



# Soup

## Recipe Pack



# Cheese & Bacon Soup



Serves: 5



Prep Time: 5 mins



Cook Time: 15 mins

**Carbohydrates:** 7 grams **Fat:** 27 grams **Protein:** 37 grams

## Ingredients:

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- 6 bacon rashers, cooked and crumbled
- 3 tbsp butter
- 2 leeks, chopped
- 2 cups mushrooms, sliced
- 1½ cups cauliflower, chopped
- 1 liter chicken stock
- ½ cup water
- 70g blue cheese

## Instructions:

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1. Cook bacon until crispy, then set aside.
2. Melt butter in a pot, sauté leeks, mushrooms, and cauliflower until tender.
3. Add chicken stock and water, bring to a boil, then simmer for 10 minutes.
4. Blend the soup until smooth, then stir in blue cheese until melted.
5. Serve with crispy bacon bits on top.



# Ham & Mushroom Soup



Serves: 4



**Prep Time:** 10 mins



**Cook Time:** 20 mins

**Carbohydrates:** 5 grams **Fat:** 15 grams **Protein:** 18 grams

## Ingredients:

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- 200g ham, diced
- 250g mushrooms, sliced
- 1 onion, chopped
- 2 cups chicken broth
- 1 cup heavy cream
- 2 tbsp butter

## Instructions:

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1. Sauté onions and mushrooms in butter until soft.
2. Add ham and chicken broth, bring to a boil, then simmer for 10 minutes.
3. Stir in cream, simmer for 5 more minutes, and serve.



# Broccoli Soup



Serves: 1



**Prep Time:** 10 mins



**Cook Time:** 15 mins

**Carbohydrates:** 6 grams **Fat:** 30 grams **Protein:** 6 grams

## Ingredients:

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- 650g broccoli florets
- 650g cauliflower florets
- 250ml heavy cream
- 250ml chicken broth
- 120g grated cheese
- 2 tsp butter

## Instructions:

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1. Simmer broccoli and cauliflower in chicken broth for 5 minutes.
2. Add cream and cheese, stirring until the cheese melts.
3. Blend to your desired consistency, simmer for another 5-8 minutes, and serve.





# Kale & Mushroom Soup



Serves: 4



**Prep Time:** 10 mins



**Cook Time:** 20 mins

**Carbohydrates:** 7 grams **Fat:** 15 grams **Protein:** 6 grams

## Ingredients:

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- 250g mushrooms, sliced
- 150g kale, chopped
- 1 onion, chopped
- 2 cloves garlic, minced
- 750ml vegetable broth
- 200ml heavy cream
- 2 tbsp olive oil

## Instructions:

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1. Sauté onions, garlic, and mushrooms in olive oil until soft.
2. Add kale and cook until wilted.
3. Pour in vegetable broth and simmer for 10 minutes.
4. Stir in cream and cook for another 5 minutes. Blend to your desired consistency and serve.

