

Gold Standard



SOUP RECIPE COLLECTION

Soups are a great option for lunches and dinners, so get cooking with these healthy soup recipes.

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ireland.com](http://www.goldstandardireland.com)



A close-up photograph of a white ceramic bowl filled with a vibrant green pea soup. The soup is garnished with several fresh basil leaves, a dollop of white cheese, and a sprinkle of black pepper. The bowl is set on a dark wooden surface. In the background, another similar bowl is visible, and a small bunch of basil leaves is on the left. A white and grey patterned cloth is partially visible on the right.

**LEEK AND PEA
SOUP WITH BASIL**

LEEK AND PEA SOUP WITH BASIL



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
212 kcal
5g Fats
30g Carbs
11g Protein



WHAT YOU NEED

- 2 tsp. coconut oil
- 3 ¼ cups (400g) leek, chopped
- 4 cups (1L) water
- 2 vegetable stock cubes
- 3 cups (450g) garden peas
- ½ cup (15g) fresh basil, chopped
- 1 ¼ cup (150g) light feta, crumbled

WHAT YOU NEED TO DO

Heat the oil in a large saucepan and cook the leek for 2 minutes. Add the water and the stock cubes. Bring to the boil and cook for a further 5 minutes.

Add in the garden peas and cook for another 2 minutes. Put three-quarters of the basil into the soup, turn off the heat and puree with a hand blender until smooth.

Divide the soup over 4 bowls and sprinkle with the crumbled cheese and the rest of the basil to serve. Season with freshly ground pepper.



MUSHROOM SOUP

MUSHROOM SOUP



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
204 kcal
11g Fats
23g Carbs
6g Protein



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WHAT YOU NEED

- 2 tbsp. coconut oil
- 1 onion, sliced
- ½ leek, chopped
- 5 ⅓ cups (500g) mushrooms, sliced
- 1 small carrot, chopped
- 1 small parsnip, chopped
- 1 small potato, peeled, cubed
- 2 ½ cups (600ml) vegetable stock
- scant ½ cup (100ml) cream fraiche

WHAT YOU NEED TO DO

In a large pot heat the oil, and sauté the chopped onion and sliced leek for about 3 minutes.

Next, add washed and sliced mushrooms and fry for another 10 minutes stirring now and then.

Add the carrot, parsnip and potato. Mix well and cook for 3-4 minutes. Season with salt and pepper.

Pour in the hot vegetable stock and bring to the boil. Simmer, covered for about 15 minutes. until the vegetables are soft.

Mix with a hand blender until smooth, add cream at the end and serve.



BROCCOLI AND GINGER SOUP

BROCCOLI AND GINGER SOUP



Serves: 6
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
179 kcal
7g Fats
20g Carbs
8g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 7 oz. (200g) leeks, chopped
- 2 tbsp. ginger, chopped
- 2 broccoli heads, florets
- 1 large potato, peeled, chopped
- 1 tsp. turmeric
- 1 tsp. salt
- 1 tbsp. sesame oil
- 6 cups (3 litres) stock
- 6 tbsp. natural yogurt (or dairy free option)
- 6 tsp. sunflower seeds

WHAT YOU NEED TO DO

Heat the oil in a large pot over medium heat. Add the leeks and cook for around 5-6 minutes, until leeks are softened.

Add in the ginger, broccoli florets, chopped potato, turmeric, salt, sesame oil and stock.

Bring to a boil, reduce the heat and simmer for 10 minutes until the vegetables are soft.

Blend until creamy and smooth with a hand blender, then season to taste with salt and freshly ground black pepper.

Serve topped with yogurt and sunflower seeds.

The soup can be stored in the fridge for up to 5 days, or in the freezer for up to 3 months.

A top-down photograph of two white ceramic bowls filled with a vibrant green pea and leek soup. The soup is garnished with several strips of crispy, browned bacon. The bowls are placed on a light-colored wooden surface. A semi-transparent white text box is overlaid on the right side of the image, containing the title. A portion of a white plate is visible in the upper right corner, and a grey textured napkin is in the lower right corner.

**GARDEN PEA &
LEEK SOUP**

GARDEN PEA & LEEK SOUP



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
293 kcal
6g Fats
40g Carbs
16g Protein



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WHAT YOU NEED

- 2 chicken stock cubes
- 4 cups (1l) boiling water
- 2 medium white potatoes, peeled and chopped
- 2 leeks, chopped
- 3 cups (450g) frozen garden peas
- 8 bacon strips, baked to crispy, chopped into strips

WHAT YOU NEED TO DO

Dissolve the chicken stock cubes in the boiling water. Add in the potato and cook for 5 minutes. Next add the sliced leek and let everything boil for 10 minutes.

Lastly, add in the peas and cook for a further 5 minutes. Puree everything with a hand blender.

Top the soup with the bacon strips and season with salt and pepper.



