



AUSTRALIA'S FAVOURITE

for SOUPS



Italian Meatball Soup

PREP 20 mins
COOK TIME 20 mins
SERVES 4

A heart warming soup that's a meal in a bowl.



INGREDIENTS

400g pork mince
2 tablespoons Leggo's Tomato Paste
Zest of 1 small lemon
1 tablespoon olive oil
1L chicken stock
500g jar Leggo's Napoletana Pasta Sauce
⅓ cup risoni pasta
1 carrot, diced
400g can **Edgell Red Kidney Beans**, drained
1 zucchini, diced
Crusty bread, for serving

PREPARATION

1. Combine mince, tomato paste and lemon zest in large bowl. Mix well and shape in to small balls.
2. Heat oil in a large saucepan over medium high heat. Add meatballs and cook, turning regularly, for 4-5 minutes or until browned.
3. Pour in chicken stock, pasta sauce, risoni, and carrot. Bring to a gentle simmer and cook for 10 minutes. Add Edgell Red Kidney Beans and zucchini and cook for a further 5 minutes.
4. Season soup to taste and serve with crusty bread.



- For ease, shape meatballs with a small ice cream scoop or heaped teaspoon.
- For an even speedier option, buy ready made meatballs from the supermarket

Pumpkin & Chick Pea Soup

PREP 15 mins
COOK TIME 20 mins
SERVES 4

Pumpkin soup is always a winner, adding chick peas just makes it even better.



INGREDIENTS

- 1 onion, chopped
- 500g pumpkin, chopped
- 250g sweet potato, chopped
- 3 cups chicken stock
- 400g can **Edgell Chick Peas**, undrained (reserve some for garnish)
- 1 teaspoon ground cumin
- Chopped coriander for serving

PREPARATION

1. Place onions, pumpkin, sweet potato, stock and Edgell Chick Peas in a saucepan, cover. Bring to the boil then simmer for 20 minutes, stirring occasionally.
2. Add cumin and puree soup. Reheat if necessary and serve garnished with reserved Edgell Chick Peas and coriander.



If time permits try roasting the pumpkin and onion first.

Carrot & Lentil Soup

PREP 5 mins
COOK TIME 10 mins
SERVES 4

A fragrant and light soup, ready in 15 minutes.



INGREDIENTS

500g packet frozen Birds Eye Julienne
Carrots
1 onion, chopped
2 cups chicken stock
1 cup water
400g can **Edgell Brown Lentils**, undrained
¼ teaspoon caraway seeds
Finely grated zest of 1 orange
Natural yoghurt for serving

PREPARATION

1. Bring frozen carrots, onion, stock and water to the boil in a saucepan, cover and simmer for 5 minutes.
2. Remove from heat and puree with a stick blender. Add Edgell Brown Lentils, reserving 2 tablespoons for serving. Stir in caraway seeds and orange rind, reheat.
3. Serve soup with a dollop of natural yoghurt, top with reserved lentils.



- Edgell lentils are pre-cooked and ready to eat.
- If using fresh carrots, cook for longer until tender.

Cauliflower & Butter Bean Soup

This silky smooth, creamy soup has no cream! That has to be good for you.

PREP 10 mins
COOK TIME 20 mins
SERVES 4



INGREDIENTS

- 2 teaspoons oil
- 1 leek, chopped
- 4 cups chicken or vegetable stock
- 500g fresh or frozen cauliflower florets
- 400g can **Edgell Butter Beans**, undrained
- 2 tablespoons pesto
- Fresh basil leaves, for garnish

PREPARATION

1. Heat oil in a large saucepan, add leek and sauté for 3-4 minutes or until tender.
2. Add stock, cauliflower, Edgell Butter Beans and bring to the boil. Cover and simmer for 10 minutes or until cauliflower is tender.
3. Blend or process the soup until smooth, reheat if necessary.
4. Serve immediately with a drizzle of pesto and garnish with basil leaves.



- *Half the stock can be replaced with milk for a slightly creamier soup.*
- *As an alternative to pesto, top with bacon crumbs.*

Mexican Style Soup

Jazz up your can of tomato soup and make it 'on trend' with Mexican influences.

PREP 5 mins
COOK TIME 5 mins
SERVES 3-4



INGREDIENTS

420g can condensed tomato soup
300g can **Edgell Creamed Corn**
½ teaspoon tabasco sauce
100g pouch **Edgell No Drain Black Beans**
Sour cream, fresh coriander leaves and corn chips, for serving

PREPARATION

1. Prepare tomato soup following can directions. Add Edgell Creamed Corn and tabasco sauce. Bring to the boil.
2. Stir Edgell Black Beans through soup, reserving a few for serving. Serve topped with reserved black beans, sour cream, coriander and corn chips



- Add the tabasco sauce half at a time and continue adding to your desired heat level. For those who like it hot, add more!
- Soup can be pureed for a smooth texture.

Edgell Corn Soup

Our famous, classic corn soup has been passed down through the generations and is still as popular as ever.

