

✧ **Soul-Nourishing Soups** ✧

By Ms. Cowdrey

Dedication

*To the wandering soul —
a traveler with dust on their boots
and fire in their veins,
eyes set on distant horizons,
spirit untamed and unbroken.*

*They move through time
like thunder rolling across the mountains,
like tides that bow only to the moon —
restless, eternal, unstoppable.*

*To the seasons, the great keepers of truth:
autumn blazing in final glory,
winter whispering its fierce stillness,
spring cracking open the earth with green fire,
summer burning wild and unbound.
They remind us that every ending
is also a beginning,
and that the turning of the wheel
beats within our own hearts.*

*To the garden,
where roots reach into shadow
and blossoms rise toward the stars —
the earth writing poetry in silence,
the spirit drinking deep from mystery.
Here, the soul learns both surrender and strength,
patience and power,
silence and song.*

*And to you —
fellow travelers,
keepers of light,
companions through shadow and dawn.
Thank you for walking the long road,
for lifting the lantern in storms,
for carrying the song when silence fell.*

*This book is for you —
a vessel of fire and comfort,
a wind at your back,
a heartbeat in the stillness.
May it remind you always
that you are not alone,
that the journey is sacred,
and that the spirit moves
like a wild, unstoppable flame
through us all.*



A Blessing for the Table

*Friends, we gather —
travelers on a restless tide,
hearts steady as the keel,
faces lifted to the rain and the wind.
Though storms may rise,
though shadows may fall,
we hold fast —
together, unbroken, carried by spirit.*

*As the seasons turn,
may autumn's fire warm us,
may winter's stillness steady us,
may spring's green renewal lift us,
may summer's wildness free us.
The earth has given,
the garden has kept,
and the soup before us
is a song of roots and rain,
of patience and light.*

*So let us bless this meal:
May it strengthen the weary,
comfort the sorrowful,
heal the wounded,
and gladden the joyful.
May it carry us forward,
a lantern against the storm,
a wind in our sails,
a heartbeat in our company.*

*Together we break bread,
together we lift bowls,
together we give thanks.
For spirit that sustains,
for love that binds,
for the wild journey yet to come.*

Cheers To Good Soup!

Let us begin!

1. Harvest Root & Herb Soup

A grounding autumn bowl, rich with roots and the steady heartbeat of herbs.

Ingredients

- 2 tbsp olive oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 3 carrots, chopped
- 2 parsnips, chopped
- 2 potatoes, diced
- 1 turnip, diced
- 6 cups vegetable broth
- 1 tbsp fresh thyme
- 1 tbsp fresh rosemary
- Salt and black pepper to taste
- 1 handful kale, torn

Instructions

1. Warm olive oil in a heavy pot. Sauté onion and garlic until fragrant.
2. Add carrots, parsnips, potatoes, and turnip. Stir for 5 minutes.
3. Pour in broth, add herbs, and bring to a simmer. Cook 25 minutes until roots are tender.
4. Stir in kale just before serving. Season to taste.

Note: Like the turning soil of autumn, this soup steadies the soul, grounding wandering feet.

2. Colonial Pumpkin & Herb Soup

Inspired by hearths of early kitchens — pumpkin, sage, and nutmeg warming the spirit.

Ingredients

- 2 tbsp coconut oil

- 1 onion, diced
- 3 cups pumpkin purée (fresh or canned)
- 4 cups vegetable broth
- 1 cup coconut milk
- 1 tsp nutmeg
- 1 tsp cinnamon
- 1 tbsp fresh sage, chopped
- Salt & pepper

Instructions

1. Heat oil in a pot. Sauté onion until translucent.
2. Stir in pumpkin, broth, and spices. Simmer 15 minutes.
3. Add coconut milk and sage. Blend smooth with an immersion blender.
4. Adjust seasoning before serving.

Note: This soup tastes of old wooden tables, candlelight, and the promise of harvest safely stored.

3. Healing Ginger-Pepper Broth

A fiery elixir to chase away chills, clear the mind, and spark the spirit.

Ingredients

- 6 cups water or vegetable broth
- 1 large knob of ginger, sliced thin
- 4 cloves garlic, smashed
- 1 tbsp black peppercorns
- 2 tbsp soy sauce or tamari
- Juice of 1 lemon
- Pinch of chili flakes (optional)
- Fresh parsley for garnish

Instructions

1. In a pot, combine broth, ginger, garlic, peppercorns, and soy sauce. Simmer 20 minutes.

2. Strain solids. Stir in lemon juice and chili flakes.
3. Serve hot with parsley sprinkled on top.

Note: This broth is fire and clarity — a cleansing wind in the body.

4. Forest Mushroom & Barley Soup

A woodland bowl, earthy and grounding, rich with umami and slow patience.

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 cups mixed mushrooms, sliced
- 1 cup pearl barley
- 6 cups vegetable broth
- 2 tbsp soy sauce
- 1 tbsp fresh thyme
- Salt & pepper

Instructions

1. Heat oil, sauté onion and garlic until golden.
2. Add mushrooms, cook until browned.
3. Stir in barley, broth, soy sauce, and thyme. Bring to boil.
4. Simmer 40 minutes, until barley is tender.

Note: This is the taste of moss and stone, of deep forests holding quiet power.

5. North Sea Potato & Leek Soup

A seaside memory — creamy, salty air folded into a humble bowl.

Ingredients

- 3 leeks, cleaned and sliced
- 4 potatoes, diced
- 2 tbsp olive oil

- 5 cups vegetable broth
- 1 cup oat cream (or coconut milk)
- Salt & white pepper
- Fresh dill to garnish

Instructions

1. Heat oil, sauté leeks gently until soft.
2. Add potatoes and broth, simmer 20 minutes.
3. Blend until smooth. Stir in oat cream.
4. Season and garnish with dill.

Note: A soup that feels like waves and fog, best served with bread and good company.

Recipes 6–25

6. Forest Mushroom Barley Soup

Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 cups mushrooms, sliced (mix of cremini, shiitake, portobello if possible)
- 1 cup pearl barley
- 8 cups vegetable broth
- 2 carrots, diced
- 2 celery stalks, diced
- 1 tbsp tamari or soy sauce
- 1 tsp thyme
- Salt and black pepper

Directions:

1. Heat oil in a pot, sauté onion and garlic until fragrant.
2. Add mushrooms and cook until golden.
3. Stir in barley, carrots, celery, broth, tamari, and thyme.
4. Simmer 45 minutes until barley is tender.

5. Adjust seasoning.

Soul Note: A grounding soup, earthy and steady, like walking through mossy forest paths after rain.

7. Golden Turmeric Lentil Soup

Ingredients:

- 1 tbsp coconut oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tbsp grated ginger
- 1 tsp turmeric
- 1 tsp cumin
- 1 cup red lentils
- 6 cups vegetable broth
- 1 cup coconut milk
- Juice of 1 lemon
- Salt and pepper

Directions:

1. Sauté onion, garlic, and ginger in oil until soft.
2. Stir in turmeric and cumin.
3. Add lentils and broth; simmer 20 minutes until lentils break down.
4. Stir in coconut milk, lemon, and season to taste.

