

SMART BLEND SOUPS- put ingredients in the Smart Blend and select the Soup button

South West Chunky Soup

4 Roma tomatoes
1 clove garlic
1 Tbsp olive oil
1 carrot
1 celery stalk
½ tsp chicken bouillon powder
½ tsp cumin seeds
½ tsp paprika
2 Tbsp nutritional yeast
1 cup hot water
handful of cilantro
1 cup cooked black beans
juice of ½ lime
croutons or tortilla chips

Blend the first set of ingredients on the soup button until well-blended and hot (~1 minute). Then add cilantro and blend on speed 4-5 for a few seconds. Finally, add beans and lime juice, and blend on variable speed 1-2 for a few seconds. (I usually heat the beans a bit before adding them so the soup stays hot.) Garnish with a little more cilantro and croutons or tortilla chips.

The recipe is quite flexible, and you could easily substitute in all sorts of other things

Cool Mint Pea Soup

2½ cups water
1 tsp chicken bouillon powder
1 clove garlic (peeled)
⅓ cup coconut milk + garnish
½ peeled/deseeded lemon
1 lb frozen peas
½ cup mint leaves (packed) + garnish
1 avocado (remove pit/skin)
salt and pepper to taste

You can just blend everything on the soup button until smooth, or if you want to minimize bubbles you can first blend everything but the avocado (~45 sec) and then add the avocado and blend for another 10 seconds and then do another round of bubble removal. Garnish with a bit of coconut milk and mint leaves.



Gazpacho Soup

4 medium-large tomatoes

1 cucumber (peeled)

1 small clove garlic

2 Tbsp extra virgin olive oil

2 Tbsp red wine vinegar

salt and pepper to taste

Put all ingredients in container, except reserve 1–2 tomatoes and half of the cucumber. Blend on high until smooth: it won't take long, maybe 10–15 seconds. Then add the reserved tomatoes and cucumbers (for best results quarter them first), and blend on low speed (variable 1–3) for a few seconds until they are the size you'd like. Serve and enjoy!

Curried Carrot Soup

6 medium carrots, quartered

1 small onion, rough chopped

1/8 lemon, peeled

½ teaspoon salt

¾ teaspoon curry powder

Ground black pepper, to taste

2 cups vegetable broth

½ cup plain soy milk