

Herbamare® soup-er soups

8 healthy, hearty and
delicious homemade soups

- Easy-to-make
- Warming & nourishing
- Packed with essential nutrients



Pioneer in Natural Health
- since 1923

A. Vogel

Soup of the Day:

winter warmers

Soup is the ultimate comfort food: warm, filling and satisfying. There really is nothing better on a cold wintery day than a big bowl of hot and steamy soup.

Plus, it's simple, versatile, easy-to-make and tasty too! So it's easy to understand why soup has been a firm family favorite for generations.

So this winter, get your vegetables and pots ready and enjoy a big, warming bowl of soup from our collection of 8 healthy and hearty recipes.

Soup-er Healthy

Not only is it one of the easiest meals to prepare, soup is super nourishing too! Packed with fresh vegetables, homemade soup is an excellent way to make sure that you are getting at least two of the recommend five portions of fruit and vegetables a day – a simple, healthy way to get more nutrients into your diet.

Soup-er Soothing

Nothing hits the spot like a bowl of hot soup when we are feeling under the weather. Warming, comforting and easy-to-digest, hearty soups which are full of vegetables have long been our 'food of choice' when we are trying to recover from a nasty bug or virus. It's not only soothing, it also gives our bodies the essential nutrients it needs to fight off infections.

Soup-er buget-friendly

Don't forget soups can be very economical too! A great way to use up leftovers, you can also make large quantities at home, which can be easily frozen for future meals.

The perfect recipe for a *soup-er* soup

1. Choose your base

The stock or broth you use forms the liquid base for your soup and adds depth and flavor.

2. Add your favourite fresh veg

Eating soup is an easy way to get several servings of vegetables into your daily diet. Adding fresh vegetables to your homemade soup not only increases the volume and flavor, but it boosts its nutritional value too.

3. Don't forget the seasoning

The herbs and spices you use will add to your soup's delicious flavor. A lack of seasoning can make your soup bland, but overpowering it with seasoning can also ruin it, so it's important to experiment, taste your soup as it cooks and balance your flavors.

4. Garnish it

Top your soup with your favorite garnish, such as fresh herbs, extra vegetables, croutons or a swirl of natural yogurt.





Carrot Lentil & Coriander

How to make

1. Rinse the lentils in a sieve in cold water.
2. Place the lentils, carrots, onions and Herbamare® vegetable broth into a pan and simmer for approximately 10 minutes.
3. Add in the coriander and season with Herbamare® Original seasoning salt and black pepper. Continue to simmer, until the carrots and lentils are soft.
4. Serve, and garnish with fresh coriander.

Ingredients

250g (1/2 lb) red lentils

450g (1 lb) carrots, chopped

1 medium onion, chopped

2 cubes Herbamare® vegetable broth,
dissolved in 1 L (4 cups) boiling water

2 handfuls fresh coriander, roughly chopped

Black pepper, to season

Herbamare® Original seasoning salt, to season

Fresh coriander, to garnish

Carrots for pain relief!

It's well known that carrots are good for the eyes but did you know they are natural pain relievers too? Carrots have anti-inflammatory properties which can help ease aching muscles & joints and other inflammatory conditions.



Thai Parsnip & Lime

Ingredients

450g (1 lb) parsnips, peeled and cut into chunks

2 onions, finely chopped

1 thumb-sized piece of ginger, finely sliced

1 red finger chili, finely sliced

3 green onions, finely sliced

2 stalks of lemongrass

30 ml (2 tbsp.) vegetable oil

1 cube Herbamare® vegetable broth,
dissolved in 500 ml (2 cups) boiling water

15-30 ml (1-2 tbsp.) fish sauce

400ml (1 ½ cup) coconut milk

Juice of 1 lime

Black pepper, to season

Turmeric, to season

Herbamare® Original seasoning salt, to season

300g (10 oz.) pre-cooked Asian noodles

Fresh coriander, to garnish



How to make

1. Prepare the vegetables, and with the flat edge of the knife, crush the lemongrass stalks so that they release their flavor but stay in one piece.
2. Heat the oil in a frying pan, and then add the onions, ginger, chili and two of the green onions. Fry until softening.
3. Place the parsnips, lemongrass and onion mix into a large pot, and pour over the Herbamare® vegetable broth.
4. Bring to the boil and simmer for 10 minutes.
5. Stir in the fish sauce, coconut milk and lime juice, and season with black pepper, turmeric and Herbamare® Original seasoning salt.
6. Continue to simmer until the parsnips are soft, approximately 10 minutes, adding more water if the soup is too thick.
7. 2 minutes before serving, remove the lemongrass stalks, and add the noodles.
8. Garnish with fresh coriander leaves and the remaining green onion.

