

Slow Cooker Soup Recipes





Chicken Soup

INGREDIENTS

- 1 Onion, finely chopped
- 2 Celery Sticks, finely Chopped
- 2 Carrots, chopped into 1.5cm pieces
- 2 Leeks, halved and sliced
- 1 Bay leaf and 3 Thyme sprigs, tied together
- 1 whole medium chicken (about 1.4kg)
- 2 Litres of Chicken Stock
- 1 Lemon, juiced
- 1/2 Small bunch Dill/Parsley, finely chopped
- Crusty Bread, to serve (optional)

DIRECTIONS

1. Set your slow cooker to low. Tip in the onion, celery, carrots and leeks and nestle in the bunch of herbs. Sit the chicken on top of the veg and pour over the stock. Cook for 6-8 hours.
2. Remove the chicken from the slow cooker and transfer to a board. Shred the meat from the bones using two forks, then return the meat to the slow cooker, discarding the bones. Season to taste and stir through the lemon juice.
3. Remove and discard the bunch of herbs. Ladle the soup into bowls and top with the dill or parsley. Serve with crusty bread, if you like.



Pasta e Fagioli

INGREDIENTS

- 200g dried borlotti or cannellini beans,
soaked for 6-8 hours
- 2 onions , cut into 1cm chunks
- 2 medium carrots , cut into 1cm chunks
- 3 celery stalks, cut into 1cm chunks
- 2 tbsp extra virgin olive oil , plus extra to
serve (optional)
- 4 garlic cloves , crushed
- 1 litre fresh vegetable stock
- 400g can plum tomatoes
- 2 tbsp brown rice miso
- 6 rosemary sprigs
- 4 bay leaves
- 150g ditaloni rigati or other small pasta
shapes
- 200g cavolo nero , stalks finely chopped
and leaves torn
- 30g vegan parmesan , grated, to serve
(optional)

DIRECTIONS

1. Drain the beans and bring to the boil in a pan of salted water. Cook for 10 mins, drain, rinse and put in a slow cooker with the onions, carrots and celery.
2. Stir in the olive oil, garlic, stock, tomatoes, half a can of water and the miso. Tie the herbs together with kitchen string and add these as well. Season. Cover and cook on low for 6-8 hrs, until the beans are cooked through and all of the veg is really tender.
3. Remove and discard the herbs and stir in the pasta. Cover and cook on high for another 30 mins. Add the cavolo nero stalks and leaves and cook for a final 30-40 mins, or until the pasta is cooked through and the greens are tender. Serve scattered with the cheese and drizzled with a little more olive oil, if you like.



French onion soup with cheese

Croutes

INGREDIENTS

- 40g/1.5oz/3tbsp butter
- 10ml/2tsp olive oil
- 1.2kg/2.5lb onions, peeled and sliced
- 5ml/1tsp caster (superfine) sugar
- 15ml/1tbsp plain (all-purpose) flour
- 15ml/1tbsp sherry vinegar
- 30ml/2tbsp brandy
- 120ml/4fl oz dry white wine
- 1 litre/1.75pints boiling beef, chicken or duck stock
- 5ml/1tsp chopped fresh thyme
- Salt and ground black pepper
- For the Croutes
- 4 slices day-old French stick or baguette
- 1 garlic clove, halved
- 5ml/1tsp French Mustard
- 50g/2oz grated Gruyere cheese

DIRECTIONS

1. Put butter and olive oil in the ceramic cooking pot and heat on high for about 15 minutes until melted.
2. Add the onions to the pot and stir to coat well in the melted butter and oil. Cover with the lid, then place a folded dish towel over the top to retain all the heat and cook for 2 hours, stirring halfway through cooking time.
3. Add the sugar and stir well. Cover again with the lid and folded dish towel and continue cooking on high for 4 hours, stirring two or three times, to ensure the onions are colouring evenly. At the end of this time, they should be a dark golden colour.
4. Sprinkle the flour over the onions and stir to mix. Next, stir in the vinegar followed by the brandy, then slowly blend in the wine. Stir in the stock and thyme and season with salt and pepper. Cook on high for a further 2 hours, or until the onions are very tender.
5. For the croutes, place the bread slices under a low grill and cook until dry and lightly browned. Rub the bread with the cut surface of the garlic and spread with mustard, then sprinkle the grated Gruyere cheese over the slices.
6. Turn the grill to high and cook the croutes for 2-3 minutes, until the cheese melts, bubbles and browns. Ladle the soup into warmed bowls and float a Gruyere Croute on top of each. Serve straight away.



Tomato and Fresh Basil Soup

INGREDIENTS

15ml/1tbsp olive oil
25g/1 oz/2tbsp butter
1 onion, finely chopped
900g/2lb ripe tomatoes, roughly
chopped
1 garlic clove, roughly chopped
600ml/1pint vegetable stock
120ml/4fl oz dry white wine
30ml/2tbsp sun-dried tomato paste
30ml/2tbsp shredded fresh basil
150ml/quarter of a pint double
cream
Salt and ground black pepper
Whole basil leaves to garnish

DIRECTIONS

- 1.Heat the oil and butter in a large saucepan until foaming. Add the onion and cook gentle for about 5 minutes, stirring, until the onion is softened but not brown, then add the chopped tomatoes and garlic.
- 2.Add the stock, white wine and sun-dried tomato paste to the pan and stir to combine. Heat until just below boiling point, then carefully pour toe mixture into the ceramic cooking pot.
- 3.Switch the slow cooker to the high or auto setting, cover with the lid and cook for 1 hour. Leave the slow cooker on auto or switch to low and cook for a further 4-6 hours, until tender.
- 4.Leave the soup to cook for a few minutes, then ladle into a food processor or blender and process until smooth. Press the pureed soup through a sieve into a clean pan.
- 5.Add the shredded basil and the cream to the soup and heat through, stirring. Do not allow the soup to reach boiling point. Check the consistency and add a little more stock if necessary. Season then pour into warmed bowls and garnish with basil. Serve immediately.