

My
Weekend
Kitchen's

SOUPS & SALADS

14 SIMPLE & DELICIOUS RECIPES

INTRODUCTION

Soups and Salads are the ultimate comfort foods and one of the easiest to make at home. In this little ebook, you will find recipes for some of my favourite soups and salads. All the recipes are very simple to make, healthy, and delicious. All are vegetarian and vegan friendly.

Soups have been called a cuisine's kindest course and rightly so. There is nothing more comforting than a warm bowl of home-made soup on a cold winter's evening or a chilled soup treat on a hot day!

Salads are rich sources of raw fruits and vegetables. I love how salads allow for so much creativity. You can have a mix of raw veggies, fruits and also add cooked proteins like lentils, chickpeas, beans, etc.

Just by adding a side of soups and salads to your diet, you will experience a renewed sense of wellbeing. I hope this eBook will help you start on the journey to a cleaner, happier and more energetic you!

-Ashima

SOUPS

Carrot & Parsnip Soup

White Bean Soup

Cream of Mushroom Soup

Butternut Squash Stew

Roasted Capsicum & Tomato Soup

Garlic Zucchini Soup

Beetroot Soup

"Soup is the song of the hearth... and the home."



CARROT & PARSNIP SOUP

Full of delicious cinnamon, bay leaf and fresh thyme flavours; this soup is perfect for wintery evenings and refreshing as a cold soup during summers.

PREP TIME: 10 min | COOK TIME: 30 mins | SERVES: 4 | CALORIES: 196

2 cups carrot, peeled & chopped

2 cups parsnip, peeled & chopped

3 cloves garlic, crushed

1 cup onion, chopped

2 tbsp olive oil

4 cups low salt

vegetable stock

1 bay leaf

2 inch cinnamon stick

5-6 sprigs of fresh

thyme , divided

Salt, to taste

Ground black pepper ,
to taste

1 tbsp balsamic vinegar

Heat oil in a thick-bottomed large pot. When the oil is hot add garlic, onion, cinnamon and bay leaf. Sauté and cook till the onions turn soft and translucent.

Add the carrots, parsnip, salt, 3 sprigs of thyme and 4 cups of vegetable stock (or water). Bring the soup to a boil and then cook covered for about 15 minutes till the vegetables are tender.

Remove from heat. Remove and discard the cinnamon sticks, bay leaf and thyme sprigs from the soup. Using a hand blender, blend the carrot and parsnip soup to smooth.

Season with the remaining fresh thyme (removed from its stalk), freshly ground pepper and some balsamic vinegar. Serve hot or refrigerate and serve cold during summers.



WHITE BEAN SOUP

Homestyle, traditional White bean soup with seasonal vegetables and a light seasoning of dill and parsley is a nourishing vegetarian meal.

PREP TIME: 15 min | COOK TIME: 45 mins | SERVES: 2 | CALORIES: 197

1/2 cup dry white beans,
soaked overnight or

canned

1 tbsp olive oil

3-4 cloves garlic, peeled
& chopped

1 inch ginger, peeled &
chopped

1 green chilli, chopped

1 carrot

1 onion

1 red capsicum

3 cups vegetable stock

2 tbsp tomato puree

Salt, to taste

Freshly ground black
pepper, to taste

2 tsp dried dill

2 tsp dried parsley

Juice of 1 lemon

for Garnish:

fresh dill and parsley

Chop all vegetables into cubes.

Drain the soaked beans. Pressure cook for 3-4 whistles or boil in a deep stock pot, with 3 cups of water and salt. Let the beans cook covered until they are tender. If using canned beans, wash them under running water until there are no bubbles.

In a separate pot, heat olive oil. Add garlic, ginger and chillies. Sauté for a minute.

Add the chopped vegetables and the stock. Cook covered till the vegetables are soft.

Drain the cooked beans and add them to the pot with vegetables along with tomato puree. Boil together for about 15 minutes.

Mix in the spices and lemon juice. Ladle into bowls and serve hot garnished with some fresh dill and parsley if in season.



CREAM OF MUSHROOM SOUP

I love the earthy flavours of mushroom enhanced by bay leaf in this simple recipe. Substitute olive oil for butter for a vegan preparation.

PREP TIME: 10 min | COOK TIME: 20 mins | SERVES: 2 | CALORIES: 109

1 tbsp Olive oil
2 cups mushrooms,
sliced.
4 cloves of garlic, peeled
& chopped
2 green onions, chopped
1 tbsp brown rice flour
1/2 cup rice milk
2 bay leaves
Salt, to taste
Freshly ground black
pepper, to taste

for Garnish:

Olive oil and fresh dill

Heat a deep pan on medium heat. Add a big dollop of butter and let it melt. Add garlic and sauté for a minute. Add the mushroom, sprinkle a little salt and let the mushrooms sweat for about 10 minutes.

