



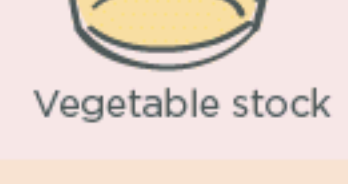

# A Visual Guide to 9 Classic Soups

Gone are the days where soups have to be bland. Today they're a cheap, easy meal that pack flavour with nutritious value. We've picked the best to get you started in the kitchen.

## 9 Soups to Warm the Soul


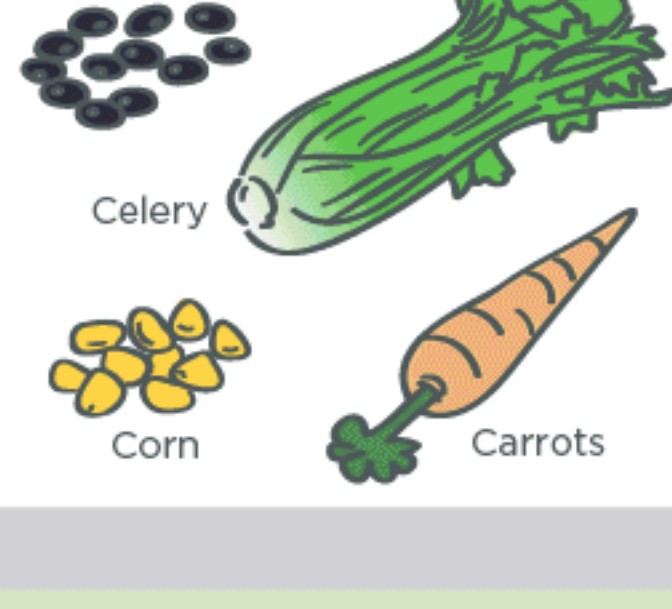


### 1. Tomato<sup>1</sup>

The ultimate classic. Made best when using fresh tomatoes.

AROMATICS:	MAIN INGREDIENTS:	LIQUID:	GARNISH:
 <p>Garlic Carrot Onion</p>	 <p>Tomatoes</p>	 <p>Vegetable stock</p>	 <p>Basil Salt and Pepper</p>

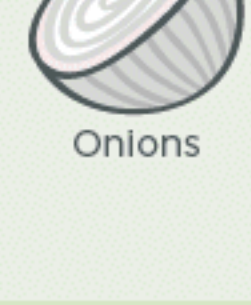



### 2. Black Bean<sup>2</sup>

A hearty filling soup. Add poached eggs if you'd like extra protein.

AROMATICS:	MAIN INGREDIENTS:	LIQUID:	GARNISH:
 <p>Garlic Onion</p>	 <p>Black beans Celery Corn Carrots</p>	 <p>Vegetable stock</p>	 <p>Fresh chilli Black pepper</p>

### 3. Potato and Leek<sup>3</sup>

A popular recipe with almost everyone.

AROMATICS:	MAIN INGREDIENTS:	LIQUID:	GARNISH:
 <p>Onions</p>	 <p>Leek Potato</p>	 <p>Vegetable stock</p>	 <p>Parsley Salt and Pepper</p>





### 4. French Onion<sup>4</sup>

A restaurant favourite with just a handful of ingredients.

AROMATICS:	MAIN INGREDIENT:	LIQUID:	GARNISH:
 <p>Garlic Sugar</p>	 <p>Onions</p>	 <p>Beef stock White wine</p>	 <p>Warm toast Gruyere</p>

### 5. Carrot and Ginger<sup>5</sup>

Low-fat and warming for a healthy lunch or dinner.

