

Slimtone

Soups

Quick & Easy Recipes



...healthy eating on a plate!

By Marie Griffiths



Slimtone

What could be quicker, easier or tastier than a home-made soup? Soup is ideal if you want to lose weight and have a healthy lifestyle. It is one of those foods that make us satisfied without lots of 'empty calories'. There's nothing better than a warming bowlful of goodness on a chilly winter's day.

Soups are easy to make too. Just simmer chopped vegetables in a good stock and then whizz it up in a food processor or blender. They're a great way to achieve your 5-a-day - and cheap too. You can make the most of seasonal and local veg when it's a bargain buy. And don't forget you can even use up the leftovers in the vegetable drawer - so nothing goes to waste!

Here's a selection of our Slimtone favourites, with a few new additions from our guest chef, John Harvey. Try them for yourself - they all make a tasty starter, a healthy snack or a filling main meal. Enjoy!

Marie Griffiths

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Slimtone Soups By Marie Griffiths with guest Consultant Chef, John Harvey. Published by Slimtone.
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Cold Weather Soup Ideas

The Slimtone Super Soup is one of our members' favourite recipes and a versatile part of our healthy eating regime. It can be eaten freely with meals, taken to work in a flask and it also makes a tasty snack or starter in the cold weather.

Slimtone Super Soup

Simmer a selection of vegetables in water with a stock cube e.g. carrots, swede, leeks, onions, parsley, celery, beansprouts etc. When cooked, liquidise half of the soup and return to the remaining vegetables making it thicker and more satisfying,

Marie's Tip

Take a look at some other tasty options you can make with a portion of soup.

All the following are approx 300 calories:

- ★ Add a can of chopped tomatoes and 6oz/168g cooked pasta. Season with basil and black pepper. Serve with a thick slice of granary bread.
- ★ Chop 2oz/56g corned beef and add to soup with gravy granules to thicken. Spoon over 8oz/224g jacket potato. Or add 2oz/56g corned beef and 5oz/140g cooked potatoes to soup and serve with slice of bread.
- ★ Add 3oz/84g cooked chicken and 6oz/168g cooked rice (approx 2oz/56g dry weight). This makes a tasty and filling packed meal.
- ★ The soup makes a delicious curry. Simply add curry powder and 3oz/84g cooked chicken, simmer until piping hot. Serve with 6oz/168g cooked rice, pasta or 8oz/224g jacket potato.
- ★ Pulses are an excellent source of protein and a good addition for a low fat satisfying soup. Lentils, split peas, pearl barley etc are approx 81 cals per oz/28g dry weight. I like to use the soup mix, available in most supermarkets – this is a combination of all the pulses.
- ★ Extra light soft cream cheese or low fat fromage frais makes a delicious creamy taste. Simply stir in before serving.



Butternut Squash & Red Pepper Soup

Serves 4 – calories negligible

Ingredients

1 onion, sliced

1 red pepper, diced

2 sweet red peppers, diced

1 butternut squash, diced

2 vegetable stock cubes

Method

Pop sliced onion, deseeded red pepper, sweet red peppers, cleaned and chopped butternut squash, and stock cubes into a large saucepan. Add water to cover vegetables and simmer until cooked. Blitz with blender and serve garnished with parsley.

Marie's Tip

To make a creamy soup place a tablespoon of extra light cream cheese in a dish. Top with small amount of soup stirring well. Drizzle over remaining soup.

Most supermarkets sell ready prepared butternut squash which is really convenient.

Carrot & Orange Soup

Fresh orange juice adds a fabulous fruity flavour to this colourful and fresh-tasting recipe for carrot soup. Makes an ideal starter for a Sunday Roast.

Serves 4 - approx 60 calories per portion

Ingredients

1 large onion, chopped

300g/10½oz potatoes, peeled & chopped

Salt & freshly ground black pepper

Low calorie cooking spray

700g/1lb 9oz carrots, grated

600ml/1 pint boiling water

Grated zest & juice of 1 orange

Method

Mist a non-stick large saucepan with cooking spray. Stir fry the onion for 3 – 4 mins before adding the carrots, potatoes and seasoning. Stir the vegetables thoroughly and then cover the pan. Leave on a low heat for 5 mins to allow the vegetables to sweat. Add the orange zest and cover the vegetables with the boiling water. Simmer for 15 - 20 mins until the vegetables are soft. Add the orange juice and purée the soup in a blender or food processor. Serve garnished with freshly chopped parsley or coriander.

