

# Herbamare® *couper* soups

8 healthy, hearty and  
delicious homemade soups

- Easy-to-make
- Warming & nourishing
- Packed with essential nutrients



A. Vogel

# Soup of the Day:

## winter warmers

Soup is the ultimate comfort food: warm, filling and satisfying. There really is nothing better on a cold wintery day than a big bowl of hot and steamy soup.

Plus, it's simple, versatile, easy-to-make and tasty too! So it's easy to understand why soup has been a firm family favourite for generations.

So this winter, get your vegetables and pots at the ready and enjoy a big, warming bowl of soup from our collection of 8 healthy and hearty recipes.

### Souper Healthy

Not only is it one of the easiest meals to prepare, soup is super nourishing too! Packed with fresh vegetables, homemade soup is an excellent way to make sure that you are getting at least two of the recommended five portions of fruit and vegetables a day – a simple, healthy way to get more nutrients into your diet.

### Souper Soothing

Nothing hits the spot like a bowl of hot soup when we are feeling under the weather. Warming, comforting and easy-to-digest, hearty soups which are full of vegetables have long been our 'food of choice' when we are trying to recover from a nasty bug or virus. It's not only soothing, it also gives our bodies the essential nutrients it needs to fight off infections.

### Souper budget-friendly

Don't forget soups can be very economical too! A great way to use up leftovers, you can also make large quantities at home, which can be easily frozen for future meals.

#### 1. Choose your base

The stock, bouillon or homemade broth you use forms the liquid base for your soup and adds depth and flavour. When buying stock or bouillon, make sure you look out for low sodium options.

#### 3. Don't forget the seasoning

The herbs and spices you use will add to your soup's delicious flavour. A lack of seasoning can make your soup bland, but overpowering it with seasoning can also ruin it, so it's important to experiment, taste your soup as it cooks and balance your flavours.

#### 2. Add your favourite fresh veg

Eating soup is an easy way to get several servings of vegetables into your daily diet. Adding fresh vegetables to your homemade soup not only increases the volume and flavour, but it boosts its nutritional value too.

#### 4. Garnish it

Top your soup with your favourite garnish, such as fresh herbs, extra vegetables, croutons or a swirl of natural yoghurt.





How to: click & watch!



### Ingredients

250g red lentils

400g carrots, chopped

1 medium onion, chopped

1 tbsp Herbamare Bouillon® vegetable stock, dissolved in 1 ltr boiling water

2 handfuls fresh coriander, roughly chopped

Black pepper, to season

Herbamare® Original seasoning salt, to season

Fresh coriander, to garnish

## Carrot Lentil & Coriander

### How to make

1. Rinse the lentils in a sieve in cold water.
2. Place the lentils, carrots, onions and Herbamare® Bouillon vegetable stock into a pan and simmer for approximately 10 minutes.
3. Add in the coriander and season with Herbamare® Original seasoning salt and black pepper. Continue to simmer, until the carrots and lentils are soft.
4. Serve, and garnish with fresh coriander.

### Carrots for pain relief!

It's well known that carrots are good for the eyes but did you know they are natural pain relievers too? Carrots have anti-inflammatory properties which can help ease aching muscles & joints and other inflammatory conditions.



## Thai Parsnip & Lime

### Ingredients

500g parsnips, peeled and cut into chunks

2 onions, finely chopped

1 thumb-sized piece of ginger, finely sliced

1 red finger chilli, finely sliced

3 spring onions, finely sliced

2 stalks of lemongrass

2 tbsp vegetable oil

½ tbsp Herbamare® Bouillon vegetable stock, dissolved in 500ml boiling water

1-2 tbsp fish sauce

400ml coconut milk

The juice of 1 lime

Black pepper, to season

Turmeric, to season

Herbamare® Original seasoning salt, to season

300g Straight to the Wok noodles

Fresh coriander, to garnish



### How to make

1. Prepare the vegetables, and with the flat edge of the knife, crush the lemongrass stalks so that they release their flavour but stay in one piece.
2. Heat the oil in a frying pan, then add the onions, ginger, chilli and two of the spring onions. Fry until softening.
3. Place the parsnips, lemongrass and onion mix into a large pot, and pour over the Herbamare® Bouillon vegetable stock.
4. Bring to the boil and simmer for 10 minutes.
5. Stir in the fish sauce, coconut milk and lime juice, and season with black pepper, turmeric and Herbamare® Original seasoning salt.
6. Continue to simmer until the parsnips are soft, approximately 10 minutes, adding more water if the soup is too thick.
7. 2 minutes before serving, remove the lemongrass stalks, and add the noodles.
8. Garnish with fresh coriander leaves and the remaining spring onion.





