

Vegan soups and stews – basic principles, mix and match



BASE

2 chopped onions

Fry in 3 tbsp olive oil with fresh ground black pepper to taste (+ salt if using) on low-med heat for 10-15 minutes

(optional)

replace one/both onions with leeks
(both for **Leek + Potato Soup** or **Vichyssoise**)



ADD

2 washed, diced potatoes

AND (as wanted/available)

other prepared, diced or chopped, **root veg** or **broccoli** or **peas/beans** or **kale** or...



(optional)

replace one/both potatoes with **parsnips**
(both for **Spicy Parsnip Soup**)



Fry for another 5-10 minutes (add more oil if needed) until browning

ADD

1-2 cloves garlic, crushed or chopped

AND

(for **spicy soups**) **1 tsp** each (or to taste) **coriander, cumin, chilli flakes, curry powder; 3 or 4 cardamom pods**



Fry for another 2 minutes (add more oil if needed) until browning



ADD

400-500 ml liquid (stock, water, apple juice/cider, beer/ale)

AND (for **green soups**) handful of **chopped basil/parsley + 2 bay leaves**



OR

2 tsp tomato paste + fry 1-2mins

Then **5-6 chopped tomatoes, or 400g tin of tomatoes**



Bring to the boil, cover, reduce to simmer, stirring occasionally, for 20-30 minutes, until veg softened to taste.
(Add more liquid if needed).

Add handful of **pearl barley** towards the end if wanted, and, **for stews** 3-400g **cooked beans/legumes**.

Remove bay leaves/cardamom pods if used.

For soups: mash or blend, and add more water, stock, (milk, if vegetarian), or oatmilk to consistency required.