

Chicken Soup with Rice Dumplings

Serves 4

Ingredients:

1 L strong chicken stock or consommé

3 cup water

2 carrot, cut into very fine julienne strips

1/2 cup cooked Sunrice Wild Blend

1 cup self-raising flour

2 tsp baking powder

1 pinch freshly ground black pepper, or to taste

1/4 cup water, extra

500g chicken breast, poached in the stock then shredded

Directions:

Place chicken stock, 3 cups water and carrot in a large saucepan and bring to the boil. Reduce heat to a gentle simmer.

In a bowl, combine rice, flour, baking powder, pepper and sufficient water to form a stiff dough.

Drop small teaspoons of rice dough into the soup in batches. Cover and steam for 10 minutes or until doubled in size. Add chicken.

Eat.

Nutrition info:

Cals 461

Fat 2.9

Pro 35.6

Carb 69.9

Creamy cauli and Broc soup

Ingredients:

1 tsp Olive oil

1 ½ tsp Cumin seeds

1 onion

1 clove garlic

500g broccoli

500g cauli

Vegeta (2 tsp or more to taste)

1L water

1 ½ cup milk

Cook everything together, then blend.

Serve with bread. Or not. Up to you.

VARIATION: Add 200g cooked diced bacon.

Nutrition info: (without bacon)

Cals 187

Fat 8.8

Pro 12.8

Carb 9.4

Nutrition info: (with bacon)

Cals 293

Fat 17.4

Pro 20

Carb 9.7

Chicken, Potato & sweet corn soup

Ingredients:

200g bacon

1 onion

3 celery stalks

4 large potatoes (800g)

4 cups stock

2 chicken breasts (500g)

1 tin sweet corn

2 cups milk

4 tsp flour

Pepper to taste

Poach chicken breast in stock and remove/shred. Then cook all ingredients and blend with a barmix, before adding the chicken again.

Nutrition info:

Cals 506

Fat 16.6

Pro 46.7

Carb 38.1

Roasted Capsicum Soup

Ingredients:

6 red capsicums
1 can crushed tomatoes
1 red onion
1 tsp olive oil
Fresh basil
fresh coriander
Dash Red wine
Pepper to taste
1 tsp sugar

Coat capsicums in olive oil and roast until dark and yummy, then remove the stalks/seeds.

Add all ingredients to pot and cook, whiz with barmix when done.

Nutrition info:

Cals 77
Fat 4.4
Pro 2.1
Carb 7

THIS IS NOT A MEAL. This is a good snack/entrée/late night “I need more food I’m dying” kind of thing. Don’t you DARE eat this and call it “lunch”.

Roasted Tomato soup

Ingredients:

10 Roma Tomatoes

fresh basil

fresh oregano

2 onions

2 cloves garlic

60g pine nuts

¼ cup tomato paste

2 cups stock

¼ cup parmesan cheese

Stick tomatoes under the grill for 10 -15 minutes until they're looking all nice and stuff.

Chop them up and add with all other ingredients except pine nuts and parmesan to pot and cook.
Add some pine nuts and parmesan to serve.

Nutrition info:

Cals 258

Fat 14.3

Pro 11.4

Carb 18.5

Sweet corn & Zucchini soup

Ingredients:

1 onion
400g zucchini, grated
420g can creamed corn
2 cups buttermilk
pepper to taste
chives for garnish
1 cup stock

Everything in pot and cook. Weeee!!

Nutrition info:

Cals 184
Fat 2.8
Pro 9.3
Carb 28.5