PREP 5 mins
COOK TIME 10 mins
SERVES 2



INGREDIENTS

- 2 teaspoons oil
- 1 small onion, finely diced
- 420g can **Edgell Creamed Corn**
- 1 teaspoon chicken stock powder
- 1 egg, lightly beaten
- Chives for garnish
- 125g can **Edgell Corn Kernels**, optional

PREPARATION

1. Heat oil in a saucepan over medium heat. Add onion and cook for 3-4 minutes to soften.
2. Add Edgell Creamed Corn, fill can with water and add to saucepan with stock powder. Bring to the boil.
3. Stir soup to form a whirlpool and slowly pour in beaten egg, stirring continuously so egg cooks in long threads resembling shredded chicken.
4. Serve immediately garnished with chives and extra corn kernels.



Having Edgell canned vegetables and legumes on hand means there is soup ready to easily make when the weather turns cold.

Tomato & Bean Soup

PREP 10 mins
COOK TIME 25 mins
SERVES 4

An easy and delicious soup perfect for cold wintery days.



INGREDIENTS

1 tablespoon oil
1 onion, diced
1 carrot, diced
700g jar Leggo's Passata – Classic Tomato
1½ cups chicken or vegetable stock
400g can **Edgell Mexican Mix**, drained
Shaved parmesan cheese and chopped fresh parsley, for garnish

PREPARATION

1. Heat oil in a large saucepan, sauté onion and carrot for 1 minute to soften.
2. Add passata and stock, bring to the boil. Reduce heat and simmer covered for 15 minutes, stirring occasionally. Add Edgell Soup Mix and cook a further 5 minutes.
3. Serve garnished with parmesan cheese and parsley.



- Diced bacon or pancetta may be added in STEP 1.
- *SALTERNATIVE TIP* – Use a salt reduced stock and rinse Edgell beans before use to.

Quick Pea & Bacon Soup

A perfect standby by for when you don't have time to make traditional pea and ham soup.

PREP 5 mins
COOK TIME 5 mins
SERVES 2



INGREDIENTS

- 2 teaspoons oil or butter
- 2 spring onions, sliced
- 4 shortcut bacon rashers, chopped
- 420g can **Edgell Garden Peas**, undrained
- 2 cups chicken stock
- Crusty bread, for serving

PREPARATION

1. Heat oil in a medium saucepan. Add spring onions and bacon, sauté for 1 minute.
2. Stir in undrained Edgell Garden Peas and chicken stock. Bring to the boil, stirring continuously.
3. Puree until smooth. Serve with crusty bread and garnish with extra crispy bacon.



Adding the brine from the can increases flavour to soups and no need to season.

Curried Carrot & Sweet Potato Soup

Lightly spiced and fragrant soup served with lentils and minted yoghurt.

PREP 10 mins
COOK TIME 30 mins
SERVES 4



INGREDIENTS

- 1 tablespoon oil
- 2 teaspoons curry powder
- 1 onion, chopped
- 1 teaspoon grated fresh ginger
- 1 large sweet potato, chopped
- 2 large carrots, chopped
- 1L chicken stock
- 400g can **Edgell Brown Lentils**, drained
- ½ cup natural yoghurt
- 1 tablespoon chopped fresh mint

PREPARATION

1. Heat oil in a saucepan over medium heat. Add curry powder and onion, cook for 3-4 minutes, stirring regularly.
2. Add ginger, potato, carrot and stock. Bring to the boil, reduce heat and simmer covered for 20 minutes or until vegetables are soft.
3. Remove from heat, add half the Edgell Brown lentil and puree soup and season to taste. Reheat if necessary.
4. Serve drizzled with combined yoghurt and mint, garnish with remaining lentil.



Stored canned legumes in a cool dry place away from heat such as the oven or hot pipes.

Chunky Chorizo and Bean Soup

PREP 15 mins
COOK TIME 30 mins
SERVES 4

A twist on a traditional Minestrone with a Spanish influence.



INGREDIENTS

- 2 tablespoons olive oil,
- 2 chorizo sausages, diced
- 1 onion, chopped
- 2 cloves garlic, crushed
- 1 teaspoon ground smoked paprika
- 2 sticks celery, sliced
- 1 carrot, chopped
- 1 red capsicum, diced
- ¼ cup Leggo's Tomato Paste
- 1L vegetable stock
- 400g can diced tomatoes
- 400g can **Edgell Four Bean Mix**, drained
- 4 spring onions, chopped

PREPARATION

1. Heat olive oil in a large saucepan, add chorizo and sauté over a medium-high heat for 3 minutes.
2. Reduce heat to medium, add onion, garlic, paprika, celery carrot and capsicum, cook for 4 minutes, stirring regularly. Add tomato paste and cook for a further one minute.
3. Stir in stock and tomatoes, bring to the boil, reduce heat to simmer and cook for 15 minutes.
4. Stir in Edgell Four Bean Mix and spring onions, heat and serve.



Serve with charred sour dough and garnish with coriander if desired.