Ingredients

300g potatoes (2/3 lb), peeled and cubed

2 cubes Herbamare® vegetable broth,
dissolved in 1 L (4 cups) boiling water

6 radishes, halved

3 onions, chopped

350g (3/4 lb) beetroot, cooked and quartered

Herbamare® Original seasoning salt, to season

125 ml (1/2 cup) natural yogurt,
plus a spoonful for garnish

Black pepper, to season

Sprinkle of dill, to garnish

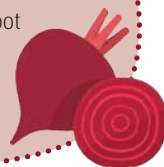
Creamy Beetroot & Radish

How to make

1. Boil the potatoes in the Herbamare® vegetable broth for 15 mins.
2. Add the radishes and onions to the pot, and simmer for a further 15 mins.
3. Add the beetroot to the pot and season with Herbamare® Original seasoning salt. Simmer for another 10 mins.
4. Pour into blender and add the natural yogurt. Season with black pepper and blend until smooth.
5. Serve with a spoonful of natural yogurt on top, and sprinkle with dill.

Ready, set, beet it!

Popular among athletes, beetroots are known to lower blood pressure and boost stamina. Athlete or not, beetroot also helps to relax blood vessels, improving blood flow and circulation.



Spicy Butternut Squash

Ingredients

1 butternut squash, peeled, deseeded, and cut into chunks

3 carrots, peeled and sliced

6 shallots, chopped

4 garlic cloves, finely sliced

1 thumb-sized piece of ginger, finely sliced

2 red chiles, finely sliced

15 ml (1 tbsp.) olive oil

2 cubes Herbamare® vegetable broth, dissolved in 1 L (4 cups) boiling water

15 ml (1 tbsp.) chili powder

Herbamare® Original seasoning salt, to season

Black pepper, to season

Ground cinnamon, to garnish

Roasted pumpkin seeds, to garnish

How to make

1. Pre-heat the oven to 200°C (400°F).
2. Place the squash, carrots, shallots, garlic, ginger and chilies on a baking tray and drizzle over the oil.
3. Roast for 30 minutes, until the squash and carrots are softening.
4. Place the squash, carrots, shallots, garlic, ginger, chilies and Herbamare® vegetable broth in a large pot, and season with chili powder, Herbamare® Original seasoning salt and black pepper.
5. Bring to the boil and simmer until the squash and carrots are really soft.
6. Blend until smooth.
7. Serve, garnishing with cinnamon and roasted pumpkin seeds.





Roasted Tomato & Basil

How to make

1. Pre-heat the oven to 200°C (400°F).
2. Spread the tomatoes, garlic cloves and shallots on a baking tray and drizzle over the oil and vinegar.
3. Roast for 15 minutes until tender and caramelized.
4. Blend the tomato mix and place it with the Herbamare® vegetable broth in a large pot.
5. Season with black pepper and Herbamare® Original seasoning salt, and drop in a few basil leaves.
6. Bring to the boil, and simmer for 10 minutes.
7. Serve, garnishing with fresh basil leaves and black pepper.

Ingredients

1 kg (2.2 lbs) plum tomatoes, halved

4 garlic cloves, crushed

6 shallots, quartered

30 ml (2 tbsp.) olive oil

30 ml (2 tbsp.) balsamic vinegar

7.5 ml (½ tbsp.) Herbamare® vegetable broth,
dissolved in 500 ml (2 cups) boiling water

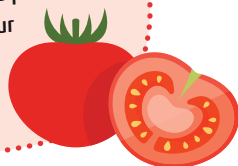
Black pepper, to season

Herbamare® Original seasoning salt, to season

Fresh basil leaves, to garnish

Bug busting tomatoes

Full of healthy benefits, tomatoes are good for the heart, hair, skin and eyes. Rich in vitamin C, tomatoes can also help to boost the immune system, giving your body extra protection against colds and other viruses.



Sweet Potato & Kale

Ingredients

1½ cube Herbamare® vegetable broth,
dissolved in 1.5 L (6 cups) water

1 kg (2.2 lbs) sweet potato, chopped into small chunks

15 ml (1 tbsp.) olive oil

7.5 ml (1/2 tbsp.) ginger, finely chopped

½ red chili, finely sliced

2 cloves garlic, crushed

1 bunch kale, shredded

Herbamare® Original seasoning salt, to season

Black pepper, to season

How to make

1. Boil the sweet potatoes in the Herbamare® vegetable broth for approximately 15 minutes.
2. Heat the oil in a frying pan, and fry the ginger, chili & garlic.
3. Add the ginger, chili, garlic and kale to the sweet potatoes.
4. Allow to simmer for another 15 minutes, or until the potatoes are soft.
5. Blend until a creamy consistency and season with Herbamare® Original seasoning salt and black pepper.