How to: click & watch!

### Ingredients

300g potatoes , peeled and cubed

1 tbsp Herbamare® Bouillon vegetable stock,  
dissolved in 1 ltr boiling water

6 radishes, halved

3 onions, chopped

350g beetroot, cooked and quartered

Herbamare® Original seasoning salt, to season

1/2 cup natural yoghurt, plus a spoonful for  
garnish

Black pepper, to season

Sprinkle of dill, to garnish



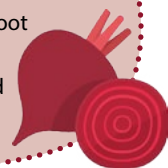
## Creamy Beetroot & Radish

### How to make

1. Boil the potatoes in the Herbamare® Bouillon vegetable stock for 15 mins.
2. Add the radishes and onions to the pot, and simmer for a further 15 mins.
3. Add the beetroot to the pot and season with Herbamare® Original seasoning salt. Simmer for another 10 mins.
4. Pour into blender and add the natural yoghurt. Season with black pepper and blend until smooth.
5. Serve with a spoonful of natural yoghurt on top, and sprinkle with dill.

### Ready, set, beet it!

Popular among athletes, beetroots are known to lower blood pressure and boost stamina. Athlete or not, beetroot also helps to relax blood vessels, improving blood flow and circulation.



How to: click & watch!

## Spicy Butternut Squash

### Ingredients

1 butternut squash, peeled, deseeded, and cut  
into chunks

3 carrots, peeled and sliced into fingers

6 shallots, chopped

4 garlic cloves, finely sliced

1 thumb-sized piece of ginger, finely sliced

2 red chillies, finely sliced

1 tbsp olive oil

1 tbsp Herbamare® Bouillon vegetable stock,  
dissolved in 1 ltr boiling water

1 tbsp chilli powder

Herbamare® Original seasoning salt, to season

Black pepper, to season

Ground cinnamon, to garnish

Roasted pumpkin seeds, to garnish

### How to make

1. Pre-heat the oven to 200°C.
2. Place the squash, carrots, shallots, garlic, ginger and chillies on a baking tray and drizzle over the oil.
3. Roast for 30 minutes, until the squash and carrots are softening.
4. Place the squash, carrots, shallots, garlic, ginger, chillies and Herbamare® Bouillon vegetable stock in a large pot, and season with chilli powder, Herbamare® Original seasoning salt and black pepper.
5. Bring to the boil and simmer until the squash and carrots are really soft.
6. Blend until smooth.
7. Serve, garnishing with cinnamon and roasted pumpkin seeds.





How to: click & watch!



### Ingredients

1 kg plum tomatoes, halved

4 garlic cloves, crushed

6 shallots, quartered

2 tbsp olive oil

2 tbsp balsamic vinegar

½ tbsp Herbamare® Bouillon vegetable stock, dissolved in 500ml boiling water

Black pepper, to season

Herbamare® Original seasoning salt, to season

Fresh basil leaves, to garnish

# Roasted Tomato & Basil

## How to make

1. Pre-heat the oven to 200°C.
2. Spread the tomatoes, garlic cloves and shallots on a baking tray and drizzle over the oil and vinegar.
3. Roast for 15 minutes until tender and caramelised.
4. Blend the tomato mix and place it with the Herbamare® Bouillon vegetable stock in a large pot.
5. Season with black pepper and Herbamare® Original seasoning salt, and drop in a few basil leaves.
6. Bring to the boil, and simmer for 10 minutes.
7. Serve, garnishing with fresh basil leaves and black pepper.

### Bug busting tomatoes

Full of healthy benefits, tomatoes are good for the heart, hair, skin and eyes. Rich in vitamin C, tomatoes can also help to boost the immune system, giving your body extra protection against colds and other viruses.



# Sweet Potato & Kale

## Ingredients

1½ tbsp Herbamare® Bouillon vegetable stock, dissolved in 1.5 ltr water

1 kg sweet potato, chopped into small chunks

1 tbsp olive oil

15g ginger, finely chopped

½ red chilli, finely sliced

2 cloves garlic, crushed

1 bunch kale, shredded

Herbamare® Original seasoning salt, to season

Black pepper, to season

## How to make

1. Boil the sweet potatoes in the Herbamare® Bouillon vegetable stock for approximately 15 minutes.
2. Heat the oil in a frying pan, and fry the ginger, chilli & garlic.
3. Add the ginger, chilli, garlic and kale to the sweet potatoes.
4. Allow to simmer for another 15 minutes, or until the potatoes are soft.
5. Blend until a creamy consistency and season with Herbamare® Original seasoning salt and black pepper.