Marie's Tip

For a tasty carrot and coriander soup, simply omit the orange zest and juice and add two tablespoons of finely chopped coriander before cooking.



Celery & Apple Soup

This is a great way to use up that extra celery that's always in your fridge.

Serves 4 – approx 75 calories per portion

Ingredients

168g/6oz potatoes peeled and diced

1 medium onion, chopped

6 sticks of celery, chopped

2 small sweet eating apples, peeled and chopped

2 vegetable stock cubes (or chicken if you prefer)

2 pts water; use less if you require a thicker soup

Method

Place all ingredients into a pan with the water and bring to a boil. Simmer until vegetables are cooked through. Season to taste and stir in a tablespoon of light cream cheese or low fat evaporated milk at the end of cooking.

Marie's Tip

Soup is a great starter for a packed lunch. The soup flasks are ideal and worth the investment.





Cheesy Leek & Mustard Soup

A gorgeously creamy leek soup with a sharp cheese and mustard kick. It makes a delicious and satisfying lunch.

Serves 4 - approx 40 calories per portion

Ingredients

675g/1 ½lb leeks, washed and sliced

1 medium potato, diced

1 heaped tspn mustard powder

1.5 litres water

Salt & pepper

56g/2ozs half fat cheddar cheese, grated

1 large onion, finely chopped

1 large carrot, diced

2 tspns cornflour

1 vegetable stock cube

Method

Mist a large saucepan with cooking spray. Sauté leeks, onion, potato and carrot over a low heat for 10 mins, or until all vegetables are tender. Mix mustard powder and cornflour with 100 ml water to make a thin paste. Season the vegetable mixture with salt and pepper. Stir in the prepared mustard and cornflour thickening, stock cube and remaining water. Reduce heat and simmer gently until thickened. Puree the mixture until smooth using a hand blender or food processor. Return to the pan and bring to boil. Stir in cheese and heat gently until melted. Pour into four warmed soup bowls and enjoy.

Courgette Soup

Courgettes, potatoes and a few herbs make this a flavoursome soup that's quick and easy to make.

Serves 2 - approx 80 calories per portion

Ingredients

1 small onion, chopped

2 courgettes, sliced

8oz/224g potatoes, cubed

2 chicken stock cubes dissolved in 1 ½ pints of water

3 sprigs mint

Low calorie cooking spray

Method

Mist a pan with cooking spray and sweat onion until softened. Add courgettes and potatoes and gently cook. Add the mint. Add stock, bring to the boil and simmer for approx 15 minutes until all vegetables are cooked. Liquidise and season to taste.

Marie's Tip

I have tried this recipe substituting the courgettes with mushrooms, it was really delicious.





Cream of Broccoli Soup

A great way to ring the changes with broccoli. This creamy soup is homely and satisfying on a cold winter's evening.

Serves 1 – approx 150 calories

Ingredients

- 1 small potato, diced
- 2 heads broccoli, separated into florets
- 1 small onion, chopped
- 1 ½ pints vegetable stock
- 1 tspn dried basil
- 1 heaped tablespoon low fat cream cheese

Method

Pop the potato, broccoli, onion, vegetable stock and basil into saucepan. Bring to the boil and then simmer for 20-30 mins. Allow to cool. Liquidise and stir in low fat cream cheese or reduced fat fromage frais.

Marie's Tip

Mushrooms, carrots or courgettes make a tasty alternative. This recipe also makes a delicious sauce for poultry or fish.



Cream of Chicken Soup

This classic chicken soup has been a favourite for centuries. It's delicious and can even be made from leftover chicken.

Serves 4 – approx 100 calories per portion

Ingredients

175g/6oz skinless chicken breast
1 onion, finely chopped
300ml/1/3 pint vegetable stock
300ml/1/3 pint semi-skimmed milk
2 tbsps low-fat yogurt

2 celery sticks, finely chopped
2 garlic cloves, crushed
1 tbsp plain flour
1 tbsp chopped fresh parsley
Chopped chives to garnish

Method

Chop the chicken into small pieces. Mist a large non-stick saucepan with cooking spray. Add the chicken, celery, onion and garlic and dry-fry for 2-3 minutes. Mix the flour with a little of the stock and add to vegetables. Cook for 1 minute before gradually mixing in the remaining stock and milk.

Simmer gently for 10-15 minutes to allow the soup to thicken. Stir in the parsley. Just before serving, remove from the heat and stir in the yogurt. Garnish with a few chopped chives. Ladle into hot bowls and enjoy.

