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## Soups Recipes



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# Cream of Celeriac Soup



## Ingredients

1 x tablespoon coconut oil  
1 large celeriac root peeled and sliced  
1litre water & vegetable stock pot  
1 x sweet potato peeled and chopped.  
1 x onion, chopped  
Sprig of fresh parsley  
Salt and pepper to season, Cream to thicken

## Method

Take a large pan as this makes a lot of celeriac soup  
Fry the onion in a little coconut oil until onion is softened and translucent.  
Peel and chop the other vegetables  
Add the vegetable stock to the onion and then add the rest of the vegetables and herbs and seasoning  
Bring soup to the boil and simmer for 20 minutes. Blend to desired consistency. Stick blenders actually whizz the soup in the pan, but beware once the soup is blended it will splash up at you and all over the hob, so take it off the heat.  
Cool, serve , garnish with parsley and freeze any leftovers.

# Chicken Soup



## Ingredients

2 x garlic cloves, crushed  
2 x leeks, sliced  
3 x carrots, chopped  
1lb cooked chopped chicken  
2 x teaspoons olive oil  
1 x onion, chopped  
2 x parsnips, sliced  
1 x teaspoon fresh or dried thyme  
Sprinkle of black pepper  
1litre chicken stock (I use a gel stock pot)  
Thyme, chopped

## Method

Fry off the onions and garlic in olive oil until they start to soften.

Pop in the sliced leeks and fry for another 4 minutes.

Add in chicken and your chicken stock and finally the parsnips and carrots.

Season to taste and add a teaspoon of chopped thyme.

Simmer for 15 minutes until the carrots and parsnips are cooked right through.

Blend (if you like it smooth) and serve.

# Rooty Toot Soup



## Ingredients

1 x tablespoon coconut oil  
3 x carrots peeled and sliced  
1 x courgette sliced  
1litre water & vegetable stock pot  
2 x sweet potatoes peeled and chopped in cubes  
½ x swede peeled and chopped in cubes  
½ x celeriac peeled and chopped in cubes  
1 x onion, chopped  
Sprig of fresh parsley  
Salt and pepper to season

## Method

Take a large pan as this makes a lot of Rooty Toot Soup  
Fry the onion in a little coconut oil until onion is softened and translucent.  
Peel and chop the rest of the vegetables  
Add the vegetable stock to the onion and then add the rest of the vegetables and herbs and seasoning  
Bring soup to the boil and simmer for 20 minutes. Blend to desired consistency. Stick blenders actually whizz the soup in the pan, but beware once the soup is blended it will splash up at you and all over the hob, so take it off the heat.  
Cool, serve , garnish with parsley and freeze any leftovers.

# Spicy Pumpkin Soup

## Ingredients

1kg butternut pumpkin, raw  
1 x can coconut milk (400 grams)  
1 x tablespoon + 1 tsp curry powder\*  
1 x teaspoon salt (adjust to taste)  
2 x teaspoons pepper  
Coconut oil

## Slow Cooker Method

Add the pumpkin, curry spices, salt and pepper into the slow cooker and stir several times for spices to coat. Evenly pour the coconut milk over it and slowly add enough water to just cover the pumpkin.

Cook on low for 6-8 hours or high for close to 5.

## Stovetop Method

Turn the hob ring to medium and lightly coat a deep pot or saucepan with a dash of coconut oil. Once hot, add the pumpkin and curry powder, salt and pepper and mix well so the spice mixture is evenly spread. Add the coconut milk and water to just cover the pumpkin and once it starts boiling, reduce to a simmer and allow to cook until pumpkin is very tender and soft.

Once tender, either use a potato masher to ensure no pumpkin is left intake. Alternatively, you can use a stick blender to puree until desired thickness.

Serve with dried cilantro, pumpkin seeds and red pepper flakes.



# Tomato & Sweetpotato Soup



## Ingredients

1 x tablespoon coconut oil  
500g tomatoes  
1 x onion peeled and sliced  
1litre water & vegetable stock pot  
1 x sweet potato peeled and chopped in cubes  
Sprig of fresh parsley to garnish  
Salt and pepper to season

## Method

Take a large pan . Fry the onion in a little coconut oil until onion is softened and translucent. Peel and chop the sweet potato and add it into the pan. Add the vegetable stock to the onion and then add the tomatoes, herbs and seasoning.

Bring the tomato soup to the boil and simmer it for 20 minutes. Blend to desired consistency. Stick blenders actually whizz the soup in the pan, but beware once the soup is blended it will splash up at you and all over the hob, so take it off the heat., serve and garnish with fresh basil.

# Carrot & Celeriac Soup



## Ingredients

1 x tablespoon coconut oil  
500g carrots  
1 x onion peeled and sliced  
1litre water & vegetable stock pot  
0.5 x celeriac root peeled, chopped in small slices  
Sprig of fresh parsley to garnish  
Salt and pepper to season

## Method

Take a large pan . Fry the onion in a little coconut oil until onion is softened and translucent. Peel and chop the carrots and add them into the pan. Add the vegetable stock to the onion and then add the celeriac herbs and seasoning.

Bring the carrot and celeriac soup to the boil and simmer it for 20 minutes. Blend to desired consistency. Stick blenders usually whizz the soup in the pan, but beware once the soup is blended it will splash up at you and all over the hob, so take it off the heat, serve and garnish with fresh parsley or basil.

# Creamy Leek Soup



## Ingredients

1 x tablespoon coconut oil  
500g leeks  
1 x onion peeled and sliced  
1litre water & vegetable stock pot  
1 x 300ml tub of fresh double cream  
Sprig of fresh parsley to garnish  
Salt and pepper to season

## Method

Take a large pan . Fry the onion in a little coconut oil until onion is softened and translucent. Peel and chop the leeks nd add it into the pan. Add the vegetable stock to the onion and then add herbs and seasoning.

Bring the leek soup to the boil and simmer it for 20 minutes. Add tree quarters of the double cream. Blend to desired consistency. Stick blenders actually whizz the soup in the pan, but beware once the soup is blended it will splash up at you and all over the hob, so take it off the heat., serve and garnish each dish with a swirl of cream and with fresh parsley.