Soul Note: A bowl of sunshine, warming from the inside, chasing away the shadows of fatigue.

8. Roasted Tomato Basil Soup

Ingredients:

- 2 lbs ripe tomatoes, halved
- 1 onion, quartered
- 4 cloves garlic, whole

- 3 tbsp olive oil
- 4 cups vegetable broth
- 1 tsp oregano
- ½ cup fresh basil leaves
- Salt and black pepper

Directions:

1. Roast tomatoes, onion, and garlic at 400°F for 30 minutes with olive oil.
2. Blend roasted vegetables with broth and oregano until smooth.
3. Simmer 10 minutes, stir in basil, and adjust seasoning.

Soul Note: A modern classic, fresh as a summer garden yet deep as memory—comfort with elegance.

9. Creamy Broccoli & Cashew Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 3 cups broccoli florets
- ½ cup raw cashews (soaked 2 hours)
- 4 cups vegetable broth
- 1 cup oat or almond milk
- 2 tbsp nutritional yeast
- Salt, black pepper

Directions:

1. Sauté onion in oil until golden.
2. Add broccoli, broth, and cashews; simmer 15 minutes.
3. Blend until silky smooth.
4. Stir in milk and nutritional yeast; adjust seasoning.

Soul Note: Rich and velvety, a vegan nod to broccoli-cheddar—nourishment that feels like a hug.

10. Borscht with Fresh Dill

Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, grated
- 1 potato, diced
- 2 medium beets, grated
- 6 cups vegetable broth
- 1 tbsp apple cider vinegar
- 2 tbsp tomato paste
- 1 tbsp sugar (or maple syrup)
- Fresh dill to garnish

Directions:

1. Heat oil, sauté onion and carrots until soft.
2. Add beets, potatoes, broth, vinegar, tomato paste, and sugar.
3. Simmer 30–40 minutes until tender.
4. Garnish with dill.

Soul Note: Bright, earthy, and soulful, a taste of Eastern Europe that roots the heart in tradition.

Recipes 11–25

11. Cream of Cauliflower & White Bean Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 head cauliflower, cut into florets
- 1 can (15 oz) white beans, drained and rinsed
- 5 cups vegetable broth
- ½ cup unsweetened almond milk

- 2 tbsp nutritional yeast
- Salt & pepper

Directions:

1. Heat oil in a pot; sauté onion and garlic until soft.
2. Add cauliflower, beans, and broth. Simmer 20 minutes.
3. Blend until smooth. Stir in milk, nutritional yeast, and season.

Soul Note: Silky, nutty, and nourishing—a soup that feels like quiet confidence.

12. Potato Leek & Thyme Soup

Ingredients:

- 2 tbsp vegan butter or olive oil
- 3 leeks, white parts sliced
- 4 medium potatoes, diced
- 6 cups vegetable broth
- 1 tsp fresh thyme leaves
- 1 cup oat cream or almond milk
- Salt & black pepper

Directions:

1. Heat butter, cook leeks until soft.
2. Add potatoes, broth, thyme. Simmer 25 minutes.
3. Blend half the soup for a creamy/chunky mix. Stir in milk.

Soul Note: A humble classic, as cozy as an old wool blanket on a stormy night.

13. Harvest Pumpkin & Sage Soup

Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 3 cups pumpkin purée (fresh roasted or canned)
- 4 cups vegetable broth

- 1 tsp dried sage
- ½ tsp nutmeg
- 1 cup coconut milk
- Salt & pepper

Directions:

1. Sauté onion until golden.
2. Add pumpkin, broth, sage, and nutmeg. Simmer 15 minutes.
3. Blend smooth, stir in coconut milk. Season.

Soul Note: Deep autumn flavors, carrying the spirit of harvest and hearth.

14. Creamy Coconut Carrot Ginger Soup

Ingredients:

- 1 tbsp coconut oil
- 1 onion, diced
- 4 carrots, sliced
- 1 tbsp fresh ginger, grated
- 4 cups vegetable broth
- 1 cup coconut milk
- Juice of 1 lime
- Salt & pepper

Directions:

1. Heat coconut oil, sauté onion, carrots, and ginger.
2. Add broth, simmer 20 minutes.
3. Blend smooth. Stir in coconut milk and lime.

Soul Note: Bright and exotic, like sunlight breaking through clouds.

15. Savory Cabbage & Caraway Soup

Ingredients:

- 2 tbsp olive oil

- 1 onion, diced
- ½ head green cabbage, shredded
- 2 carrots, sliced
- 2 celery stalks, sliced
- 6 cups vegetable broth
- 1 tsp caraway seeds
- 1 bay leaf
- Salt & pepper

Directions:

1. Sauté onion, carrots, and celery in oil.
2. Add cabbage, broth, caraway, and bay leaf.
3. Simmer 30 minutes. Remove bay leaf, season.

Soul Note: Humble and hearty, carrying the old-world soul of farmhouse kitchens.

16. Split Pea & Herb Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 1 ½ cups dried split peas, rinsed
- 6 cups vegetable broth
- 1 tsp thyme
- 2 bay leaves
- Salt & pepper

Directions:

1. Sauté onion and carrots in oil.
2. Add peas, broth, thyme, and bay leaves.
3. Simmer 1 hour until peas soften. Remove bay leaves.

Soul Note: Thick, rustic, and sustaining—like a fireside meal after long work.

17. Charred Corn Chowder with Smoked Paprika

Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 1 red bell pepper, diced
- 3 cups corn kernels (fresh or frozen)
- 3 potatoes, diced
- 5 cups vegetable broth
- 1 cup oat milk
- 1 tsp smoked paprika
- Salt & pepper

Directions:

1. Char half the corn in a dry skillet until golden.
2. In a pot, sauté onion and pepper. Add potatoes, broth, and corn.
3. Simmer until potatoes soften. Blend half the soup.
4. Stir in oat milk, smoked paprika.

Soul Note: Sweet corn and smoke—a taste of summer evenings around the fire.

18. Rustic Barley & Root Vegetable Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 parsnips, diced
- 1 potato, diced
- 1 cup pearl barley
- 7 cups vegetable broth
- 2 tsp thyme
- Salt & pepper

Directions:

1. Heat oil, sauté onion and vegetables.
2. Add barley, broth, thyme.
3. Simmer 50 minutes until barley soft.

Soul Note: A peasant's feast, filling and earthy, carrying the strength of the soil.

19. Creamy Parsnip & Apple Soup

Ingredients:

- 2 tbsp vegan butter
- 1 onion, diced
- 3 parsnips, peeled & diced
- 1 apple, peeled & diced
- 5 cups vegetable broth
- ½ cup oat cream
- ½ tsp nutmeg
- Salt & pepper

Directions:

1. Sauté onion in butter. Add parsnip and apple.
2. Pour in broth, simmer 20 minutes.
3. Blend smooth. Stir in cream and nutmeg.

Soul Note: Sweet and savory, a playful balance of orchard and earth.

20. Green Pea & Mint Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 4 cups green peas (fresh or frozen)
- 4 cups vegetable broth
- ½ cup fresh mint leaves

- ½ cup coconut cream
- Salt & pepper

Directions:

1. Sauté onion until translucent.
2. Add peas and broth; simmer 10 minutes.
3. Blend with mint and coconut cream.

Soul Note: Fresh and cooling—like spring's first breeze through an open window.

