

Favourite Recipes

Red Lentil Thai Chili (Soup's On 2018)

Olive oil (1 teaspoon to 2 tablespoons, however much you feel like using)
1 large yellow onion, diced medium
1 red bell pepper, seeded and diced medium
3 cloves garlic, minced
3 tablespoons chili powder
1 ½ lbs sweet potatoes cut into ¾ inch chunks
1 ½ cups red lentils
1 teaspoon sea salt
4 cups water
2 15 oz cans kidney beans, drained and rinsed (4 cups soaked, drained & cooked if using dried)
2 tablespoons Thai red curry paste
1 15 oz can low fat coconut milk
28 oz can diced tomatoes
½ cup fresh cilantro, plus extra for garnish
Limes for garnish (optional)

Preheat a 4-quart pot over medium heat. Sauté onions and pepper in oil with a pinch of salt, for 5 to 7 minutes. Add garlic and sauté a minute more.

Add chili powder, sweet potatoes, lentils, salt and vegetable broth. Cover and bring to a boil. Let it boil for 15 to 20 minutes, stirring occasionally to prevent burning. When lentils are cooked and sweet potatoes are tender, add the remaining ingredients and heat through.

Taste for salt and seasoning, top with cilantro and lime and serve!

Creamy Vegan Potato Soup (Soup's On 2019)

1 medium onion
2 medium carrots
1 small celery root
3 medium russet potatoes
4 garlic cloves, minced
1 tbsp olive oil
4 cups spring water
4 mushroom bouillon cubes
1 can coconut milk (full fat)
1 tsp Himalayan salt

Chop the vegetables. In a large pot, heat the olive oil. Sauté the onions, carrots & celery root until they start to look caramelized. Add the garlic and Sautee one minute more.

Mix the bouillon cubes in the water and add to the pot. Add the potatoes. Cover & simmer for 20 minutes or until the potatoes are soft. Either use an immersion blender or transfer to a blender to blend until perfectly

smooth. If you are using a blender, only transfer to blend in small batches. You may choose to leave some chunks or you may prefer to have it completely blended. It is delicious either way.

Stir in the coconut milk. Taste and add salt according to your preference.

Toppings: coconut bacon, green onions, vegan cheddar cheese, chives ~ your choice.

Creamy Vegan Ginger, Turmeric & Cauliflower Soup (Soup's On 2020)

2 tbsp Olive oil (avocado oil or coconut oil)

2 heads of cauliflower cut into small chunks

1 large carrot cut into small chunks

2 organic yellow onion, diced medium

3 cloves garlic, minced

1 thumb size piece of ginger, chopped into very small pieces

1 tsp Himalayan salt

1 tsp pepper

4 tsp turmeric

2 tsp dill

6 cubes of herb or vegetable bouillon cubes

6 cups of water

1 15 oz can full fat coconut milk

Sauté onion until golden brown; add the garlic and sauté for 3 minutes; add the chopped carrots & ginger for 5 minutes. Add 6 cups of water and bring to a boil. Add the bouillon cubes, salt & pepper and cauliflower & simmer for 20-30 minutes or until the cauliflower is completely cooked & soft. Scoop ½ of your batch into a blender and blend until smooth. (you can blend the entire batch if you prefer to have no chunks remaining). Return to the pot and add the remaining ingredients (turmeric, dill & coconut milk).