AROMATICS:	MAIN INGREDIENTS:	LIQUID:	GARNISH:
 <p>Ginger Onions Garlic</p>	 <p>Carrots Cannellini beans</p>	 <p>Vegetable stock</p>	 <p>Nutmeg Sliced almonds</p>

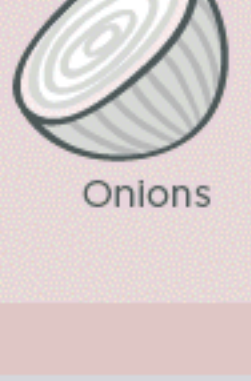
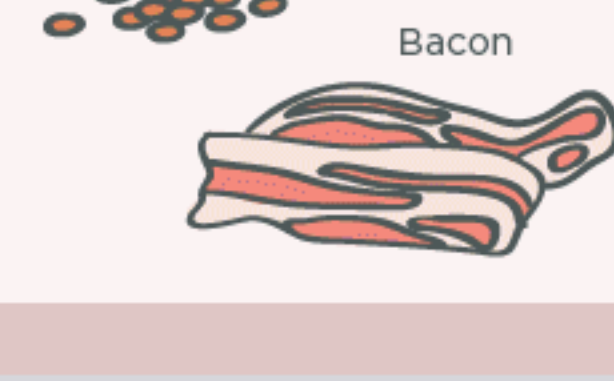


### 6. Asian Chicken Noodle<sup>6</sup>

Perfect for when you're feeling under the weather.

AROMATICS:	MAIN INGREDIENTS:	LIQUID:	GARNISH:
 <p>Ginger Garlic</p>	 <p>Chicken Noodles Sweet corn Mushrooms Spring onions</p>	 <p>Chicken stock</p>	 <p>Fresh chillies Salt and Pepper</p>





### 7. Lentil and Bacon<sup>7</sup>

Cheap and tasty, you'll want to save room for two bowls.

AROMATICS:	MAIN INGREDIENTS:	LIQUID:	GARNISH:
 <p>Onions</p>	 <p>Red lentils Bacon</p>	 <p>Vegetable stock</p>	 <p>Salt and Pepper</p>

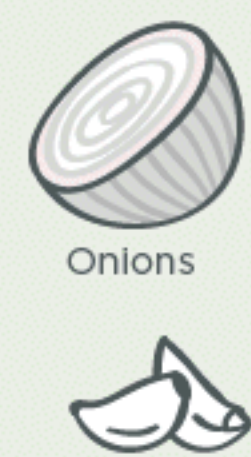
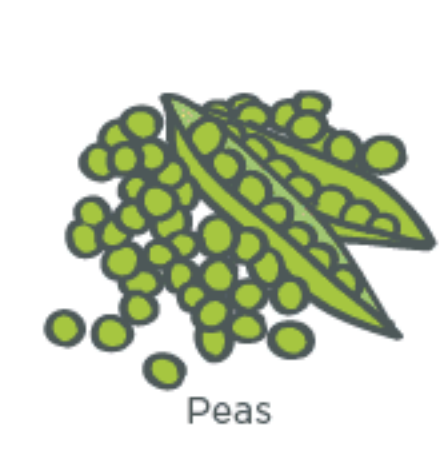

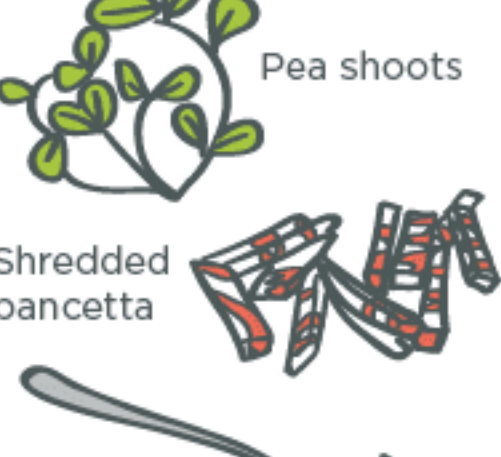
### 8. Haddock and Sweetcorn<sup>8</sup>

A delicious creamy soup you can make more substantial with added ham.