Add the green onions. Mix well and cook for about a couple of minutes. Add rice flour and mix it well into the mushroom mixture. Cook for about 2 minutes to cook the flour.

Add rice milk, 1 cup water, bayleaves and salt. Bring the soup to a boil. Let the soup simmer for about 5 minutes. Remove from heat, discard the bayleaf and using a hand blender, blend the soup until smooth and thick. Season with salt and pepper.

Serve into bowls and garnish with some extra virgin olive oil and fresh dill.



BUTTERNUT SQUASH STEW

Roasting enhances the sweetness of butternut squash in this mildly seasoned stew with onions and tomatoes. Use the same recipe with pumpkin & other winter squash.

PREP TIME: 10 min | COOK TIME: 20 mins | SERVES: 4 | CALORIES: 199

300 g butternut squash,
peeled & chopped into
bite size pieces

6-7 cloves of garlic,
chopped

1 onion, chopped

2 tomatoes, chopped

1 green chilli, chopped

1 tsp dried thyme

1 tsp dried rosemary

3 cups of vegetable
stock

Salt, to taste

4 tbsp Olive oil

Preheat oven to 220°C. Put the butternut squash pieces in an ovenproof dish. Add the chopped garlic and dried thyme and rosemary. Drizzle 1 tbsp olive oil. Mix well and roast in oven for 15 mins.

Heat the remaining 3 tbsp oil in a deep pot. Add the onions and green chilly. Sauté for 5 mins till the onion becomes soft. Add the chopped tomatoes and cook for another 5 minutes.

Add the roasted butternut squash and garlic along with all the juices into the pot. Top with the stock. Mix well and bring to a boil. Reduce heat and simmer for 5 minutes.

Serve hot.



ROASTED CAPSICUM & TOMATO SOUP

This fiery red soup is a beautiful combination of tangy tomatoes and sweet capsicums. I love the burnt aroma of roasted peppers.

PREP TIME: 10 min | COOK TIME: 20 mins | SERVES: 2 | CALORIES: 86

2 red capsicums (bell peppers)

4 tomatoes, cut into 8

2 cloves garlic

2 bayleaves

2 tbsp vegan

Worcestershire sauce

Salt, to taste

Optional:

Tobasco Sauce for extra heat

Roast the red capsicums over flame. Keep turning, till the skin turns black all over. Keep aside the roasted capsicum in a bowl to cool down. Once cooled, remove the skin, stem and seeds and cut into quarters.

In a deep pot, heat about 3 cups of water. Add tomatoes, bayleaves and garlic cloves. Boil till the tomatoes turn soft.

Remove from heat, discard the bay-leaves and tomato skins (they would have loosened and many would just be floating on the water).

Add the roasted capsicum and blend to smooth with a hand blender in the pot.

Return to heat, stir in the Worcestershire sauce and salt. Let the soup simmer for about 5 min.

Serve hot with some chilli sauce or tobasco sause for added heat.



GARLIC & ZUCCHINI SOUP

Zucchini lends a natural creamy texture to the soup and burnt garlic adds to the strong earthy aroma and flavour.

PREP TIME: 10 min | COOK TIME: 15 mins | SERVES: 2 | CALORIES: 129

1 tbsp olive oil	Heat oil in a deep stock pot. Add bay leaf,
1 bay leaf	garlic and green chillies. Sauté till the garlic
4 cloves garlic, smashed & peeled	starts to turn brown and some of it is slightly
1 green chilli, chopped	burnt.
1 small onion, peeled & chopped	Add onions, zucchini, vegetable stock, salt and
1 zucchini, cut into cubes (with peel)	pepper. Cook covered for 10 minutes till the
3 cups vegetable stock	zucchini is soft and cooked.
Salt, to taste	Remove from heat, discard the bayleaf and
Freshly ground pepper, to taste	blend the soup in the pot itself with a hand
	blender.
	Transfer to soup bowl. Add some fresh chives
for Garnish	for garnish and/or add a swish of little olive
Olive oil & fresh chives	oil.



BEETROOT SOUP

This beetroot soup with vibrant red beets and roasted tomatoes and garlic is a treat to look at and eat. Serve it hot or cold with croutons for extra crunch.

PREP TIME: 10 min | COOK TIME: 30 mins | SERVES: 2 | CALORIES: 286

2 beetroots ~250gms,
grated

1 onion, chopped

4 tomatoes, quartered

4 cloves of garlic, peeled
& chopped

Salt, to taste

Freshly ground pepper,
to taste

400 ml vegetable stock

3 tbsp Olive oil

For garnish, optional

8-10 croutons, avoid for
GF

1 sprig spring onion

2 tbsp cream , use soy
cream for vegan

Preheat oven to 200°C. Place tomatoes & garlic in a baking dish, drizzle 1 tbsp of olive oil. Bake for 20 min.