Marie's Tip

Frozen peas, sweetcorn or broccoli can also be added to the soup.

Creamy Celery Soup

Celery is an underrated vegetable. Our Creamy Celery Soup is velvety smooth and a delicious low-fat treat.

Serves 2 – approx 100 calories per portion

Ingredients

½ celery head, trimmed and chopped
150g/5½oz potato, peeled and chopped
600ml/1 pint vegetable stock
Low calorie cooking spray

1 onion, chopped
1 bay leaf
56g/2ozs extra light cream cheese
Salt and black pepper

Method

Mist a large pan with cooking spray. Add the onion and celery and sauté for 5 minutes until softened. Add a little water, if needed. Add the potato, stock and bay leaf. Bring to the boil, then cover and simmer for 10 minutes. Remove from the heat and remove the bay leaf. Use a hand blender to blitz the soup until smooth. Return the soup to the pan and warm through gently. Season lightly to taste. Spoon 56g/2oz extra light cream cheese into a dish, pour over small quantity of soup and stir well. Drizzle a little of the cream cheese over the warm soup and serve. *Mmmm....*

Marie's Tip

This recipe also makes a delicious cream of mushroom soup.



French Onion Soup

A truly comforting winter warmer, this classic French soup has stood the test of time and remains one of Slimtone's most popular recipes.

Serves 1 – approx 180 calories

Ingredients

12oz/336g onions, sliced

Salt & pepper

1oz/28g grated half fat cheddar cheese

$\frac{3}{4}$ pint beef stock

1 slice thick bread

Method

Place the onions and stock in a pan. Bring to the boil, cover and simmer for 20 mins. Add salt and pepper to taste. Toast the bread lightly and cut into quarters. Pour the soup into an ovenproof bowl. Top with toast and sprinkle with the cheese. Place the bowl under a hot grill until the cheese has melted. Serve immediately.



Ham & Pea Soup

A family favourite, this soup never fails to keep you warm and boost your spirits.

Serves 1 – approx 200 calories

Ingredients

1 pint water
1 ham stock cube
2oz/56g marrowfat peas, dried
2 bacon medallions, finely sliced
Selection free vegetables

Method

Make up stock with water. Simmer peas with vegetables and bacon medallions until cooked. Serve and enjoy.

Slimtone Savoury Croutons

Approx 65 calories per oz/28g

I love the little bonus crunch croutons add to soup. Try our special, low-fat version. Cut day-old bread into cubes and place on a non-stick baking tray, mist with low calorie cooking spray and bake until golden brown, turning occasionally. Experiment with different seasonings to add pizzazz to your lunchtime treat.

Marie's Tip

Traditional garlic bread is often quite high in fat content. Try our Slimtone low calorie alternative at only 80 calories. Rub a slice of day old bread with a cut clove of garlic, lightly mist with low calorie cooking spray and sprinkle over chopped parsley. Bake or toast until golden brown then slice into cubes or serve with any of the Slimtone recipes as a tasty slice of garlic bread.

Hearty Bacon & Lentil Soup

A lovely hearty and healthy soup that all the family will love. It's cheap and easy too, so a great way to feed a hungry crowd.

Serves 4 – approx 190 calories per portion

Ingredients

- | | |
|-------------------------------------|-------------------------------|
| 1 x 150g pack bacon medallions | 1 small onion, finely chopped |
| 1 medium carrot, chopped | 1 garlic clove, crushed |
| ½ tsp chilli powder | 175g/6oz red lentils |
| 1 medium potato, peeled and chopped | 1 ¾ pints vegetable stock |
| 1 tin chopped tomatoes | 1 tbsp tomato puree |
| 1 tbsp dried thyme | Chopped parsley |
| 1 tbsp chopped chives | Low calorie cooking spray |

Method

Mist a large non-stick pan with cooking spray. Chop half the bacon medallions and pop into the pan with the onion and carrot. Stir over a medium heat for 3 minutes. Add the garlic and chilli powder, cook for a further minute. Put the lentils in a sieve and rinse under cold water, add to the pan with the potato, stock, tomatoes, tomato puree and thyme. Cover and simmer for 30-40 minutes until the lentils are tender. Meanwhile, grill the remaining bacon medallions and cut into small pieces. Cool the soup slightly, and puree in a blender. Return the soup to the pan, add the chopped bacon medallions and season to taste. Combine the parsley and chives and scatter over the soup. Serve and enjoy.





Leek & Potato Soup

One of the simplest but tastiest soups of all – and the great thing is, it's really cheap to make.