21. Tuscan White Bean & Rosemary Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 cans white beans, drained
- 6 cups vegetable broth
- 2 sprigs fresh rosemary
- 1 cup kale, chopped
- Salt & pepper

Directions:

1. Sauté onion and carrot in oil.
2. Add beans, broth, and rosemary. Simmer 20 minutes.
3. Stir in kale, cook 5 minutes. Season.

Soul Note: Warm and rustic—an Italian countryside memory in a bowl.

22. French Onion Soup (Vegan)

Ingredients:

- 3 tbsp olive oil
- 4 onions, thinly sliced
- 2 tbsp balsamic vinegar

- 6 cups vegetable broth
- 1 tsp thyme
- Salt & pepper
- Crusty bread + vegan cheese (optional topping)

Directions:

1. Caramelize onions in oil over low heat, 30–40 minutes.
2. Deglaze with vinegar. Add broth and thyme, simmer 20 minutes.
3. Serve with bread/vegan cheese.

Soul Note: Deep, caramel-rich—an old Paris streetlight glow captured in soup.

23. Creamy Spinach & Potato Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 2 potatoes, diced
- 4 cups vegetable broth
- 4 cups spinach leaves
- 1 cup oat cream
- Nutmeg, salt, pepper

Directions:

1. Sauté onion. Add potatoes and broth; simmer 20 minutes.
2. Add spinach, cook 3 minutes. Blend smooth.
3. Stir in cream, nutmeg, and seasoning.

Soul Note: Green velvet in a bowl—vitality and comfort at once.

24. Smoky Black Bean Soup with Cilantro

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced

- 3 cloves garlic, minced
- 2 cans black beans, drained
- 5 cups vegetable broth
- 1 tsp cumin
- 1 tsp smoked paprika
- Juice of 1 lime
- Fresh cilantro

Directions:

1. Sauté onion and garlic.
2. Add beans, broth, cumin, paprika. Simmer 20 minutes.
3. Blend partially for texture. Stir in lime juice and cilantro.

Soul Note: Smoky, rich, and lively—a campfire soup for travelers.

25. Creamy Zucchini & Basil Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 3 zucchini, chopped
- 4 cups vegetable broth
- ½ cup cashews, soaked
- ½ cup fresh basil
- Salt & pepper

Directions:

1. Heat oil, sauté onion and zucchini until tender.
2. Add broth and cashews; simmer 15 minutes.
3. Blend until smooth. Stir in basil, season.

Soul Note: Light yet lush, like a summer garden after twilight rain.

Recipes 26–50

26. Golden Lentil Turmeric Soup

Ingredients:

- 1 tbsp coconut oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tsp turmeric
- 1 tsp cumin
- 1 cup red lentils, rinsed
- 5 cups vegetable broth
- 1 cup coconut milk
- Salt & pepper

Directions:

1. Heat coconut oil; sauté onion and garlic.
2. Stir in turmeric and cumin. Add lentils and broth. Simmer 20 minutes.
3. Blend smooth. Stir in coconut milk.

Soul Note: A bowl of sunshine, golden warmth for body and spirit.

27. Sweet Potato & Peanut Stew

Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 3 sweet potatoes, diced
- 1 red bell pepper, diced
- 1 can tomatoes
- 4 cups vegetable broth
- ½ cup natural peanut butter
- 1 tsp smoked paprika
- Salt & pepper

Directions:

1. Sauté onion in oil. Add sweet potatoes, pepper, tomatoes, broth.
2. Simmer 25 minutes. Stir in peanut butter and paprika.
3. Adjust seasoning.

Soul Note: Rich, grounding, and comforting—an African-inspired hug in a bowl.

28. Moroccan Chickpea & Apricot Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, diced
- 1 can chickpeas
- 6 cups vegetable broth
- ½ cup chopped dried apricots
- 1 tsp cinnamon
- 1 tsp cumin
- Salt & pepper

Directions:

1. Heat oil, sauté onion, garlic, and carrots.
2. Add chickpeas, broth, apricots, and spices.
3. Simmer 25 minutes.

Soul Note: Sweet and spiced—a fragrant desert breeze captured in soup.

29. Mushroom & Thyme Barley Soup

Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 2 cups mushrooms, sliced

- 1 carrot, diced
- 1 cup pearl barley
- 6 cups vegetable broth
- 1 tsp fresh thyme
- Salt & pepper

Directions:

1. Sauté onion, mushrooms, and carrot.
2. Add barley, broth, thyme.
3. Simmer 50 minutes until barley tender.

Soul Note: Deep woods flavors, earthy and grounding, like moss underfoot.

30. Creamy Celery Root (Celeriac) Soup

Ingredients:

- 2 tbsp olive oil
- 1 onion, diced
- 1 large celery root, peeled and diced
- 2 potatoes, diced
- 5 cups vegetable broth
- 1 cup oat cream
- Salt & pepper

Directions:

1. Heat oil, sauté onion. Add celery root and potatoes.
2. Add broth; simmer 25 minutes.
3. Blend smooth, stir in cream.

Soul Note: Subtle and elegant, like the quiet strength of hidden roots.

31. Roasted Red Pepper & Tomato Soup

Ingredients:

- 3 red bell peppers, roasted & peeled

- 1 tbsp olive oil
- 1 onion, diced
- 4 tomatoes, chopped
- 4 cups vegetable broth
- 1 tsp smoked paprika
- ½ cup coconut cream
- Salt & pepper

Directions:

1. Roast peppers, peel skin.
2. Sauté onion, add tomatoes, peppers, broth, paprika.
3. Simmer 20 minutes, blend smooth, stir in cream.

Soul Note: Bold and bright—fire and sweetness blended.

32. Creamy Broccoli & Almond Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 4 cups broccoli florets
- ½ cup raw almonds (soaked)
- 5 cups vegetable broth
- 1 cup oat cream
- Salt & pepper

Directions:

1. Sauté onion in oil. Add broccoli and broth. Simmer 15 minutes.
2. Blend with almonds until creamy. Stir in cream.

Soul Note: Nutty, green, and fortifying—strength in every spoonful.

33. Beetroot & Orange Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 3 beets, roasted & chopped
- 1 potato, diced
- 4 cups vegetable broth
- Juice + zest of 1 orange
- Salt & pepper

Directions:

1. Sauté onion, add beets, potato, and broth. Simmer 20 minutes.
2. Blend smooth, stir in orange juice and zest.

Soul Note: Vibrant magenta with a citrus lift—joyful and alive.

34. Kale & Cannellini Bean Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 can cannellini beans
- 4 cups vegetable broth
- 3 cups kale, chopped
- 1 tsp thyme
- Salt & pepper

Directions:

1. Sauté onion and garlic. Add beans, broth, and thyme.
2. Simmer 15 minutes. Add kale, cook 5 minutes.

Soul Note: Nourishing and hearty—like strength shared among friends.