Bombay Potato & Leek

Ingredients

4 medium potatoes, peeled and chopped into small cubes

15 ml (1 tbsp.) olive oil

2 large leeks, trimmed and chopped

1 onion, chopped

A thumb-sized piece of ginger, finely sliced

1 red chili, finely sliced

3 cloves garlic, crushed

2 cubes Herbamare® vegetable broth, dissolved in 1 L
(4 cups) boiling water

15 ml (1 tbsp.) ground cumin

15 ml (1 tbsp.) turmeric

15 ml (1 tbsp.) cumin seeds

15 ml (1 tbsp.) cardamom seeds

15 ml (1 tbsp.) chili powder

15 ml (1 tbsp.) mustard seeds

30 ml (2 tbsp.) tomato paste

Herbamare® Spicy seasoning salt, to season

Black pepper, to season

1 handful fresh coriander, plus extra for garnishing

How to make

1. Par-boil the potatoes, for approximately 5 minutes, then drain.
2. Heat the oil in a large frying pan, then add in the leeks, onion, ginger, chili and garlic and fry until softening.
3. Place the potatoes in a large pot with the leek mix and the Herbamare® vegetable broth.
4. Season with the herbs, spices, tomato paste, Herbamare® Spicy seasoning salt and black pepper.
5. Add a handful of coriander.
6. Bring to the boil and simmer until the potatoes are soft, approximately 20 minutes.
7. Garnish with fresh coriander.

Asparagus & Pea

How to make

1. Pre-heat the oven to 200°C (400°F).
2. Place the asparagus on a baking tray and drizzle over 15 ml (1tbsp.) olive oil.
3. Roast for 10 minutes until the asparagus are tender.
4. Heat the remaining oil in a frying pan, and then add in the onions and garlic. Fry until softening.
5. Place the asparagus, peas, onion, garlic and Herbamare® vegetable broth in a large pot.
6. Season with Herbamare® Original seasoning salt and lemon juice.
7. Bring to the boil, and then simmer for approximately 10 minutes.
8. Blend until smooth and creamy.
9. Serve, garnished with croutons.

Ingredients

450g (1 lb) asparagus

30 ml (2 tbsp.) olive oil

2 onions, finely sliced

2 cloves garlic, crushed

450g (1 lb) peas

2 cubes Herbamare® vegetable broth,
dissolved in 1L (4 cups) boiling water

Herbamare® Original seasoning salt, to season

Juice of 1 lemon

Croutons, to garnish



Herbamare® *Bread*



Ingredients

450g (1 lb) brown flour for bread

10 ml (2 tsp.) Herbamare® Original seasoning salt

7g (1 tsp.) yeast

320ml (1 cup) water

15ml (1 tbsp.) olive oil

Pumpkin seeds

Rosemary, chopped

30 ml (2 tbsp.) honey

How to make

1. Sift the flour into a bowl. Add in the Herbamare® Original seasoning salt and yeast, keeping them at opposite sides of the bowl.
2. Stir in oil and water slowly.
3. Make dough, and then knead for 15 minutes.
4. Cover & rise for 60 minutes in a warm place, until doubled in size.
5. Knead in seeds and rosemary and form rolls.
6. Let the rolls rise for 45 minutes, until doubled in size.
7. Pre-heat oven to 200°C (400°F), then top rolls with Herbamare® Original seasoning salt, honey & seeds.
8. Bake for 20 - 25 minutes.

The secret to great tasting soup is its seasoning!

A great way to enhance the flavor of any soup, Herbamare® seasoning salt is made according to Alfred Vogel's original recipe of 12 specially selected garden fresh, organic herbs and vegetables, blended with natural sea salt.

The vegetables and herbs in Herbamare® are organically grown in Colmar, France and brought to our factory within hours of being freshly harvested. They are then carefully chopped and mixed with sea salt and steeped for many months to produce Herbamare®'s distinctive quality and fresh flavor.



A.Vogel Herbamare® Range Use it as table salt

- Each grain of sea salt is infused with 12 organically grown, freshly harvested herbs and vegetables
- Reduce your salt consumption without giving up the flavour
- 100% natural, GMO, MSG and gluten free
- Available in 3 varieties: Original, Sodium-Free and Spicy

Herbamare® Broths for soups

With two delicious versions, regular and low sodium, Herbamare® vegetable broths provide a tasty and flavorsome base for many soups. Gluten and lactose free, they are also suitable for vegans.



\$200 REBATE on the purchase of Herbamare® 250 g



Herbamare® Taste the Flavour of Nature

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Use it as table salt.

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