Heat remaining oil in a deep pot. Once the oil is hot, add onions. Sauté for 4-5 minutes till the onions turn soft.

Take out the tomatoes and leave them on a rack to cool. Once cooled peel off the skin of the tomatoes and mash.

Add the grated beetroot, stock, salt and pepper seasoning to the onions in the pan. Mix well and cook covered for about 10 mins.

Occasionally stir the mixture in between.

Add the mashed tomato. Mix well and cook for another minute. Remove from heat and blend to smooth.

Empty into soup bowl. If using, garnish with some cream, croutons and spring onion greens and serve immediately!

SALADS

Figs & Cheese Salad

Indian Sprouts Salad

Arugula Parmesan Salad

Raw Rainbow Salad

Watermelon Salad

Spinach Salad with Roasted Chickpeas

Asian Cucumber Salad

“Every salad you serve is a picture you have painted, a sculpture you have modelled, a drama you have created.”



FIGS & CHEESE SALAD

The softness of figs and cheese is complimented by the crispiness of the lettuce and the crunchiness of nuts in this beautiful salad.

PREP TIME: 10 min | COOK TIME: 5 mins | SERVES: 4 | CALORIES: 163

6 fresh figs	Wash the lettuce leaves in cold water. Loosly
10-12 almonds & walnuts	tear and put them in a bowl filled with ice.
1 tbsp maple syrup	
1 tsp brown sugar	Preheat oven to 180°C.
A pinch of salt	
50g cottage cheese, crumbled	Toss the nuts with maple syrup, sugar and salt until they are well coated. Put on a baking tray and roast for about 3 minutes. Remove and keep aside to cool.
3 cups iceberg lettuce	
2 tbsp extra virgin Olive oil	
1 tbsp grape vinegar	Trim and cut the figs into quarters.
	Divide the figs, crumbled cheese, lettuce leaves and nuts between four plates.
	In a small bowl, whisk together olive oil and vinegar. Drizzle over the salad in each plate and serve.



INDIAN SPROUTS SALAD

Soft, crunchy, juicy, spicy, tangy; this moong dal sprouts salad is a potpourri of flavours and textures with a variety of fresh seasonal vegetables.

PREP TIME: 15 min | COOK TIME: 0 mins | SERVES: 2 | CALORIES: 97

2 cups sprouted moong
beans

1/4 cup green capsicum

1/2 cup tomatoes

1/4 cup red onion

1/4 cucumber

1 green chilli

1/4 cup fresh coriander

1/2 cup pomegranate
seeds

Juice of 1 lime

1 tsp cumin powder

1 tsp dry mango powder

Salt and black pepper,
to taste

Chop all the veggies into tiny and almost similar size.

In a big bowl, toss together the chopped veggies, half of pomegranate seeds and sprouted mung beans.

Season with lemon juice, cumin powder, salt, pepper, dry mango powder and fresh coriander. Mix well.

That's it! Remove into serving bowls and drop in the remaining red pearly pomegranate seeds.

Note: Since I sprout my beans at home, I safely use them in raw food recipes. But if you are not sure of the source, it may be better to steam or boil the sprouts, therefore removing any risk of bacterial infection. If cooking, let the sprouts cool down before mixing in with other ingredients. Check out my post on [how to sprout seeds and beans at home](#).



ARUGULA & PARMESAN SALAD

Classic arugula salad with shaved parmesan and a simple lemon vinaigrette dressing. Sprinkle some seeds & pomegranate kernels for extra crunch.

PREP TIME: 15 min | COOK TIME: 0 mins | SERVES: 2 | CALORIES: 148

3 cup arugula leaves

Wash the arugula under cold running water.

1 tbsp olive oil

Spin-dry and place in a large bowl.

2 tbsp lemon juice

Salt, to taste

For the salad dressing, whisk together lemon

Freshly ground black

juice, olive oil, salt, and pepper in a small glass.

pepper, to taste

Drizzle over the arugula leaves. Toss.

1/2 cup parmesan

cheese, shaved/

Shave parmesan cheese over the salad. I put

crumbled

an approximate measurement of 1/2 cup but

add parmesan to your liking.

Optional:

1/2 cup pomegranate

Sprinkle some pomegranate kernels and

kernels

sunflower seeds for added texture.

1 tbsp sunflower seeds



RAW RAINBOW SALAD

A blast of colourful raw vegetables and a simple salad dressing, come together in this tasty and nourishing vegetable salad bowl.