**VEGETABLE BEAN
SOUP WITH SHRIMPS**

VEGETABLE BEAN SOUP WITH SHRIMPS



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per serving:
327 kcal
11g Fats
32g Carbs
27g Protein



WHAT YOU NEED

- 5 cups (1 ½ litres) vegetable stock
- 2 cups (400g) can cannellini beans, drained
- 10 oz. (300g) shrimps
- 5 ⅓ cups (800g) vegetable mix of choice
- ½ cup (85g) quinoa
- ¼ cup (60g) basil pesto

WHAT YOU NEED TO DO

Put the stock, beans, shrimps, vegetable mix and quinoa in a pot and bring to high heat while stirring.

Leave to cook for 15 minutes on medium heat with the lid on the pan. Stir frequently. Stir in the pesto, spread over 4 bowls and serve.

A top-down photograph of a white ceramic bowl filled with a thick, pale yellow parsnip soup. The soup is garnished with a swirl of white cream in the center, topped with several green pumpkin seeds. Two slices of toasted bread, topped with butter and red chili flakes, are placed on the right side of the bowl. The entire dish is set on a light-colored wooden surface, with a few scattered pumpkin seeds nearby. A white rectangular box is overlaid on the bottom left of the image, containing the text 'SPICED PARSNIP SOUP' in bold, black, uppercase letters.

SPICED PARSNIP SOUP

SPICED PARSNIP SOUP



Serves: 6
Prep: 5 mins
Cook: 25 mins



Nutrition per
serving:
174 kcal
3g Fats
33g Carbs
4g Protein



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WHAT YOU NEED

- 2.2 lbs. (1 kg) parsnips, peeled and chopped
- 1 onion, finely chopped
- 2 garlic cloves
- 6 ⅓ cups (1,5 litre) vegetable stock
- ⅓ cup (80ml) coconut cream
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- chilli flakes, to taste
- salt and pepper, to taste
- 1 tsp. coconut oil
- 2 tbsp. pumpkin seeds toasted

WHAT YOU NEED TO DO

Heat the coconut oil in a large pot, and sauté the onion for 4-5 minutes adding some salt and pepper. Add the garlic and spices and cook for another 2-3 minutes. Add the parsnips and vegetable stock, bring to a boil and then simmer for 20-25 minutes.

Remove the soup from the heat and blend with a hand blender until smooth (if the soup is too thick then add more stock). Mix in the coconut cream and stir well.

Taste for seasoning, and add more chili flakes, spices or salt and pepper if required.

Serve hot, sprinkled with pumpkin seeds and a side of toast.



**CLASSIC
PUMPKIN SOUP**

CLASSIC PUMPKIN SOUP



Serves: 6
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
178 kcal
5g Fats
30g Carbs
5g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 onion, chopped
- 1 tsp. dried sage
- 2 carrots, chopped
- 5 ½ cups (800g) pumpkin, peeled, cubes
- 2 ½ cup (625ml) vegetable stock
- 2 tbsp. honey
- 1 cup (250ml) almond milk
- feta cheese, to garnish (optional)
- pumpkin seeds, to garnish (optional)

WHAT YOU NEED TO DO

In a medium pot, heat up the oil over medium heat. Add in the onion and cook for around 5 minutes, until softened. Add the dried sage and cook for another 1 minute, until aroma is released.

Next, add the carrots, pumpkin, stock, honey and season with salt. Bring to a boil and reduce the heat. Simmer for about 15 minutes, or until carrots and squash are tender.

Finally, add in the milk and blend with a hand blender until smooth and creamy.

Serve hot or store in a sealed container in the fridge for up to 5 days, or in the freezer for up to 3 months.

**FULL MOON
PUMPKIN SOUP**



FULL MOON PUMPKIN SOUP



Serves: 8
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
165 kcal
6g Fats
14g Carbs
5g Protein



WHAT YOU NEED

- 2 onions
- 1 tbsp. olive oil
- 1.7 lbs. (800g) pumpkin cubes
- chili flakes, to taste
- 3 ⅓ cup (800ml) of water
- 2 chicken bouillon cubes
- 10.5 oz. (300g) grilled peppers (jar)
- 10.5 oz. (300g) corn kernels
- 14.1 oz. (400g) black beans
- ½ cup (125g) crème fraiche or soy alternative

WHAT YOU NEED TO DO

Chop the onions. Heat the oil in a saucepan and fry them for 3 minutes on low heat. Add the pumpkin and chili flakes and cook for another 5 minutes on medium heat.

Add the water and the bouillon tablets and bring to the boil. Reduce the heat and gently simmer for 20 minutes.

Add the grilled peppers along with the liquid from the jar and cook for another 5 minutes. Purée the soup with a hand blender until smooth.

Meanwhile, rinse and drain the corn and black beans. Add them to the soup and heat for another 2 minutes.

Divide the soup into the bowls and add 1 tsp. of cream in each. Stir gently to create a swirl and serve.