Serves 1 – approx 200 calories

Ingredients

2 large leeks, chopped
2 medium potatoes, diced (approx 10ozs/280g)
1 onion, chopped
1 pint of vegetable stock
Low calorie cooking spray
Fresh parsley, cleaned and chopped

Method

Mist a non-stick pan with cooking spray and sauté leeks, potatoes and onion for 1-2 mins. Add vegetable stock, bring to the boil and simmer gently for 20-30 mins. Add parsley after about 15 mins. Allow to cool and liquidise or blitz with hand blender.

Marie's Tip

I always stir in low fat soft cheese with chives before serving. It really does make a creamy and tasty flavour.

Mexican Chilli Beef Soup

Another great recipe from our guest chef, John Harvey. Try something different with this tasty Mexican Chilli Beef Soup. A hearty soup that's ideal as a winter snack.

Serves 4 - Approx 100 calories per portion

Ingredients

125g/4½oz lean minced beef	1 large onion, chopped
1 red pepper, diced	1 tin chopped tomatoes
1 small tin red kidney beans	¾ pt beef stock
½ tsp chilli powder	1 clove garlic
Salt	

Method

Finely dice the onion, red pepper and garlic. Seal the beef over a medium heat and drain off any excess fat. Add onion, red pepper, and garlic and continue cooking until the meat is browned. Add the tomatoes, kidney beans and the stock. Season with salt and the chilli powder and mix thoroughly. Cover and simmer for 30 minutes. Allow to cool and liquidise or blitz with hand mixer to thicken. Reheat before serving into four warm dishes and enjoy.



Pumpkin & Orange Soup

This amber-coloured, velvety soup is perfect for lunch and brings a splash of sunshine to a grey winter's day.

Serves 4 – approx 100 calories per portion

Ingredients

375g/13oz pumpkin, roughly chopped

150g/5oz carrot, roughly chopped

300g/11oz onion, roughly chopped

100g 3½ozs red lentils

Finely-grated zest and juice of 1 large orange

1.3 litres (2¼pt) vegetable/chicken stock

Salt and freshly-ground black pepper

Method

Put all the ingredients, except the orange, in a large saucepan and bring to the boil. Cover and simmer gently on the hob for 20-25mins or until all the vegetables are very tender. Leave the soup to cool slightly before blending in your food processor or hand held blender. Stir in the grated orange zest and juice, and adjust seasoning to taste. Drizzle over low fat crème fraiche.



Marie's Tip

Try adding 1teaspoon of mild curry paste for a hint of spice. Butternut squash can be substituted for the pumpkin and for a chunkier soup, just puree half and return to the pan.



Quick & Tasty Oriental Soup

This soup is super-fast and budget-friendly. A tasty treat to whip up at the last minute.

Serves 4 - approx 100 calories per portion

Ingredients

75g/3oz noodles, uncooked

1 slice fresh ginger

400g/14oz mixed frozen vegetable stir-fry

1 tablespoon freshly chopped coriander

600ml/1 ½ pints vegetable stock

4 sliced spring onions

A little soy sauce

Method

Cook frozen vegetables in stock according to pack instructions. Add noodles, ginger, coriander, and spring onions. Ladle soup into warm bowls and drizzle over a little soy sauce, season and garnish.

Roasted Tomato & Red Pepper Soup

Guest chef, John Harvey, offers this modern twist on a classic tomato soup.

A lovely fresh and sweet soup that is nutritious and economical. And you don't even need a saucepan!

Serves 4 – approx 80 cals per serving

Ingredients

1kg/2 lb tomatoes

½ kg/1 lb red peppers

1 pt vegetable stock

1tbls olive oil

1 onion

2 cloves garlic

2 tsp cornflour

Salt & black pepper

Method

Halve the tomatoes and dice the peppers (large pieces) and place into a roasting tray. Chop the garlic, add to the tomatoes with the oil and lightly season. Mix well together. Place into a preheated oven (250°C) for approx. 25 mins or until softened. Mix the hot stock with the cornflour. This will help to bind the soup together. Place the tomatoes etc. into a liquidiser and blitz while adding the stock until the mixture is smooth and the desired consistency is achieved. Check seasoning. Reheat before serving in 4 warm soup bowls and enjoy.

You will find that the method of roasting in this recipe will remove any bitterness. This will give a rich sweet flavour without adding sugar, as is normal in most tomato soup recipes.



Spicy Butternut Squash Soup

A spicy, warming soup that's great for when it's cold outside.

