



Warming
soup recipes
for cold
days

Hot and Spicy Pumpkin and Lentil Soup

Ingredients

- 2 tbsp Yorkshire Rapeseed Oil with Chilli and Spice
- 1-2 tsp Yorkshire Rapeseed Oil with Chilli
- 1 large onion, peeled and chopped
- 350g pumpkin flesh, (peeled weight), cut into small pieces
- 850ml hot vegetable or chicken stock
- 110g dried split red lentils, rinsed in a sieve under running cold water until it runs clear
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp turmeric
- salt and pepper

Method

Using a large saucepan, fry the onions in the Yorkshire Rapeseed Oil with Chilli & Spice over a gentle heat until soft. Add the pumpkin and cook over medium heat for another couple of minutes, stirring continuously.

Add the lentils, stock, cumin, coriander and turmeric. Bring to the boil gradually over a medium heat, then put a lid on the pan, turn the heat down to low and simmer for about 30-40 minutes until the lentils are cooked and the pumpkin is tender.

Blitz/liquidise, season with salt and pepper and then add Yorkshire Rapeseed Oil with Chilli to flavour, according to your taste.

Try this...

- * Hot and Spicy Carrot and Lentil Soup - if pumpkins are out of season, this recipe works equally well if you use carrots instead.

Roasted Tomato Soup

Ingredients

- 3-4 tbsp Yorkshire Rapeseed Oil with Mixed Herbs (or other flavour of your choice)
- 1.1kg tomatoes, halved
- 2 large onions, peeled and quartered
- 4 cloves of garlic, peeled
- salt and pepper to season
- 350ml vegetable or chicken stock
- 1 ½ tsp sugar
- balsamic vinegar to serve.

Method

Pre-heat your oven to 180C. Place the tomatoes, onions, and garlic in a large roasting dish and drizzle over the Yorkshire Rapeseed Oil with Mixed Herbs. Season well with the salt and pepper and place in the oven to roast for about half an hour or until the ingredients are soft and cooked through.

Once cooked remove from the oven and pour the contents of the roasting dish into a large bowl. Add the stock and sugar and use a hand blender to blend the mixture together until smooth. At this point further seasoning can be added to taste. This soup can then be stored, frozen or eaten fresh. Just ladle into bowls and drizzle in a little balsamic vinegar to serve.

Minted Courgette Soup

Ingredients

- 3 tbsp Yorkshire Rapeseed Oil
- 1 plus tbsp Mint and Balsamic Dressing
- 680g courgettes, sliced & diced
- 225g onions, peeled & chopped
- 1 ltr good vegetable or chicken stock

Method

Fry the onions in the oil until soft, add courgettes and cook for a further couple of minutes. Turn heat down to low, put lid on pan, cook for 5 minutes more.

Then add the stock, bring to the boil and simmer with lid on for 30 minutes.

Blitz/liquidise adding the Mint and Balsamic Dressing a little at a time, to suit your taste.

For more tasty recipe ideas just visit
www.yorkshirerapeseedoil.co.uk or check out our
recipe book 'Cooking with Yorkshire Rapeseed Oil'