35. Creamy Parsley & Potato Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 3 potatoes, diced
- 4 cups vegetable broth
- 1 cup fresh parsley leaves
- ½ cup oat cream
- Salt & pepper

Directions:

1. Sauté onion, add potatoes and broth. Simmer 20 minutes.
2. Blend with parsley until smooth. Stir in cream.

Soul Note: Fresh, green, and uplifting—herbal brightness in each sip.

36. Coconut Curry Lentil Soup

Ingredients:

- 1 tbsp coconut oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tbsp curry powder
- 1 cup red lentils, rinsed
- 5 cups vegetable broth
- 1 cup coconut milk
- Salt & pepper

Directions:

1. Heat oil, sauté onion and garlic. Add curry powder.
2. Stir in lentils and broth. Simmer 20 minutes.
3. Blend or leave chunky. Stir in coconut milk.

Soul Note: Bold spice and creaminess—warmth that lingers lovingly.

37. Lemon Orzo & Spinach Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 6 cups vegetable broth
- 1 cup orzo pasta
- 3 cups spinach
- Juice of 2 lemons
- Salt & pepper

Directions:

1. Heat oil, sauté onion and carrots.
2. Add broth and orzo, cook until pasta tender.
3. Stir in spinach and lemon juice.

Soul Note: Light, zesty, and cheerful—like sunshine in spring.

38. Tomato Basil & White Bean Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 can tomatoes
- 1 can white beans
- 5 cups vegetable broth
- ½ cup fresh basil leaves
- Salt & pepper

Directions:

1. Heat oil, sauté onion and garlic.
2. Add tomatoes, beans, broth. Simmer 20 minutes.

3. Stir in basil at the end.

Soul Note: Garden-fresh and hearty, with the ease of an Italian summer.

39. Ginger Miso Soup with Tofu

Ingredients:

- 6 cups water
- 2 tbsp white miso paste
- 1 tbsp fresh ginger, grated
- 1 block tofu, cubed
- 2 cups spinach
- 2 green onions, sliced

Directions:

1. Bring water to a simmer. Whisk in miso and ginger.
2. Add tofu, spinach, and green onions. Simmer 5 minutes.

Soul Note: Simple and cleansing—like a gentle reset for the soul.

40. Roasted Garlic & Potato Soup

Ingredients:

- 1 head garlic, roasted
- 2 tbsp olive oil
- 1 onion, diced
- 4 potatoes, diced
- 6 cups vegetable broth
- 1 cup oat cream
- Salt & pepper

Directions:

1. Roast garlic until golden and soft.
2. Sauté onion, add potatoes and broth. Simmer 20 minutes.
3. Blend with roasted garlic. Stir in cream.

Soul Note: Deep, mellow, and soothing—a blanket of flavor.

41. Creamy Artichoke & Spinach Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 1 can artichoke hearts, drained
- 4 cups spinach
- 5 cups vegetable broth
- ½ cup cashews, soaked
- Salt & pepper

Directions:

1. Heat oil, sauté onion. Add artichokes, spinach, broth. Simmer 15 minutes.
2. Blend with cashews until creamy.

Soul Note: Lush, Mediterranean elegance in every spoon.

42. Curried Cauliflower & Coconut Soup

Ingredients:

- 1 tbsp coconut oil
- 1 onion, diced
- 1 tbsp curry powder
- 1 head cauliflower, chopped
- 5 cups vegetable broth
- 1 cup coconut milk
- Salt & pepper

Directions:

1. Sauté onion in coconut oil. Stir in curry powder.
2. Add cauliflower and broth. Simmer 20 minutes.
3. Blend smooth, stir in coconut milk.

Soul Note: Exotic warmth—fragrant, bold, and creamy.

43. Creamy Dill & Potato Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 3 potatoes, diced
- 5 cups vegetable broth
- ½ cup oat cream
- 3 tbsp fresh dill, chopped
- Salt & pepper

Directions:

1. Sauté onion. Add potatoes and broth. Simmer 20 minutes.
2. Blend smooth. Stir in cream and dill.

Soul Note: Bright, tangy, and herbaceous—refreshing yet cozy.

44. Chickpea & Lemon Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 can chickpeas
- 5 cups vegetable broth
- Juice of 1 lemon
- 1 tsp cumin
- Salt & pepper

Directions:

1. Heat oil, sauté onion and garlic.
2. Add chickpeas, broth, cumin. Simmer 20 minutes.

3. Blend partially, stir in lemon juice.

Soul Note: Bright and hearty—a soup that energizes and uplifts.

45. Creamy Mushroom & Cashew Soup

Ingredients:

- 2 tbsp olive oil
- 2 cups mushrooms, sliced
- 1 onion, diced
- 5 cups vegetable broth
- ½ cup cashews, soaked
- ½ cup oat cream
- Salt & pepper

Directions:

1. Heat oil, sauté mushrooms and onion.
2. Add broth, simmer 15 minutes.
3. Blend with cashews until creamy. Stir in cream.

Soul Note: Luxurious and velvety—an indulgence in earthy comfort.

46. Carrot & Coriander Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 5 carrots, sliced
- 5 cups vegetable broth
- 1 tsp ground coriander
- ½ cup coconut milk
- Salt & pepper

Directions:

1. Heat oil, sauté onion and carrots.

2. Add broth and coriander. Simmer 20 minutes.

3. Blend smooth, stir in coconut milk.

Soul Note: Lightly spiced and sweet—carrying warmth and freshness.

47. Spicy Tomato & Lentil Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 can tomatoes
- 1 cup red lentils
- 6 cups vegetable broth
- 1 tsp chili flakes
- Salt & pepper

Directions:

1. Heat oil, sauté onion and garlic.
2. Add tomatoes, lentils, broth, and chili. Simmer 20 minutes.
3. Blend or leave chunky.

Soul Note: Zesty, bold, and fiery—perfect for kindling inner warmth.

48. Creamy Fennel & Potato Soup

Ingredients:

- 1 tbsp olive oil
- 1 fennel bulb, sliced
- 1 onion, diced
- 2 potatoes, diced
- 5 cups vegetable broth
- 1 cup oat cream
- Salt & pepper

Directions:

1. Sauté fennel and onion.
2. Add potatoes and broth, simmer 20 minutes.
3. Blend smooth, stir in cream.

Soul Note: Subtle anise sweetness—elegant and soothing.

49. Roasted Butternut & Red Lentil Soup**Ingredients:**

- 1 butternut squash, roasted & cubed
- 1 tbsp olive oil
- 1 onion, diced
- 1 cup red lentils
- 6 cups vegetable broth
- ½ tsp cinnamon
- ½ cup coconut milk
- Salt & pepper

Directions:

1. Roast squash until caramelized.
2. Sauté onion, add squash, lentils, broth, and cinnamon.
3. Simmer 25 minutes. Blend smooth, stir in coconut milk.

Soul Note: Sweet and hearty—autumn's generosity captured in a bowl.

50. Potato, Kale & Garlic Soup**Ingredients:**

- 1 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 3 potatoes, diced
- 6 cups vegetable broth

- 3 cups kale, chopped
- ½ cup oat cream
- Salt & pepper

Directions:

1. Heat oil, sauté onion and garlic. Add potatoes and broth. Simmer 20 minutes.
2. Stir in kale, cook 5 minutes.
3. Blend partially, stir in cream.

