

CHUNKY SPICED TOMATO AND CORN SOUP




gluten free | dairy free | nut free | plant-based

READY IN
30 mins

One of my favourite meals – this super delicious and nutritious soup is packed full of Protein, Fibre, Vitamin C, K, Folate, Phytonutrients and powerful Antioxidants such as Lycopene, a bright red carotenoid, which has many health benefits such as a reduced risk of heart disease and cancer



This makes very generous serves – enough for lunch and a second dinner, and even some to freeze for a quick anytime meal 😊

YOU'LL NEED...	1 	2 	3 	4 
Quinoa, any colour <i>dry weight</i>	3 tbsp	½ cup	½ cup	¾ cup
Rice, Basmati – Brown or white <i>dry weight</i>	3 tbsp	½ cup	½ cup	¾ cup
Lentils, split – Red <i>dry weight</i>	3 tbsp	½ cup	½ cup	¾ cup
Vegetable stock liquid	2 cups	4 cups	6 cups	8 cups
Tomato <i>medium</i>	3 whole	6 whole	9 whole	12 whole
Onion – Red <i>medium</i>	½ whole	1 whole	1 ½ whole	2 whole
Celery <i>approx. 20cm (7") long</i>	2 sticks	4 sticks	6 sticks	8 sticks
Garlic	2 cloves	4 cloves	6 cloves	8 cloves
Chilli pepper – Green <i>10cm (4") long</i>	½ whole	1 whole	1 ½ whole	2 whole
Olive oil, extra virgin <i>optional</i>	¼ tsp	¼ tsp	½ tsp	½ tsp
Cumin powder	1 tsp	2 tsp	3 tsp	1 tbsp
Turmeric powder	½ tsp	1 tsp	1 ½ tsp	2 tsp
Pepper, black cracked	½ tsp	1 tsp	1 ½ tsp	2 tsp
Tomatoes <i>diced 400g (14oz) or fresh*</i>	1 can	2 cans	3 cans	4 cans
Corn kernels <i>400g (14oz) unsalted</i>	½ can	1 can	1 ½ cans	2 cans
Parsley <i>fresh, optional garnish</i>	¼ handful	½ handful	¾ handful	1 handful

*1 can tomatoes = 5 medium sized fresh whole tomatoes.

LET'S GET STARTED...

- Combine quinoa, rice and lentils in a bowl and fill with warm (not boiling) water, let soak while making soup.
- Cut the tops off tomato and pulse in blender/food processor until a thick chunky puree, set aside.
- Finely dice onion, chilli, celery and mince garlic, set aside.
- *Choose the Oil, Water or Vegetable Stock Method:* Use oil (qty listed) or 2 tbsp of water or 2 tbsp of vegetable stock liquid and in a pot on medium-high sauté onion, garlic, chilli, celery and spices until tender. Add a splash of water if it gets too dry.
- Add blended fresh tomato, canned tomato and vegetable stock liquid.
- Drain and rinse uncooked quinoa, rice and lentil mix and add to soup.
- Bring to a boil then turn down to a simmer and let cook until rice is tender, about 20 mins.
- 5 to 10-mins prior to serving, add drained and rinsed canned corn to heat through, stir well to combine.
- Serve with *optional* freshly diced parsley on top.
- Keeps in the fridge for 1 week. Can be frozen.

NOTE: The lentils & grains will continue to absorb liquid and the soup will become more stew-like. Just add more water or vegetable stock liquid. Or enjoy as a stew 😊