

# Sauer soyballs soup



---

# Creamy tomato-lentil soup



For 4-6 servings:

- 1 cup red lentils, well washed
- 2 cans a 400 g (diced of whole) tomatoes
- 2 onions, finely chopped
- 1 head of garlic, chopped
- 1 bay leaf
- 1 teaspoon rosemary
- 2 teaspoons oregano
- 1-2 tablespoons olive oil
- salt and pepper, to taste

fresh basil, finely chopped (optional)

Stir fry the onions and garlic, in olive oil, for 2-3 minutes. Add the lentils, bay leaf, rosemary, oregano and 3 cups of water. Cook for about 10 minutes then add the tomatoes.

When everything is cooked (10-15 minutes) remove the bay leaf and blend until smooth. Add salt and pepper to taste.

Add fresh basil on plate.

---

## Lentils sauer soup



For 6 servings:

500 g bruin lentils (not red!!)

500 g vegetables for soup (carrots, onions, parsnips, celery, potato, peas, cauliflower, etc.)

500 g ripe tomatoes, diced / 400 g can diced tomatoes

2 bay leaves

1 teaspoon paprika powder

juice from 1-2 lemons, to taste  
2 tablespoons olive oil  
1 bunch lovage/dille  
salt and pepper, to taste

Wash the lentils and cook them in 2 l water together with the bay leaves.

When the lentils are half cooked add the chopped vegetables. Continue to cook for another 5-6 minutes than add the tomatoes, paprika powder and the lemon juice. Add more water if needed. When the lentils and the vegetables are cooked add salt and pepper to taste.

Garnish the dish with olive oil and finely chopped lovage or dille.

---

## Creamy cauliflower soup



For 3-4 servings:

450 g cauliflower, cut into pieces  
1 large potato, cubed  
1 onion, chopped  
fresh parsley, finely chopped

olive oil, for garnish (optional)

salt and pepper, to taste

Cook the cauliflower, onion and potato in 1 l water. When the vegetables are cooked blend until smooth.

Add salt and pepper to taste. Garnish with fresh parsley and a little bit olive oil.

---

## Creamy beetroot soup



For 6 servings:

1/2 kg beets (4 medium pieces), chopped

1 onion, chopped

1 carrot, sliced

1 potato, chopped

1 parsnip, sliced (optional)

1 bay leaf

salt and pepper, to taste

grated horseradish, to taste

olive oil, to taste

Put the beets in a soup pot and add 1.5 l water. Cover and simmer for approx. 10 minutes.

Add the remaining vegetables and the bay leaf.

When the vegetables are cooked remove the bay leaf then blend it until smooth.

Add salt and pepper to taste.

Garnish the plate with grated horseradish and a little bit olive oil and eventually finely chopped parsley.

---

## Red lentil, carrots and ginger soup



For 4-5 servings:

150 g red lentils

1 onion, chopped

5 carrots, sliced

3 cm ginger, chopped (or 1 1/2 teaspoon ginger powder)

1 tbsp. tomato paste

1 bay leaf

salt and pepper, to taste

patunjel, finely chopped

lemon

olive oil

Wash the lentils thoroughly and cook them together with the onion, carrots, ginger and the bay leaf, in 1.5 l water .

When the lentils and vegetables are cooked remove the bay leaf than blend it until smooth.

Add the tomato paste, salt and pepper to taste and cook for few minutes longer.

Garnish on the plate with parsley, lemon juice and olive oil, to taste.

---

## Sauerkraut soup



For 6-8 servings:

1/2 kg sauerkraut, finely chopped

1 onion

2 carrots

1 parsnip

2 potatoes

1 celery or a little bit of celeriac

a handful frozen peas

1 can diced tomatoes (400g)

1 bay leaf  
10 peppercorns  
1-2 tablespoons olive oil  
lovage (or parsley), finely chopped

Cook the sauerkraut together with the bay leaf and peppercorns in 3 l water .

Finely chop all the vegetables. When the sauerkraut is almost cooked add the vegetables. Add more sauerkraut juice or water, to taste.

When the vegetables are cooked add the olive oil and the lovage.

---

## **Roasted red pepper & tomato soup**

For 4 servings:

750 g of tomato passata  
1 1/2 cup water  
2 red bell peppers  
1 onion, finely chopped  
3 cloves garlic, finely chopped  
1 tablespoon olive oil  
1 1/2 teaspoon oregano  
salt and pepper, to taste

fresh basil / parsley, finely chopped

Wash the sweet peppers, dry with a kitchen towel and roast on the grill/oven, on each side, being careful not to burn. Put the roasted peppers in a pan, sprinkle with salt and

cover. Allow them to rest for approx. 10 minutes than peel them (dip your fingers in cold water to release the peel). Cut into pieces.



Heat the oil in a soup pan, add the onion and garlic. Stir fry until the onion has softened.

Add the water, tomato passata, roasted peppers and oregano. Cover and simmer for about 10-15 minutes.

Blend/process with a blender / processor until smooth.

Add salt and pepper to taste and garnish with fresh basil or parsley and, if desired, with a little bit olive oil.

---

## Vichyssoise soup



## Vichyssoise soup

For 4-6 servings:

1 onion, finely chopped  
2 large leeks, sliced  
3 medium potatoes, cubed  
1 cup unsweetened soy milk  
1 tablespoon olive oil  
salt and pepper, to taste

parsley or chives, for garnish

Heat the oil in a soup pan and add the onion. Stir fry for about 2-3 minutes then add the leeks. Cover and simmer for a few minutes, stirring occasionally.

Add the potatoes and 3 cups of water. Cover and simmer.

When the vegetables are cooked add the soy milk, salt and pepper. Let it cook for 1-2 minutes.

Blend/process until you get a smooth cream.

Garnish the dish with finely chopped parsley or chives .

Serve cold or warm.

---

## **Oyster mushroom soup**



Oyster mushroom soup

For 6 servings:

For the vegetable stock:

- 1 carrot
- 1 onion, cut into large pieces
- 1 parsnip
- 1/2 celeriac or 2 stalks celery, cut
- 2 potatoes, cut in half
- 2-3 bay leaves
- 10 peppercorns

Put all ingredients in a soup pot with 2 liters water. When the vegetables are done remove them from the water (they can be served as salad, with garlic sauce or horseradish sauce).

Leave the pot on the stove on low heat.



Oyster mushroom soup

300 g oyster mushrooms, sliced □□approx. 0.5 cm thick

1 carrot, grated  
1 yellow bell pepper, finely sliced  
250 ml vegan sour cream (or 1 cup soy milk mixed with 2 tablespoons flour)  
2 tablespoons olive oil  
3-5 cloves garlic, mashed – to taste  
3-5 tablespoons vinegar, to taste

Heat 1 tablespoon oil in a pan and add the carrots and bell pepper. Fry, stirring occasionally, until tender.



Oyster mushroom soup

Blend until smooth.



Oyster mushroom soup

Heat 1 tablespoon of oil in a pan and add the mushrooms. Fry, stirring occasionally. Add the moisture from the mushrooms to the vegetable stock. Continue frying until tender, taking care not to brown the mushrooms.



## Oyster mushroom soup

Add the carrot/bell pepper paste and the mushrooms to the vegetable stock. Cook for a few minutes.

Add the vegan sour cream and salt (to taste).

Add the garlic and vinegar to taste and continue cooking for a few minutes longer.

Serve with fresh chili.