Soul Note: Bold greens and hearty potatoes—a soup of strength and renewal.

Bonus Soup :)

50. Colonial Pumpkin & Herb Soup

Ingredients

- 2 tbsp olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 4 cups pumpkin purée (fresh roasted or canned)
- 4 cups vegetable broth
- 1 tsp dried sage
- 1 tsp dried thyme
- ½ tsp nutmeg
- Salt & black pepper, to taste
- ½ cup oat cream or coconut milk (optional, for creaminess)

Directions

1. In a large pot, heat olive oil over medium heat. Sauté onion until translucent, about 5 minutes.
2. Add garlic and cook 1 more minute, until fragrant.
3. Stir in pumpkin purée and vegetable broth. Bring to a gentle simmer.
4. Season with sage, thyme, nutmeg, salt, and pepper. Cover and simmer for 20 minutes.
5. For a silky texture, blend with an immersion blender. Stir in oat cream if using.
6. Serve warm, garnished with a sprinkle of nutmeg or fresh herbs.

51. Alpine Barley & Root Soup

Ingredients

- 2 tbsp olive oil
- 1 leek, sliced thin
- 2 carrots, diced
- 1 parsnip, diced
- 2 potatoes, cubed
- 1 cup pearl barley, rinsed
- 6 cups vegetable broth
- 2 bay leaves
- 1 tsp dried thyme
- Salt & pepper, to taste
- Fresh parsley, chopped, for garnish

Directions

1. Heat olive oil in a large soup pot. Add leek, carrots, and parsnip. Sauté for 5 minutes.
2. Stir in potatoes and barley. Mix well.
3. Add broth, bay leaves, and thyme. Bring to a boil.
4. Reduce heat, cover, and simmer for 45 minutes, until barley is tender.
5. Season with salt and pepper. Remove bay leaves.
6. Serve hot, sprinkled with fresh parsley—perfect with a slice of rustic bread.

52. French Forest Mushroom Soup

Ingredients

- 3 tbsp olive oil or vegan butter
- 1 onion, diced
- 2 cloves garlic, minced
- 1 lb wild mushrooms (cremini, shiitake, oyster, or mix), sliced
- 1 tsp dried thyme

- ½ tsp black pepper
- 1 tbsp flour (or gluten-free flour)
- 6 cups vegetable broth
- ½ cup oat cream (optional, for richness)
- Salt, to taste
- Fresh thyme sprigs, for garnish

Directions

1. Heat olive oil in a heavy-bottomed pot. Add onion and sauté until golden, about 6 minutes.
2. Add garlic and mushrooms, cooking until mushrooms release liquid and begin to brown (10 minutes).
3. Sprinkle in flour, stirring to coat mushrooms. Cook 1 minute.
4. Pour in vegetable broth slowly, stirring to avoid lumps. Add thyme and pepper.
5. Simmer 20–25 minutes, until soup deepens in flavor.
6. Stir in oat cream if using. Adjust salt.
7. Serve warm with fresh thyme, evoking the aroma of the forest floor.

53. Hearthside Lentil Stew

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, chopped
- 3 cloves garlic, minced
- 1 ½ cups green or brown lentils, rinsed
- 6 cups vegetable broth
- 2 bay leaves
- 1 tsp smoked paprika
- 1 tsp thyme
- Salt & pepper, to taste
- Fresh parsley, for garnish

Directions

1. In a large pot, heat olive oil over medium. Sauté onion, carrots, and celery until softened.
 2. Stir in garlic and cook 1 minute more.
 3. Add lentils, broth, bay leaves, paprika, and thyme. Bring to a boil.
 4. Reduce to simmer, cover, and cook 40 minutes, stirring occasionally.
 5. Remove bay leaves, adjust seasoning, and serve hot with fresh parsley.
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54. Seafarer's Potato & Seaweed Chowder

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 3 potatoes, diced
- 1 carrot, diced
- 4 cups vegetable broth
- 1 tsp dried dill
- 1 sheet nori (seaweed), torn into small pieces
- 1 cup oat cream or coconut milk
- Salt & pepper, to taste

Directions

1. Heat olive oil in a pot. Add onion and garlic; sauté until fragrant.
 2. Stir in potatoes and carrot. Cook 5 minutes.
 3. Add broth, dill, and nori. Simmer until potatoes are tender, 20 minutes.
 4. Stir in oat cream, season, and warm through.
 5. Serve steaming, evoking the taste of sea air on a cool day.
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55. Old-World Rye & Cabbage Soup

Ingredients

- 1 tbsp olive oil

- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, sliced
- ½ head green cabbage, shredded
- 6 cups vegetable broth
- 1 cup cooked rye berries (or substitute barley)
- 1 tsp caraway seeds
- Salt & pepper, to taste

Directions

1. Warm oil in a soup pot. Sauté onion, garlic, and carrots until fragrant.
2. Stir in cabbage and cook until softened, about 10 minutes.
3. Add broth, rye berries, and caraway seeds. Bring to a boil.
4. Reduce heat and simmer 25 minutes.
5. Taste, season, and serve with dark bread on the side.

56. Nordic Beetroot & Dill Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 3 medium beets, peeled & grated
- 1 potato, diced
- 5 cups vegetable broth
- 2 tbsp apple cider vinegar
- 1 tsp sugar (optional)
- 2 tbsp fresh dill, chopped
- Salt & pepper, to taste

Directions

1. Heat oil in pot. Sauté onion until golden.
2. Stir in beets and potato, cooking 5 minutes.
3. Pour in broth, vinegar, and sugar if using. Simmer 30 minutes.

4. Stir in dill, season to taste.
 5. Serve hot, deep crimson and earthy, with a spoonful of oat cream if desired.
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57. Provençal Ratatouille Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 1 red bell pepper, chopped
- 1 zucchini, chopped
- 1 eggplant, cubed
- 3 cloves garlic, minced
- 5 cups vegetable broth
- 1 can (14 oz) diced tomatoes
- 1 tsp herbes de Provence (or thyme + oregano mix)
- Salt & pepper, to taste
- Fresh basil, for garnish

Directions

1. Heat oil in a soup pot. Add onion, bell pepper, zucchini, and eggplant. Sauté until softened.
2. Stir in garlic and cook 1 minute more.
3. Add broth, tomatoes, and herbs. Simmer 30 minutes.
4. Adjust seasoning and serve hot, garnished with fresh basil.

58. Garden Minestrone with Pesto Swirl

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, chopped
- 2 celery stalks, diced
- 2 cloves garlic, minced
- 1 zucchini, chopped

- 1 can (14 oz) diced tomatoes
- 6 cups vegetable broth
- 1 cup small pasta (ditalini or elbow)
- 1 can cannellini beans, rinsed
- Salt & pepper, to taste
- 2 tbsp vegan pesto

Directions

1. Sauté onion, carrots, celery, and garlic in oil until softened.
2. Add zucchini, tomatoes, and broth. Bring to boil.
3. Stir in pasta and beans. Simmer until pasta is tender.
4. Ladle into bowls, swirling a spoonful of pesto on top.

