



Corn and Potato Chowder

Ingredients (Serves 4)

2 ½ cups cooked corn (canned is fine)
2 cups diced potatoes
1 tbsp butter
¼ cup onion, diced
½ tsp salt
Pinch of pepper
1 ½ cups boiling water
2 cups hot milk
1 tbsp flour, mixed with
1 tbsp water

Method

Combine, in a large pot, all ingredients except milk and flour/water.

Cook until potatoes are fork tender.

Add milk and flour/water, stirring well.

Bring to a boil and allow to cook for 10 minutes.

If desired, serve with chopped green onion and shredded cheese as a garnish.

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With thanks to Dillingers for this recipe used in a previous Winter Appeal.



Te Ope Whakaora



French Onion Soup

Ingredients

40g butter
700g brown onions
4 garlic cloves
700mls chicken stock
700mls meat stock
2 bay leaves
2 bunches of fresh thyme

Crouton:

120g Gruyere cheese
60g Parmesan cheese
½ stick of baguette bread
60g butter

Method

Finely slice the onions with the grain.

Melt butter in a deep thick bottom pan and cook onions to a light golden brown. Add crushed garlic.

Add the stock and bring to boil. Turn the heat down as soon as it boils, then add thyme and bay leaf.

Simmer gently skimming off the impurities till required flavour and texture.

For the Crouton, cut slices of baguette ½ cm thick, toast on a tray with butter on both sides till crisp.

Sprinkle with cheese and melt. Place on top of soup.

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With thanks to Le Cordon Bleu for this recipe used in a previous Winter Appeal.



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Chicken & Vegetable Soup

Ingredients (Serves 4)

2 litres of chicken stock
1 onion, chopped
1 carrot
2 cloves garlic, chopped
2 celery stalks
400g chicken meat (skin off)
Parsley to garnish

Method

Saute onion, carrot, garlic and celery til soft.
Season with salt and pepper, then add stock and chicken meat.
Bring to the boil then simmer for one hour.
Check seasoning , then serve with bread and a sprinkle of parsley.

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With thanks to Trade Kitchen for this soup recipe used in a previous Winter Appeal.



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Ribollita Soup

Ingredients

500g carrots, peeled, diced
500g celery, washed, diced
500g leeks, washed, diced
500g onions, peeled, diced
70g garlic cloves, peeled, diced
2 tins of white beans, rinsed thoroughly
2 sticks rosemary
3 tins of chopped tomatoes
400g sourdough bread, stale, torn
250g butter
100ml olive oil
½ bunch kale, washed, thin sliced
100ml lemon juice
Sea salt to taste
40ml tabasco sauce
200ml olive oil

Method

In a large pot, add the butter and 100ml olive oil and place on a medium heat. Add onions, carrots, leeks, garlic and celery and sauté until tender.

Add tomatoes and rosemary and bring to a simmer, stirring occasionally. Allow to cook for 10 minutes.

Turn temperature down to low and add torn bread and cook for a further 20 minutes.

Add beans and kale and cook for a further 20 minutes, stirring occasionally.

Season with lemon juice, tabasco and sea salt. Cook for a further 5 minutes. Whilst stirring, add in 200ml olive oil and continue mixing until combined.

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With thanks to Portlander for this recipe used in a previous Winter Appeal.



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Tomato and Bacon Soup

Ingredients

2 ½ tins of canned tomatoes
50ml olive oil
6 bacon strips
3 crushed garlicks
1 diced onion
350ml chicken stock
Pinch of smoked paprika
1 bay leaf
3 sprigs of thyme
100ml cream
50g brown sugar

Method

Heat a large stockpot over medium-high heat. Add bacon and cook, stirring occasionally, until crispy (about 8-10 mins).

Add onion and sauté for 5 mins until onion is soft and translucent. Add garlic, thyme and cook for 1 minute. Add chicken (or vegetable) stock, bay leaf, smoked paprika, sugar, canned tomatoes and bring to boil.

Reduce heat to medium-low, and simmer for 15-20 minutes to slightly reduce.

If desired, use a stick blender to puree soup. Or, transfer the soup in small batches into a blender and puree until smooth. Be very careful pureeing hot liquids!

Transfer soup back to the stockpot and stir in the cream. Remove from heat and serve immediately.

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With thanks to Muse for this recipe used in a previous Winter Appeal.