Serves 4 – approx 110 calories per portion

Ingredients

Large butternut squash, deseeded and cut into chunks

Low calorie cooking spray

1 onion, chopped

½ tsp dried chilli flakes

600ml vegetable stock

100g/3oz extra light cream cheese



Method

Mist a large pan with cooking spray and sauté the onion for 2 minutes. Add the squash, stir well, cover with a lid, and cook for 2 minutes. Stir in the chilli and stock, and then bring to the boil. Cover and simmer for 15 minutes or until the butternut squash is tender. Blitz with hand held blender until smooth. Return the soup to the saucepan and gently stir in cream cheese. Season to taste. Gently reheat and serve with a crusty wholemeal bread roll.

I have used curry powder instead of the chilli and it was really tasty.

Marie's tip

I buy the bags of ready prepared butternut squash or sweet potato available in most supermarkets which are ideal for any of our soup recipes.

Spicy Parsnip Soup

A delicious simple soup without too much heat, excellent as a winter starter.

Serves 4 – approx 110 calories per portion

Ingredients

2 onions, chopped	2lbs/ 1 kg parsnips, peeled and diced
1 tbsp curry paste	1 ½ litres hot vegetable stock
Freshly ground black pepper	100g/3 ½ oz extra light cream cheese
Chopped parsley	Low calorie cooking spray

Method

Mist large saucepan with cooking spray. Add onions and cook over a moderate to high heat for 1-2 minutes until softened. Add parsnips and cook, covered, over a low heat for 5 minutes with the lid on to sweat vegetables. Stir in curry paste, cook for a minute and then add vegetable stock. Cover and simmer for 20-25 minutes until the parsnips are soft. Add ¾ of cream cheese to soup and blend until smooth. Season to taste with black pepper. Serve garnished with remaining cream cheese and parsley.

Marie's Tip

Curry powder can be used instead of paste – simply add to suit your taste.



Whitefish and Sweetcorn Chowder

Chowder is a hearty bowl of food. Here, guest chef, John Harvey combines fish with sweet leeks and crunchy sweetcorn perfectly.

Serves 2 - approx 300 calories per portion

Ingredients

125g/4½oz white fish fillet

1 leek

¾ pt skimmed milk

½ tsp garlic puree

Salt & black pepper

1 large potato (approx 224g /8ozs)

1 small tin sweetcorn

1 tsp cornflour

½ tsp lemon juice

Method

Peel and dice the potato into 1 cm cubes. Wash and dice the leek to a similar size. In a thick bottomed pan place the garlic, potato, leek, sweetcorn and milk and simmer for approx 5 minutes or until the potato is softened. Add the fish, return to the heat and simmer until the fish begins to flake. Thicken with the cornflour. Add the lemon juice and season with salt and pepper to taste.



My Notes

One of the things I like best about making soup is that it's so flexible. It's great to follow a recipe, but you can experiment too. Treat the recipes as a starting point and adapt them to suit your taste or to use whatever ingredients you have to hand. Keep a record of the changes you make on this page – and share your ideas with us on our Slimtone Facebook page.

Soup	Date Cooked	Cooking Notes:	Tasting Notes:
E.g Leek & Potato	10.01.12	Added fresh chopped parsley just before serving. Freezes well	Delicious, filling lunch. Parsley added a freshness
Slimtone Super Soup			
Butternut Squash & Red Pepper Soup			
Carrot & Orange			
Celery & Apple			
Cheesy Leek & Mustard			
Courgette			
Cream of Broccoli			
Cream of Chicken			
Creamy Celery			
French Onion			
Ham & Pea			
Hearty Bacon & Lentil			
Leek & Potato			
Mexican Chilli Beef			
Pumpkin & Orange			
Quick & Tasty Oriental			
Roasted Tomato & Red Pepper			
Spicy Butternut Squash			
Spicy Parsnip			
Whitefish & Sweetcorn Chowder			

A few words from Slimtone members:

"Slimtone has given me back my confidence since losing nine stone one pounds with the on-line class. I keep one of my holiday photos from last year in my favourite sundress next to my "before" picture and it looks like two different women. Thanks so much Marie."

Sammi Robinson, successful online member

"As a busy mum of four boys, the Slimtone soups are invaluable to me. Made in advance, they can be frozen and ready when needed. They're tasty and nutritious, not to mention easy, and a great way of using leftover ingredients. My personal favourite is the Butternut Squash and Red Pepper - very simple and cheap to make, but bursting with flavour....and best of all, very few calories!"

Jan Gordon, successful Slimtone member

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