59. Smoky Black Bean & Sweet Potato Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 1 sweet potato, diced
- 1 tsp smoked paprika
- 1 tsp cumin
- 4 cups vegetable broth
- 2 cans black beans, rinsed
- 1 lime, juiced
- Salt & pepper, to taste

Directions

1. Heat oil in a pot, sauté onion and garlic until soft.
2. Stir in sweet potato, paprika, and cumin. Cook 5 minutes.
3. Add broth and beans, simmer 20 minutes.
4. Blend half for creaminess, keep the rest chunky.
5. Finish with lime juice before serving.

60. Autumn Pumpkin & Sage Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tbsp fresh sage, chopped
- 3 cups pumpkin purée
- 4 cups vegetable broth
- ½ cup oat cream
- Salt & pepper, to taste

Directions

1. Heat oil in pot, sauté onion, garlic, and sage until fragrant.
2. Stir in pumpkin purée and broth. Simmer 20 minutes.
3. Blend smooth, stir in oat cream.
4. Serve hot with toasted pumpkin seeds.

61. Carrot Ginger Sunshine Soup

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 5 carrots, sliced
- 1 tbsp fresh ginger, grated
- 4 cups vegetable broth
- 1 orange, juiced
- Salt & pepper, to taste

Directions

1. Heat oil in pot, sauté onion until translucent.
2. Add carrots and ginger, cook 5 minutes.
3. Pour in broth, simmer until carrots are tender.

4. Blend until creamy, stir in orange juice.
 5. Serve bright and warm.
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62. Tuscan White Bean & Kale Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 carrot, chopped
- 1 can cannellini beans, rinsed
- 4 cups vegetable broth
- 1 cup chopped kale
- 1 tsp rosemary
- Salt & pepper, to taste

Directions

1. Warm oil, sauté onion, garlic, and carrot.
2. Stir in beans, broth, and rosemary. Simmer 15 minutes.
3. Add kale, cook until wilted.
4. Taste, adjust seasoning, and serve with crusty bread.

63. Hungarian Mushroom Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 lb mushrooms, sliced
- 2 tsp smoked paprika
- 5 cups vegetable broth
- 1 cup oat milk or soy cream
- 2 tbsp flour (optional, for thickening)

- 2 tbsp fresh dill, chopped
- 1 tbsp lemon juice
- Salt & pepper, to taste

Directions

1. Heat oil in pot, sauté onion and garlic until soft.
 2. Stir in mushrooms, cook until browned.
 3. Add paprika and flour, stirring to coat.
 4. Pour in broth, simmer 15 minutes.
 5. Stir in oat milk, dill, and lemon juice.
 6. Season and serve creamy with rye bread.
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64. Rustic Barley & Vegetable Soup

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 cup pearl barley
- 6 cups vegetable broth
- 1 tsp thyme
- 1 bay leaf
- 2 cups mixed vegetables (peas, green beans, corn)
- Salt & pepper, to taste

Directions

1. Heat oil in pot, sauté onion, carrot, celery, and garlic until softened.
2. Stir in barley, broth, thyme, and bay leaf.
3. Simmer 45 minutes, stirring occasionally.
4. Add vegetables and cook 10 minutes more.
5. Remove bay leaf, season, and serve warm.

65. Moroccan Spiced Chickpea Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 tsp cumin
- 1 tsp turmeric
- 1 tsp cinnamon
- 1 tsp paprika
- 1 can diced tomatoes
- 6 cups vegetable broth
- 2 cans chickpeas, rinsed
- 2 tbsp fresh cilantro, chopped
- Salt & pepper, to taste

Directions

1. Heat oil in pot, sauté onion, garlic, and carrots.
2. Stir in spices until fragrant.
3. Add tomatoes, broth, and chickpeas. Bring to boil.
4. Simmer 30 minutes.
5. Finish with cilantro before serving.

66. Spicy Thai Coconut Noodle Soup

Ingredients

- 1 tbsp coconut oil
- 1 onion, sliced
- 3 cloves garlic, minced
- 1 tbsp ginger, grated
- 1 tbsp red curry paste

- 4 cups vegetable broth
- 1 can coconut milk
- 1 tbsp soy sauce
- 6 oz rice noodles
- 1 cup mushrooms, sliced
- 1 red bell pepper, sliced
- Juice of 1 lime
- Fresh cilantro & chili flakes for garnish

Directions

1. Heat coconut oil, sauté onion, garlic, and ginger.
2. Stir in curry paste.
3. Add broth, coconut milk, and soy sauce. Bring to boil.
4. Add noodles, mushrooms, and bell pepper. Simmer 8 minutes.
5. Finish with lime juice, garnish with cilantro and chili.

67. Golden Turmeric Cauliflower Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 head cauliflower, chopped
- 1 tsp turmeric
- ½ tsp cumin
- 4 cups vegetable broth
- 1 cup oat milk
- Salt & pepper, to taste
- Fresh parsley, for garnish

Directions

1. Heat oil, sauté onion and garlic until soft.
2. Add cauliflower and spices, cook 5 minutes.

3. Pour in broth, simmer until tender, 20 minutes.
4. Blend until creamy, stir in oat milk.
5. Garnish with parsley.

68. Italian Wedding Soup (Vegan Style)

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 6 cups vegetable broth
- ½ cup small pasta (acini di pepe or orzo)
- 1 cup vegan meatballs (store-bought or homemade)
- 2 cups spinach, chopped
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion, carrot, celery, and garlic.
2. Add broth, bring to boil.
3. Stir in pasta and simmer until nearly cooked.
4. Add vegan meatballs and spinach. Cook until warmed through.
5. Season and serve.

69. French Onion Soup (Vegan Classic)

Ingredients

- 3 tbsp olive oil
- 4 large onions, thinly sliced
- 3 cloves garlic, minced
- 2 tsp thyme
- 1 bay leaf

- 6 cups vegetable broth
- 2 tbsp balsamic vinegar
- Salt & pepper, to taste
- Slices of toasted baguette
- Vegan cheese shreds, for topping

Directions

1. Heat oil, cook onions slowly over medium-low until caramelized (30–40 minutes).
 2. Stir in garlic, thyme, and bay leaf.
 3. Add broth and vinegar, simmer 20 minutes.
 4. Remove bay leaf, season.
 5. Ladle soup into bowls, top with toast and melted vegan cheese.
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70. Sweet Corn & Basil Chowder

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 3 potatoes, diced
- 4 cups vegetable broth
- 3 cups fresh corn kernels
- 1 cup oat milk
- ½ cup fresh basil, chopped
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion and garlic.
 2. Stir in potatoes and broth, simmer until tender.
 3. Add corn and oat milk, cook 10 minutes.
 4. Blend half for creaminess, stir in basil.
 5. Season and serve.
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71. Creamy Broccoli Almond Soup

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 head broccoli, chopped
- 4 cups vegetable broth
- ½ cup raw almonds, soaked overnight
- ½ cup oat milk
- 1 tbsp lemon juice
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion and garlic.
2. Add broccoli and broth, simmer until tender.
3. Blend soup with almonds until creamy.
4. Stir in oat milk and lemon juice.
5. Season and serve.

