopped fresh parsley, for serving

## PREPARATION

1. Place onions, pumpkin, sweet potato, stock and Edgell Chick Peas in a saucepan, cover. Bring to the boil then simmer for 20 minutes, stirring occasionally.
2. Add cumin and puree soup. Reheat if necessary and serve garnished with reserved Edgell Chick Peas and parsley.



*If time permits try roasting the pumpkin and onion first.*



# EASY LUNCH MEXI-SOUP

Jazz up your can of tomato soup with Mexican influences.

PREP 5 mins  
COOK TIME 5 mins  
SERVES 3-4



## INGREDIENTS

420g can condensed tomato soup  
420g can **Edgell Creamed Corn**  
1 teaspoon tabasco sauce  
400g can **Edgell Black Beans**, drained  
Sour cream, fresh coriander leaves and corn chips, for serving

## PREPARATION

1. Prepare tomato soup following can directions. Add Edgell Creamed Corn and tabasco sauce. Bring to the boil.
2. Stir Edgell Black Beans through soup, reserving a few for garnish. Serve topped with reserved black beans, sour cream, coriander and corn chips



- Add the tabasco sauce half at a time and continue adding to your desired heat level. For those who like it hot, add more!
- Soup can be pureed for a smooth texture.



# CHICKEN & LENTIL SOUP

PREP 10 mins  
COOK TIME 10 mins  
SERVES 4

A fulfilling and tasty soup, ready in under 20 minutes!



PROTEIN  
BOOST

## INGREDIENTS

- 1 tablespoon olive oil
- 1 red onion, finely chopped
- 1 stick celery, finely sliced
- 140g tub Leggo's Tomato Paste
- 4 cups chicken stock
- 400g can **Edgell Brown Lentils**, drained
- 2 cups cooked BBQ chicken, shredded
- Grilled parmesan toasts, for serving (see tip)
- 1 tablespoon chopped fresh parsley, for garnish

## METHOD

1. Heat olive oil in a large saucepan, add red onion and celery and cook for 2-3 minutes. Stir in Leggo's Tomato Paste and cook for 1 minute.
2. Stir in the chicken stock, Edgell Brown Lentils and shredded chicken and bring to the boil. Reduce heat and simmer for 5 minutes, stirring occasionally.
3. Serve soup with grilled parmesan toast and garnish with parsley.



To make grilled parmesan toasts, spray slices of breadstick with olive oil and grill on one side. Turn bread over and sprinkle with freshly grated parmesan cheese and grill until golden brown.



# TOMATO & BEAN SOUP

PREP 10 mins  
COOK TIME 25 mins  
SERVES 4

An easy and delicious soup perfect for cold wintery days.



VEGETARIAN

PLANT  
PROTEIN

## INGREDIENTS

- 1 tablespoon oil
- 1 onion, diced
- 1 carrot, diced
- 700g jar Leggo's Passata – Classic Tomato
- 1½ cups vegetable stock
- 400g can **Edgell Mexican Mix**, drained
- Shaved parmesan cheese and chopped fresh parsley, for garnish

## PREPARATION

1. Heat oil in a large saucepan, sauté onion and carrot for 1 minute to soften.
2. Add passata and stock, bring to the boil. Reduce heat and simmer covered for 15 minutes, stirring occasionally. Add Edgell Mexican Mix and cook a further 5 minutes.
3. Serve garnished with parmesan cheese and parsley.



- Diced bacon or pancetta may be added in STEP 1.
- Use a salt reduced stock and rinse Edgell beans before use to lower sodium.





**VEG WITH THE EDGE**