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Spicy Coconut & Lentil Soup

Ingredients (Serves 4)

2 tsp peanut oil
2 tbsp red curry paste
1 diced onion
1 tsp chopped ginger
1 tsp chopped garlic
1 bunch coriander, chopped
4 cups vegetable stock (or chicken stock)
2 cups coconut cream
4 kaffir leaves, sliced
1 cup red lentils
100gm button mushrooms, halved
80gm snow peas, halved
125gm fresh corn kernels, halved
1 tbsp sugar
1 cup shredded chicken (if you want a chicken base)

Method

Place the oil, curry paste, onion, ginger and garlic in a sauce pan over a medium heat and cook about 5 mins.

Add the stock, coconut cream, lime leaves, half the coriander and all the lentils to the pan and cook for 10 mins, stirring occasionally.

Add the mushrooms, corn, snow peas, sugar and shredded chicken (if you have opted for the chicken base) and simmer for 3 mins or until the snow peas are tender.

Add the last of the coriander.

Ladle the soup into bowls and serve with grilled flat bread.

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With thanks to The Tasting Room for this recipe used in a previous Winter Appeal.



Te Ope Whakaora



Seafood Chowder

Ingredients (Serves 4)

1 tbsp vegetable oil
2 clove garlic, chopped
1 large onion, chopped
100g celery, chopped
100g carrot, chopped
2 tbsp corn flour
600ml fish stock
40ml white wine
200g potato, chopped
300ml fresh cream
500g seafood marinara mix (raw)
100g fresh fish, chopped
Small bunch parsley chopped
1tbsp chopped chives
Salt and pepper to taste

Method

Heat oil in large saucepan over a medium heat, add garlic then onion, celery and carrot. Cook for 8-10 mins until vegetables are soft, then add white wine and cook another 2mins.

Pour in fish stock and bring it up to a gentle simmer. Add potatoes, cover, and then simmer for 10-12 mins until potatoes are cooked through.

Add seasoning and blend corn flour with two parts cold liquid until smooth. Stir mixture into soup for thickening.

Tip the seafood marinara mix into the pan, gently simmer for 4 mins. Add cream, and then simmer for 1 min more. Check the seasoning. Sprinkle with parsley & chives and serve with some crusty bread.

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With thanks to The Tasting Room for this recipe used in a previous Winter Appeal.



Te Ope Whakaora



Spinach and Green Pea soup

Ingredients (Serves 4)

100g white onion, diced
2 cloves of garlic, diced
300g peeled, diced agria potato
1 litre of vegetable stock
3 parsley stalks
Zest of half a lemon
250 grams of green peas
250 grams of frozen spinach
Salt and pepper

Cream

150g crème fraiche
Zest of half a lemon
Salt and pepper

Method

Saute onion in olive oil until soft and translucent, add garlic and saute for couple more minutes until soft.

Add diced potato and parsley stalks and a pinch of salt and fresh black pepper, cover with the vege stock (you can use vege stock cubes and water.) Bring to a boil and reduce to simmer.

Cook until potato is tender, then add peas, lemon zest and frozen spinach and simmer for about 5 mins. Do not cook for too long or the spinach and green peas will lose their colour.

Blend the soup until smooth with a stick blender or kitchen whizz. Return to pot and bring back to a boil. Taste and adjust seasoning.

For the cream. Mix the crème fraiche and add the lemon zest. Combine well and season. Keep chilled until ready to use.

Serve with a spoonful of cream on top. Enjoy with warm, buttered crusty bread.

This recipe will yield 1.5 litres of soup. This soup is gluten free and can be dairy free and vegan without the crème fraiche.

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With thanks to Dillingers for this soup recipe used in a previous Winter Appeal.



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Vegetable Barley Soup

Ingredients (Serves 4)

1 litre vegetable stock
1/2 cup (90g) uncooked pearl barley
1 carrot, chopped
1 stalk celery, chopped
1 zucchini, chopped
1 onion, chopped
1 capsicum, chopped
1 tin (400g) diced tomatoes with juice
2 bay leaves
1 garlic clove, chopped
1 tsp salt
1/2 tsp ground black pepper
1/2 tsp curry powder
1/2 tsp paprika
1 tsp Worcestershire sauce

Method

Sweat off the carrots, celery, zucchini, capsicum and onion, cook for about 5 mins (don't brown them).

Add garlic for 1 min, then add the salt, pepper, curry powder, paprika, Worcestershire sauce, tomatoes, barley and vegetable stock.

Bring to a boil, then cover and simmer over medium-low heat for 60 minutes. The soup will be very thick. You may adjust by adding more stock or water.

Remove bay leaves before serving.

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With thanks to QC Hotel for this soup recipe used in a previous Winter Appeal.



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