AROMATICS:	MAIN INGREDIENTS:	LIQUID:	GARNISH:
 <p>Onions</p>	 <p>Haddock Canned sweetcorn Potatoes Broccoli</p>	 <p>Milk Fish stock</p>	 <p>Spring onions</p>

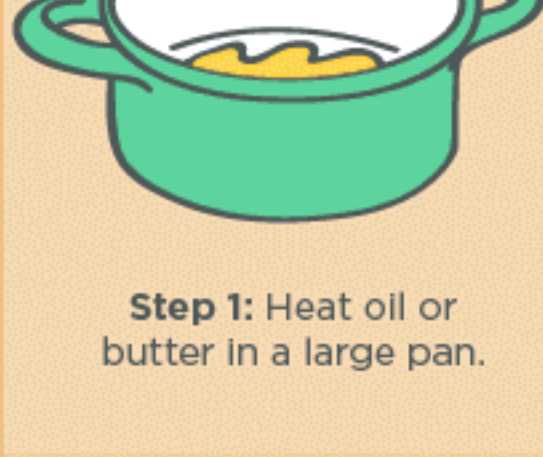
### 9. Pea and Ham<sup>9</sup>

Meaty and vibrant, perfect for any ham leftovers.

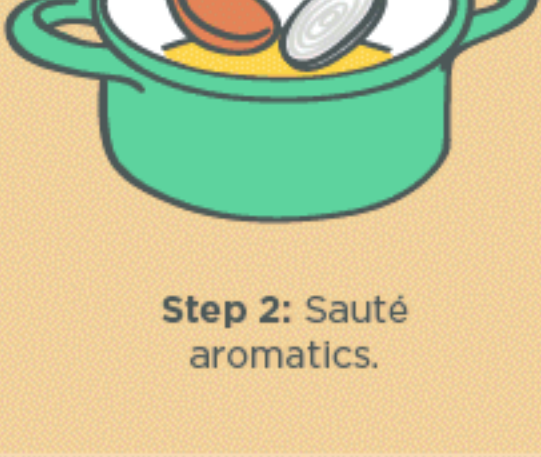
AROMATICS:	MAIN INGREDIENTS:	LIQUID:	GARNISH:
 <p>Onions Garlic</p>	 <p>Peas</p>	 <p>Ham stock</p>	 <p>Pea shoots Shredded pancetta Crème fraîche</p>

## Soup Cooking Method

The beauty of soup means you can follow the same method for each and apply to any you make.



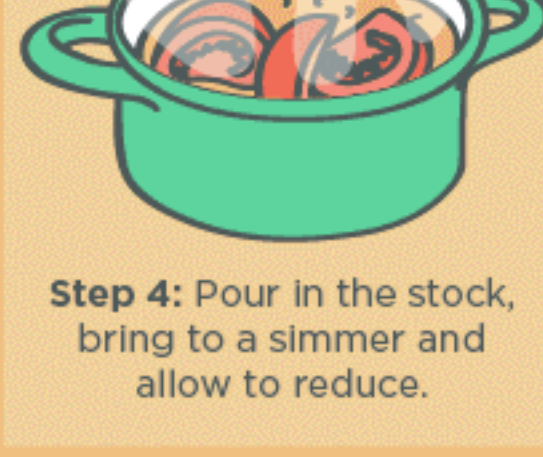
**Step 1:** Heat oil or butter in a large pan.



**Step 2:** Sauté aromatics.



**Step 3:** Add main ingredients.



**Step 4:** Pour in the stock, bring to a simmer and allow to reduce.



**Step 5:** Blend or mix, season and garnish to serve.



Add warm crusty bread to make a real meal out of it.

Soups are more than a cupboard staple—they are a great go-to meal. Give'em a whirl and release your inner chef!



#### Sources:

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9 BBC Good Food. Pea and Ham Soup. [bbcgoodfood.com](https://www.bbcgoodfood.com)



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