**CREAMY CARROT &
ORANGE SOUP**

CREAMY CARROT & ORANGE SOUP



Serves: 4
Prep: 15 mins
Cook: 25 mins



Nutrition per
serving:
193 kcal
6g Fats
36g Carbs
3g Protein



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WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 4 cups (600g) carrots, chopped
- 1 tbsp. ground cumin
- 1 red chili, deseeded and chopped
- 7 oz. (200g) baby new potatoes, halved
- 4 ¼ cups (1 litre) vegetable stock
- 3 oranges, zest & juice
- 4 tbsp. coconut cream
- chili flakes, to serve

WHAT YOU NEED TO DO

Heat the coconut oil in a large saucepan; add the onion, garlic, carrots, cumin and red chili. Sauté for 10 minutes covered with a lid.

Now add the new potatoes, pour over the vegetable stock, cover, and leave to simmer for 15 minutes until vegetables are tender.

Next stir in the orange zest and juice through the soup then, using a stick blender or food processor, blend until smooth and creamy. Return to the pan and heat slightly if necessary.

Divide the soup between four bowls and add a tablespoon of coconut cream in each. Season with pepper and chili flakes.



SWEET POTATO SOUP

SWEET POTATO SOUP



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
100 kcal
1g Fats
21g Carbs
2g Protein



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WHAT YOU NEED

- 1 tsp. coconut oil
- 2 large sweet potatoes, peeled and chopped
- 2 carrots, peeled and chopped
- 1 red pepper, chopped
- 2 red onions, chopped
- 3 cloves garlic, sliced
- curly parsley, to serve
- 2 vegetable stock cubes

WHAT YOU NEED TO DO

Heat the oil in a large pot and fry the onion and garlic for 3 minutes on low heat. Add in the sweet potato, carrot and bell pepper and cook for 5 minutes on high heat. Stir occasionally.

Add the water and the vegetable stock cubes, bring to boil and simmer the soup for 20 minutes.

Puree the soup with a hand blender, and season with salt and pepper.

Pour the soup in bowls and garnish with chopped parsley.



BEETROOT SOUP

BEETROOT SOUP



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
115 kcal
3g Fats
19g Carbs
2g Protein



WHAT YOU NEED

- 6 beetroot
- 1 apple
- 2 red onions
- 2 garlic cloves
- 2 vegetable stock cubes
- 3 cups (750ml) water
- handful curly parsley

WHAT YOU NEED TO DO

Prepare the vegetables. Peel the beets and apple, core the apple and cut the beets and apple into pieces. Peel and chop the onions and garlic.

Heat the oil in a large pan and fry the onion and garlic for 3 minutes on low heat. Add the beet and apple and cook for 5 minutes on medium-high heat. Stir the mixture occasionally.

Add the water and the vegetable stock cubes, bring to boil, then reduce heat and cover for 30 minutes.

Puree the soup with a hand blender and serve.

TOM YUM SOUP WITH SHRIMPS



TOM YUM SOUP WITH SHRIMPS



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
106 kcal
5g Fats
4g Carbs
13g Protein



WHAT YOU NEED

- 4 cups (1l) vegetable stock
- 2 tbsp. (30g) Tom yum paste
- scant ½ cup (100ml) canned coconut milk
- 1 cup (225g) chopped tomatoes, canned
- 1 cup (100g) shitake mushrooms, roughly chopped
- ¾ cup (200g) shrimps
- 2 tbsp. fish sauce
- 1 tbsp. lime juice
- coriander, to garnish
- chili, to garnish

WHAT YOU NEED TO DO

Pour stock into a pot, add the tom yum paste and bring to a boil.

Add coconut milk, tomatoes and mushrooms, cook for about 5 minutes.

Next, add the shrimps, and cook for about 1 minute on low heat. Season with fish sauce and lime juice.

Garnish with fresh coriander and chili to serve.

**CHUNKY BEEF
SOUP**



CHUNKY BEEF SOUP



Serves: 6
Prep: 5 mins
Cook: 50 mins



Nutrition per
serving:
221 kcal
9g Fats
15g Carbs
20g Protein



WHAT YOU NEED

- 1 lb. (500g) lean ground beef
- 1-1 ½ tsp. salt
- 1 onion, diced
- 2 celery sticks, chopped
- 2 medium carrots, peeled, chopped
- 2-2 ⅔ cups (800g) chopped tomatoes, canned
- ½ green cabbage, chopped
- 4 cups beef stock (1 litre)
- 2 bay leaves

WHAT YOU NEED TO DO

Heat a large pot on medium and stir-fry the beef until browned, around 5-7 minutes. Season with salt.

Next add the onion, celery, and carrots and sauté for another 5 minutes.

Add the chopped tomatoes, cabbage, beef stock and bay leaves, cover and simmer for 30-40 minutes, until vegetables are soft.

Remove bay leaves before serving.