72. Wild Rice & Mushroom Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 celery stalks, diced
- 1 cup wild rice, rinsed
- 6 cups vegetable broth
- 1 lb mushrooms, sliced
- 1 tsp thyme

- 1 bay leaf
- 1 cup oat cream
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion, garlic, carrots, and celery.
2. Stir in rice, broth, mushrooms, thyme, and bay leaf.
3. Simmer until rice is tender, about 45 minutes.
4. Stir in oat cream, season.
5. Serve rich and earthy.

73. Roasted Red Pepper & Tomato Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 4 red bell peppers, roasted & peeled
- 4 large tomatoes, chopped (or 1 can)
- 4 cups vegetable broth
- 1 tsp smoked paprika
- ½ cup oat cream or cashew cream
- Salt & pepper, to taste
- Fresh basil, for garnish

Directions

1. Roast peppers until charred, peel skins.
 2. Heat oil in pot, sauté onion and garlic.
 3. Add roasted peppers, tomatoes, broth, and paprika. Simmer 20 minutes.
 4. Blend until smooth. Stir in cream, season.
 5. Garnish with basil and serve.
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74. Curried Pumpkin Soup

Ingredients

- 1 tbsp coconut oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tbsp ginger, grated
- 2 tbsp curry powder
- 4 cups pumpkin purée
- 5 cups vegetable broth
- 1 can coconut milk
- Juice of 1 lime
- Salt & pepper, to taste

Directions

1. Heat coconut oil, sauté onion, garlic, and ginger.
2. Stir in curry powder, cook 1 minute.
3. Add pumpkin and broth, simmer 20 minutes.
4. Stir in coconut milk and lime juice.
5. Blend smooth and serve.

75. Minestrone Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 zucchini, diced
- 1 can diced tomatoes
- 6 cups vegetable broth

- 1 can cannellini beans, rinsed
- ½ cup pasta (small shells or ditalini)
- 1 tsp oregano
- 1 tsp basil
- 2 cups spinach or kale
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion, carrots, celery, and garlic.
2. Add zucchini, tomatoes, broth, beans, and herbs. Simmer 20 minutes.
3. Stir in pasta, cook until al dente.
4. Add spinach just before serving.
5. Season and serve hearty.

76. Creamy Parsnip & Apple Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 3 parsnips, peeled and chopped
- 2 apples, peeled and chopped
- 4 cups vegetable broth
- 1 tsp thyme
- ½ cup oat cream
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion until soft.
 2. Add parsnips, apples, broth, and thyme. Simmer until tender, 25 minutes.
 3. Blend until creamy. Stir in oat cream.
 4. Season and serve gently sweet.
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77. Portuguese Kale & Potato Soup (Caldo Verde Inspired)

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 4 potatoes, diced
- 6 cups vegetable broth
- 2 cups kale, thinly sliced
- 1 vegan sausage (optional), sliced
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion and garlic.
2. Add potatoes and broth, simmer until tender.
3. Mash some potatoes in pot to thicken.
4. Stir in kale and vegan sausage. Cook 10 minutes.
5. Season and serve hot.

78. Spiced Lentil & Spinach Soup

Ingredients

- 1 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tsp cumin
- ½ tsp coriander
- 1 tsp paprika
- 1 cup red lentils
- 5 cups vegetable broth
- 2 cups spinach, chopped
- Juice of 1 lemon

- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion and garlic.
 2. Stir in spices and lentils.
 3. Add broth, simmer until lentils are soft (20 minutes).
 4. Stir in spinach and lemon juice.
 5. Season and serve tangy and warming.
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79. Beet & Fennel Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 1 fennel bulb, sliced
- 4 medium beets, peeled & diced
- 4 cups vegetable broth
- 1 tsp thyme
- ½ cup coconut cream
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion and fennel.
 2. Add beets, broth, and thyme. Simmer until tender, 30 minutes.
 3. Blend smooth, stir in coconut cream.
 4. Season and serve vibrant.
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80. Creamy Leek & Potato Soup

Ingredients

- 2 tbsp vegan butter
- 3 leeks, sliced (white part only)
- 3 cloves garlic, minced
- 4 potatoes, diced

- 5 cups vegetable broth
- 1 cup oat cream
- Salt & pepper, to taste
- Chives, for garnish

Directions

1. Melt butter, sauté leeks and garlic until soft.
2. Add potatoes and broth, simmer 20 minutes.
3. Blend smooth, stir in cream.
4. Season and garnish with chives.

81. Harira (Moroccan Lentil & Tomato Soup)

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 tsp cumin
- 1 tsp cinnamon
- 1 tsp paprika
- 1 can tomatoes
- ½ cup red lentils
- ½ cup green lentils
- 6 cups vegetable broth
- 1 can chickpeas, rinsed
- Juice of 1 lemon
- Fresh cilantro, for garnish

Directions

1. Heat oil, sauté onion, garlic, and carrots.
2. Stir in spices and tomatoes.
3. Add lentils and broth, simmer until tender (30 minutes).

4. Stir in chickpeas and lemon juice.
 5. Garnish with cilantro and serve.
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82. Creamy Zucchini & Basil Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 4 zucchini, chopped
- 4 cups vegetable broth
- ½ cup oat cream
- ½ cup fresh basil
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion and garlic.
2. Add zucchini and broth, simmer until soft.
3. Blend smooth, stir in cream and basil.
4. Season and serve fresh and green.

83. Coconut Carrot Soup

Ingredients

- 2 tbsp coconut oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tbsp ginger, grated
- 6 carrots, sliced
- 4 cups vegetable broth
- 1 can coconut milk
- Juice of 1 lime
- 1 tsp curry powder

- Salt & pepper, to taste

Directions

1. Heat coconut oil, sauté onion, garlic, and ginger.
 2. Add carrots and broth, simmer 20 minutes.
 3. Stir in coconut milk, curry powder, and lime juice.
 4. Blend smooth, season, and serve fragrant and creamy.
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84. Butternut Squash & Apple Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 1 butternut squash, peeled & cubed
- 2 apples, peeled & chopped
- 4 cups vegetable broth
- ½ tsp nutmeg
- ½ cup oat cream
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion.
 2. Add squash, apples, and broth, simmer until tender.
 3. Blend smooth, stir in cream and nutmeg.
 4. Season and serve autumn-sweet.
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85. Spicy Tomato & Chickpea Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 chili pepper, chopped
- 1 tsp cumin

- 1 can tomatoes
- 1 can chickpeas, rinsed
- 5 cups vegetable broth
- ½ tsp smoked paprika
- Juice of ½ lemon
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion, garlic, and chili.
 2. Add cumin, paprika, and tomatoes.
 3. Stir in chickpeas and broth. Simmer 20 minutes.
 4. Finish with lemon juice. Serve spicy and bold.
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86. Creamy Broccoli & Pea Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 3 cups broccoli florets
- 1 cup green peas
- 4 cups vegetable broth
- ½ cup oat cream
- ½ cup fresh mint leaves
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion and garlic.
 2. Add broccoli, peas, and broth. Simmer until tender.
 3. Blend smooth, stir in cream and mint.
 4. Season and serve green and fresh.
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87. Lentil & Barley Stew

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 cup lentils (green or brown)
- ½ cup pearl barley
- 6 cups vegetable broth
- 1 can diced tomatoes
- 1 tsp thyme
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion, carrots, celery, and garlic.
2. Add lentils, barley, tomatoes, broth, and thyme.
3. Simmer until tender (40–45 minutes).
4. Season and serve hearty and filling.

