



Contact

Scott Donovan Dip P.T.

Jessica Donovan N.D.

Phone: 0430 390 807

www.bounceoptimumhealthandwellbeing.com

info@bounceoptimumhealthandwellbeing.com

Soup Recipes

Greek Red Lentil Soup

2 cups red lentils
2 tablespoons olive oil
1 large onion, diced
8 cloves garlic, minced
2 carrots, diced
1 red chilly
1 tablespoon minced rosemary
2 tablespoons minced oregano
2 bay leaves
2 litres vegetable stock
Zest of 1/2 lemon
Juice of 2 lemons
1 cup crumbled feta cheese

Rinse lentils thoroughly, set aside to drain. Heat oil in a soup pot over medium heat and sauté onion until translucent. Add garlic carrot, chilly, herbs & bay leaves. Stir well and cook until carrots are just tender. Add rinsed lentils and stock and bring to the boil. Reduce heat to a simmer and cook, partially covered, until the lentils are soft and falling apart. Season the soup with lemon zest & juice, sea salt and black pepper. Before serving sprinkle crumbled feta on top and enjoy!

Chicken, Vegetable & Basil Soup

500g Chicken thigh fillets, thinly sliced
1 tablespoons olive oil
1 large onion, diced
8 cloves garlic, minced
4 stalks celery
2 carrots, diced
½ head of cauliflower, chopped
250g green beans, chopped
425g tin tomatoes
300g tin kidney beans
2 litres vegetable stock
1 bunch basil, roughly torn

Heat oil in a soup pot over medium heat and sauté onion until translucent. Add garlic and chicken and cook until chicken is browned. Add vegetables, tomatoes, stock and kidney beans and bring to the boil. Reduce heat to a simmer and cook, covered, until the vegetables are soft and the chicken is cooked through. Season the soup with sea salt and black pepper. Serve with torn basil on top.

Pumpkin & Coconut Soup

1 Butternut Pumpkin
1 tablespoon olive oil
1 large onion, diced
3 cloves garlic, minced
1 litre vegetable stock
Small can coconut cream
Handful of fresh Coriander to serve

Heat oil in a soup pot over medium heat and sauté onion until translucent. Add garlic and pumpkin and cook for 5 minutes. Add vegetable stock and bring to the boil. Reduce heat to a simmer and cook, covered, until the pumpkin is soft. Add coconut cream and garnish with fresh coriander and black pepper.

Mexican Vegetable Soup

1 tablespoons olive oil
1 medium onion, diced
3 cloves garlic, minced
1 tablespoon ground cumin
2 tablespoons ground sweet paprika
1 teaspoon ground coriander
300g can chickpeas, rinsed and drained
300g can kidney beans, rinsed and drained
425g tin tomatoes
2 carrots, diced
3 sticks celery, chopped
1 tablespoon tomato paste
750ml vegetable stock
½ bunch English spinach, chopped

Heat oil in a soup pot over medium heat and sauté onion until translucent. Add garlic, spices, tomato paste, celery, carrots and cook for a couple of minutes. Add tomatoes, stock, chickpeas and kidney beans and bring to the boil. Reduce heat to a simmer and cook, covered, until the vegetables are soft. Add spinach; season the soup with sea salt and black pepper.

Creamy Broccoli

1 tablespoons olive oil
1 medium onion, diced
6 cloves garlic, minced
1 tablespoon minced fresh thyme
1/4 teaspoon chili flakes
1 large potato
1 large head of broccoli
225g spinach
1 cup cream

Heat oil in a soup pot over medium heat and sauté onion until translucent. Add garlic, thyme and chili flakes and sauté until golden. Add broccoli and potato; cook for a few minutes. Add stock, bring to the boil, reduce heat and simmer until broccoli and potato are just tender. Stir in the spinach and turn off the heat. Let the soup sit until the spinach wilts, then puree until smooth. Reheat the puree, add cream and season with sea salt and pepper.

Chickpea & Cabbage Soup

1/2 cabbage, shredded.
2 tins of chickpeas, rinsed.
400g tin tomatoes.
3-4 cloves garlic, minced.
2 red onions, finely chopped.
1 1/2 litres vegetable stock.
Handful of chopped parsley to serve.

Sauté onion until soft, add garlic and cook for 1 minute. Add chickpeas, tomatoes, stock and cabbage cook until cabbage is tender, about 5 minutes. Serve topped with parsley.