

# Super easy tomato soup



Super easy tomato soup

## For 2-3 servings:

2 cans diced tomatoes (2 x 400g / 2 x 14,5 oz)

3 large onions, sliced

3-4 cloves of garlic, sliced

1 tablespoon olive oil

1 teaspoon oregano

1 teaspoon basil

salt and pepper, to taste

fresh parsley or basil, finely cut, to garnish

Stir fry the onions and the garlic in olive oil for 2-3 minutes. Add the tomatoes and the spices, cover and simmer on medium heat for about 10 minutes, stirring occasionally.

Blend with a food processor / blender until smooth. Add salt and pepper to taste and garnish with fresh basil / parsley.



Super easy tomato soup

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## Sargaborso Leves (Hungarian yellow split pea soup)



Sargaborso Leves

**For 6 servings:**

300 g yellow split peas (chana dal)

1.5 l water

2 onions, finely chopped

2 bay leaves

1 teaspoon paprika powder

3 cloves of garlic, crushed

salt and pepper, to taste

parsley for garnish (optional)

Soak the yellow split peas for at least an hour. Wash and drain.

Cook the peas together with the bay leaves and onions in 1,5 l water. When the peas are cooked add the garlic, paprika powder, salt and pepper.

Garnish with finely chopped parsley and a few drops of olive oil. You can also add croutons.

*Variation:* When the peas are almost done you can add two sliced ☐☐carrots and/or two potatoes, peeled and cubed.

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## Potatoes sour soup



Potatos (sauer) soup

1 kg potatoes, cubed

250 g soup vegetables (onions, carrots, peppers, parsnips, celery, etc.), chopped

2 tomatoes, finely chopped

1 teaspoon paprika powder

lemon juice, to taste (optional)

lovage/parsley

2 tablespoons olive oil  
salt, to taste

Cook the potatoes together with the onions, in enough water to cover.

When the potatoes are half cooked add the other vegetables. Cook for 5 minutes then add the tomatoes.

When the tomatoes are cooked add the lemon juice and more water, the paprika powder and salt to taste.

Garnish with fresh lovage/parsley and olive oil.

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## Bean soup



Bean soup

For 6 servings:

500 g beans

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

500 g ripe tomatoes / 400 g canned tomatoes

2 tablespoons olive oil

1 bunch lovage/parsley

salt and pepper

Allow the beans to soak overnight. Wash and boil them in 3 l water.

When the beans are almost cooked add the chopped vegetables. Continue to boil for 5-6 minutes and add the chopped tomatoes. When the beans and the vegetables are well-done just add salt and pepper to taste.

Garnish the dish with olive oil and finely chopped lovage/parsley.

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## Pumpkin soup



Pumpkin soup

**For 4-5 servings:**

1.5 kg pumpkin

1 onion

1 carrot

1 leek (white part)

1 potato

1 bay leaf

150 ml coconut milk  
olive oil (optional)  
salt and pepper

Clean all vegetables, peel, wash and cut them into medium size pieces. Cook them in a soup pan in enough water to cover them.

When vegetables are cooked (15-20 minutes) blend/process them with a blender/food processor. Add the coconut milk and continue cooking for another 2-3 minutes. Add salt and pepper to taste.

Garnish with a little olive oil.

*Variation:* The soup can be served with croutons.

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## Spiced red lentil soup



Spiced red lentil soup

For 3-4 servings:

200 g red lentils  
1 onion, finely chopped  
2 carrots, sliced

1 potato, cubed  
1 clove of garlic, finely chopped  
2 bay leaves  
dried chilli flakes / chilli  
 $\frac{1}{2}$  teaspoon paprika powder  
2 tablespoons tomato paste  
1 tablespoon olive oil  
salt and pepper

Wash the lentils thoroughly. Place the lentils in a soup-pan with 1  $\frac{1}{2}$  liters water, the bay leaves and the onion. Simmer for 5 minutes then add the carrots and the potatoes.

When the lentils and vegetables are cooked add the paprika powder, chilli flakes to taste, the garlic and the tomato paste. Cook for another 2-3 minutes than add salt and pepper to taste.

Garnish with a little bit of olive oil.

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## Split peas soup



Split peas soup

### **For 4-5 servings:**

500 g split peas  
4 potatoes, cubed  
2 carrots, sliced  
2 celery stalks, diced  
1 parsnip, diced (optional)  
2 onions, chopped  
fresh lovage /parsley, finely chopped  
1 tablespoon olive oil  
salt and pepper

Wash the peas thoroughly. Put the peas in a soup-pan, add 3 liters water, cover and simmer on low heat (1-2 hours, depends on de peas type). Stir often to prevent sticking to the pan. When the peas are soft add the vegetables. Cook slowly till vegetables are tender than add salt and pepper to taste.

Garnish with a little bit of olive oil and fresh lovage/parsley.

*Optional:* For extra flavor you can add, on the plate, some soy sauce.

*Note:* split peas will shatter when cooked.

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## **Tomato soup**



Tomato soup

**For 4 servings:**

1 large carrot

1 onion

1 parsnip

1 celery stalk

1 leek

1 1/2 kg tomatoes, peeled and finely chopped/ 2 cans diced tomatoes

1/2 cup brown rice (15 minutes cooking time)

1 tablespoon oil

parsley for garnish, finely chopped

salt and pepper, to taste

Finely chop all the vegetables. Stir fry the vegetables in the oil for 1-2 minutes. Add the rice and 200 ml water, cover and cook for approx. 10 minutes. Add the tomatoes and cook until the rice is done. Add salt and pepper to taste. Garnish with parsley and with a little bit of olive oil.

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# Romanian vegetable sour soup



Romanian vegetable sourt soup

## For 7-8 servings:

3 large onions

2 carrots

2 potatoes

1 parsnip

1 small celery root

100 g green beans

100 g cauliflower

100 g peas

1 small zucchini

1/2 kg tomatoes, peeled and finely chopped / 1 can (400g) diced tomatoes

3 l water

juice from 1 lemon, to taste

1 bunch of lovage, finely chopped

2-3 tablespoons olive oil

salt and pepper, to taste

Finely dice all the vegetables.

In a big soup pan cook for 5 minutes the onions and the green beans in 3 l water than add the rest of the vegetables.

Cook for another 5-6 minutes than add the tomatoes.

When the vegetables are done add the lemon juice, salt and papper to taste.

Garnish with lovage.

You can serve with vegetable cream.



Romanian vegetable sour soup