88. Ginger Miso Soup with Tofu

Ingredients

- 1 tbsp sesame oil
- 2 cloves garlic, minced
- 1 tbsp ginger, grated
- 6 cups vegetable broth
- 2 tbsp miso paste
- 1 block tofu, cubed
- 2 cups spinach
- 2 green onions, sliced

- 1 tbsp soy sauce

Directions

1. Heat sesame oil, sauté garlic and ginger briefly.
 2. Add broth, bring to a simmer.
 3. Whisk in miso paste and soy sauce.
 4. Add tofu and spinach, cook 5 minutes.
 5. Garnish with green onions and serve.
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89. Cabbage & White Bean Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 carrots, diced
- ½ head green cabbage, shredded
- 1 can white beans, rinsed
- 6 cups vegetable broth
- 1 tsp thyme
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion, garlic, and carrots.
 2. Add cabbage, beans, broth, and thyme.
 3. Simmer 25 minutes until tender.
 4. Season and serve comforting and rustic.
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90. Creamy Cauliflower Soup

Ingredients

- 2 tbsp vegan butter
- 1 onion, diced
- 3 cloves garlic, minced

- 1 large cauliflower, chopped
- 5 cups vegetable broth
- ½ cup oat cream
- 1 tbsp nutritional yeast
- Salt & pepper, to taste

Directions

1. Melt butter, sauté onion and garlic.
2. Add cauliflower and broth, simmer until soft.
3. Blend smooth, stir in cream and nutritional yeast.
4. Season and serve silky and savory.

91. Moroccan Spiced Carrot & Lentil Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tbsp cumin
- 1 tsp coriander
- ½ tsp cinnamon
- 6 carrots, sliced
- 1 cup red lentils
- 6 cups vegetable broth
- Juice of 1 lemon
- Fresh cilantro, for garnish

Directions

1. Heat oil, sauté onion and garlic.
2. Add spices and carrots, cook briefly.
3. Stir in lentils and broth. Simmer until tender.
4. Blend partially, leaving some texture.
5. Add lemon juice, garnish with cilantro.

92. Tomato Basil Bisque

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 2 cans tomatoes
- 4 cups vegetable broth
- 1 tsp oregano
- ½ cup oat cream
- ½ cup fresh basil
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion and garlic.
2. Add tomatoes, broth, and oregano. Simmer 20 minutes.
3. Blend smooth, stir in cream and basil.
4. Season and serve classic and comforting.

93. Hearty Minestrone Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 zucchini, diced
- 1 cup green beans, chopped
- 1 can diced tomatoes
- 6 cups vegetable broth
- 1 can cannellini beans, rinsed

- 1 cup small pasta (like ditalini)
- 1 tsp oregano
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion, carrots, celery, and garlic.
 2. Add zucchini, green beans, tomatoes, broth, and oregano.
 3. Simmer 15 minutes. Stir in beans and pasta.
 4. Cook until pasta is tender. Season and serve hearty and classic.
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94. Roasted Red Pepper & Tomato Soup

Ingredients

- 2 red bell peppers, roasted & peeled
- 2 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 can tomatoes
- 4 cups vegetable broth
- 1 tsp smoked paprika
- ½ cup oat cream
- Salt & pepper, to taste

Directions

1. Roast peppers until skins blacken, peel, and chop.
 2. Heat oil, sauté onion and garlic.
 3. Add tomatoes, broth, roasted peppers, and paprika.
 4. Blend smooth, stir in cream, season, and serve smoky-sweet.
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95. Wild Rice & Mushroom Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced

- 2 cloves garlic, minced
- 2 cups mushrooms, sliced
- 1 cup wild rice, rinsed
- 6 cups vegetable broth
- 1 tsp thyme
- ½ cup oat cream
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion, garlic, and mushrooms.
2. Stir in rice, broth, and thyme.
3. Simmer until rice is tender (45 minutes).
4. Stir in cream, season, and serve earthy and rich.

96. Thai Coconut Curry Soup

Ingredients

- 1 tbsp coconut oil
- 1 onion, diced
- 1 tbsp ginger, grated
- 3 cloves garlic, minced
- 2 tbsp red curry paste
- 1 can coconut milk
- 4 cups vegetable broth
- 1 cup tofu cubes
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- Juice of 1 lime
- Fresh cilantro, for garnish

Directions

1. Heat oil, sauté onion, ginger, and garlic.
2. Stir in curry paste, then add coconut milk and broth.

3. Add tofu, pepper, and zucchini. Simmer 15 minutes.
 4. Finish with lime juice, garnish with cilantro.
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97. Sweet Potato & Peanut Soup

Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tbsp ginger, grated
- 2 sweet potatoes, peeled & cubed
- 1 can diced tomatoes
- 6 cups vegetable broth
- ½ cup peanut butter
- 1 tsp chili flakes
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion, garlic, and ginger.
 2. Add sweet potatoes, tomatoes, broth, and chili. Simmer until soft.
 3. Stir in peanut butter, whisk until creamy.
 4. Blend partially, season, and serve warming and nutty.
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98. Rustic Potato & Leek Soup

Ingredients

- 2 tbsp vegan butter
- 2 leeks, sliced
- 3 cloves garlic, minced
- 5 medium potatoes, cubed
- 6 cups vegetable broth
- ½ cup oat cream
- 1 tsp thyme

- Salt & pepper, to taste

Directions

1. Melt butter, sauté leeks and garlic.
 2. Add potatoes, broth, and thyme. Simmer until soft.
 3. Blend partially for rustic texture.
 4. Stir in cream, season, and serve cozy and smooth.
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99. Curried Pumpkin Soup

Ingredients

- 2 tbsp coconut oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tbsp ginger, grated
- 4 cups pumpkin purée (or roasted pumpkin)
- 5 cups vegetable broth
- 1 can coconut milk
- 1 tbsp curry powder
- 1 tsp maple syrup
- Salt & pepper, to taste

Directions

1. Heat oil, sauté onion, garlic, and ginger.
 2. Add pumpkin, broth, curry, and coconut milk. Simmer 20 minutes.
 3. Stir in maple syrup, blend smooth.
 4. Season and serve golden and fragrant.
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100. French Onion Soup (Vegan Style)

Ingredients

- 3 tbsp vegan butter
- 4 large onions, thinly sliced
- 3 cloves garlic, minced

- 1 tbsp balsamic vinegar
- 6 cups vegetable broth
- 1 tsp thyme
- 2 tbsp soy sauce
- 1 baguette, sliced
- 1 cup vegan cheese, shredded

Directions

1. Melt butter, caramelize onions slowly (25–30 minutes).
2. Add garlic, vinegar, broth, thyme, and soy sauce. Simmer 20 minutes.
3. Toast baguette slices.
4. Ladle soup into bowls, top with bread and vegan cheese, broil until golden.
5. Serve classic and heartwarming.