How to: click & watch!



# Bombay Potato & Leek

## Ingredients

4 medium potatoes, peeled and chopped into small cubes

1 tbsp olive oil

2 large leeks, trimmed and chopped

1 onion, chopped

A thumb-sized piece of ginger, finely sliced

1 red chilli, finely sliced

3 cloves garlic, crushed

1 tbsp Herbamare® Bouillon vegetable stock, dissolved in 1 ltr boiling water

1 tbsp ground cumin

1 tbsp turmeric

1 tbsp cumin seeds

1 tbsp cardamom seeds

1 tbsp chilli powder

1 tbsp mustard seeds

2 tbsp tomato paste

Herbamare® Spicy seasoning salt, to season

Black pepper, to season

1 handful fresh coriander, plus extra for garnishing

## How to make

1. Par-boil the potatoes, for approximately 5 minutes, then drain.
2. Heat the oil in a large frying pan, then add in the leeks and onion, ginger, chilli and garlic and fry until softening.
3. Place the potatoes in a large pot with the leek mix and the Herbamare® Bouillon vegetable stock.
4. Season with the herbs, spices, tomato paste, Herbamare® Spicy seasoning salt and black pepper.
5. Add a handful of coriander.
6. Bring to the boil and simmer until the potatoes are soft, approximately 20 minutes.
7. Garnish with fresh coriander.



How to: click & watch!

# Asparagus & Pea

## How to make

1. Pre-heat the oven to 200°C.
2. Place the asparagus on a baking tray and drizzle over 1tbsp olive oil.
3. Roast for 10 minutes until the asparagus is tender.
4. Heat the remaining oil in a frying pan, then add in the onions and garlic. Fry until softening.
5. Place the asparagus, peas, onion, garlic and Herbamare® Bouillon vegetable stock in a large pot.
6. Season with Herbamare® Original seasoning salt and lemon juice.
7. Bring to the boil, then simmer for approximately 10 minutes.
8. Blend until smooth and creamy.
9. Serve, garnished with croutons.

## Ingredients

500g asparagus

2 tbsp olive oil

2 onions, finely sliced

2 cloves garlic, crushed

500g peas

1 tbsp Herbamare® Bouillon vegetable stock, dissolved in 1ltr boiling water

Herbamare® Original seasoning salt, to season

The juice of 1 lemon

Croutons, to garnish





# Herbamare® Bread

## Ingredients

500g strong brown flour

8g Herbamare® Original seasoning salt

7g yeast

320ml water

15ml olive oil

Pumpkin seeds

Rosemary, chopped

2 tbsp honey

## How to make

1. Sift the flour into a bowl. Add in the Herbamare® Original seasoning salt and yeast, keeping them at opposite sides of the bowl.
2. Stir in oil and water slowly.
3. Make a dough, then knead for 15 minutes.
4. Cover & rise for 60 minutes in a warm place, until doubled in size.
5. Knead in seeds and rosemary and form rolls.
6. Let the rolls rise for 45 minutes, until doubled in size.
7. Pre-heat oven to 200°C, then top rolls with Herbamare® Original seasoning salt, honey & seeds.
8. Bake for 20 - 25 minutes.

The *secret* to great tasting soup is its *seasoning!*

A great way to enhance the favour of any soup, Herbamare® seasoning salt is made according to Alfred Vogel's original recipe of specially selected garden fresh, organic herbs and vegetables, blended with natural sea salt.

The vegetables and herbs in Herbamare® are organically grown in Colmar, France and brought to our factory within hours of being freshly harvested. They are then carefully chopped and mixed with sea salt., then steeped for many months to produce Herbamare's distinctive quality and fresh flavour.



**Herbamare® Bouillon for soups**  
A delicious and low sodium vegetable soup concentrate, Herbamare® Bouillon provides a tasty and flavoursome base for many soups. Gluten and lactose free, it is also suitable for vegans.



## A.Vogel Herbamare® Range

- Organic natural salt substitute
- Low sodium with lots of flavour
- Free from additives or preservatives & MSG
- Available in 3 varieties: Original, Low Salt and Spicy



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If you have any questions or are looking for personal health advice, call the A.Vogel health hotline (during office hours) on 0845-608-5858 or send an email to [helpline@bioforce.co.uk](mailto:helpline@bioforce.co.uk)

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