PREP TIME: 15 min | COOK TIME: 0 mins | SERVES: 2 | CALORIES: 221

2 cups mixed lettuce
green and purple

1 cup arugula leaves

1 cup purple cabbage,
shredded

6 cherry tomatoes,
halved

1/2 cup cucumbers, sliced

1/2 cup carrots, sliced

2 tbsp almonds, slivered

1 tbsp chia seeds

2 tbsp pomegranate
seeds

In a big bowl, mix together lettuce and arugula leaves.

Loosely spread around the purple cabbage, cucumber and the cherry tomatoes (with their seed side facing up for a beautiful look!).

Sprinkle the almond, pomegranate seeds and chia seeds.

To make the salad dressing, add all the ingredients in a jar and shake-shake-shake. Drizzle over the salad and serve.

For the dressing

2 tbsp olive oil

1 tbsp maple syrup

Salt and black pepper to
taste

Juice of 1 lemon



WATERMELON SALAD

The sweet juicy watermelon beautifully comes together with bitter arugula leaves and crunchy walnuts in this refreshing salad.

PREP TIME: 15 min | COOK TIME: 0 mins | SERVES: 4 | CALORIES: 83

4 cups watermelon,
chopped and deseeded
2 cups arugula leaves,
washed

1/2 cup fresh mint leaves
1/4 cup pecans
1 tbsp chia seeds

For the dressing

Juice & zest of 1 lemon
1 tbsp maple syrup
Salt to taste

In a large mixing bowl, add the maple syrup, rock salt, zest the lime and squeeze out all the juice. Whisk together with a fork.

Add in the chopped watermelon and gently toss to coat the watermelon with the dressing.

Add mint and arugula leaves. Toss to combine. Sprinkle pecans and chia seeds.

Check and adjust for seasoning and serve chilled.



SPINACH SALAD WITH ROASTED CHICKPEAS

Spinach salad with spicy oven roasted chickpeas; sweet potatoes, and onions, drizzled with a lemony tahini dressing.

PREP TIME: 5 min | COOK TIME: 25 mins | SERVES: 4 | CALORIES: 277

3 cups baby spinach
leaves (~400 g)

1 cup chickpeas, boiled
and drained

1 cup sweet potato,
chopped

1 red onion, sliced

2 tsp cumin powder

1 tsp paprika powder

Sea salt to taste

Black pepper to taste

2 tbsp Olive oil

*For the Tahini salad
dressing*

Juice of 1/2 lemon

2 tbsp tahini

2 tsp maple syrup

2 tsp Olive oil

2-3 tbsp warm water

Preheat oven to 180°C.

In a mixing bowl toss the chickpeas with cumin, paprika and a little olive oil. Loosely spread on a baking tray and roast for 5 mins.

In the same bowl, toss sweet potato with a little olive oil and add to the baking dish. Roast for another 10 mins. In the end add the sliced onions and roast for just about 2 mins.

Rapidly whisk together all dressing ingredients in a small bowl until they come together to a smooth flowing consistency. Add more water if needed.

In a big salad bowl, add the spinach leaves, top with all the roasted veggies and drizzle the tahini sauce.

Serve warm with some more dressing on the side.



ASIAN CUCUMBER SALAD

Thinly sliced cucumber seasoned with an Asian salad dressing and sprinkled with toasted sesame seeds, salt and pepper flakes. Cool & Refreshing.

PREP TIME: 10 min | COOK TIME: 1 mins | SERVES: 2 | CALORIES: 96

2 medium cucumbers

Wash, dry and cut the ends of the cucumbers.

3-4 sprigs of fresh

Slice each cucumber as thin as you can and

coriander leaves

put in a big bowl. Use cucumbers with their

1 tbsp white sesame

skins.

seeds

Crushed red pepper

Lightly toast white sesame seeds till they just

flakes, to taste

start to brown.

For the dressing

In a small bowl whisk together all the dressing

1 tbsp apple cider

ingredients. Drizzle the salad dressing on the

vinegar

cucumber slices and toss to coat.

2 tsp sesame oil

1 tsp maple syrup

Adjust seasoning, cover and keep for 10-15

2 tsp soy sauce ,
preferably gluten-free &

mins in the refrigerator for the dressing to
marinate the cucumber slices.

low sodium

2 cloves of garlic ,

Before serving, sprinkle toasted sesame seeds,

grated

red pepper flakes and fresh coriander leaves.

Sea Salt to taste

Serve cold.



SIMPLE RECIPES. LOTS OF LOVE.

Hi! I am Ashima. I believe everyone can cook and the secret ingredient is always love.

MY WEEKEND KITCHEN is a food blog for simple recipes from India and around the world. Each recipe is cooked, clicked and shared with lots of love.

I hope you like this Soups & Salads e-book. I would love to see what you try from here or the blog, so please take a picture and share it with me on instagram [@myweekendkitchen](https://www.instagram.com/myweekendkitchen).

Be sure to check out more recipe, cooking basics, travel tips for vegetarians and other food did-you-knows on my blog.

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