

# Soul Recipes

These simple recipes are for approximately 6 litres of food each. 6 litres can serve 1 cup to 24 people. Add rice, bread or pasta to make filling servings.

Some of the recipes emphasize few ingredients, some are especially inexpensive, others take little time, and others use easy steps for an inexperienced cook. Look them over for what will suit your needs.

Feel free to mix up ingredients or spices as you see fit.

## Other tips:

Soups are easily pureed using a stick blender, which are cheap at Big W.

Powdered stock powders are a good and quick way to make stock.

Cooking your soup a day ahead may improve the taste and leave your Sunday free.

## Contents:

30 Minute Chili Con Carne .....	Page 2
Beef Stew with Bacon and Sweet Potatoes ....	Page 2
Chicken Korma .....	Page 3
Slow Cooker Chickpea Curry .....	Page 3
Madras Chicken Curry .....	Page 4
Chicken Tikka Masala .....	Page 4
Chicken and Chickpea Masala .....	Page 5
Indonesian Chicken .....	Page 5
Chicken Chow Mein .....	Page 6
Chicken Cacciatore .....	Page 6
Spaghetti Bolognese .....	Page 7
KI-SI-Ming Beef Goulash .....	Page 7
Beef Curry .....	Page 8
4 Ingredient Pea Soup with Garlic .....	Page 8
3 Ingredient Cauliflower Soup .....	Page 9
4 Ingredient Butternut Pumpkin Soup .....	Page 9
Bacon and Chicken soup .....	Page 10
Pea and Ham Soup .....	Page 10
Bacon, Potato and Corn Chowder .....	Page 11
Leak and Potato Soup .....	Page 11

### **30 minute Chili Con Carne**

- 6 cans (425 g) mixed beans- cannellini, kidney, black beans, chickpeas etc.
- 2 lb beef mince
- 2 cans (410 g) diced tomatoes
- 350 g tomato paste
- 1/4 tsp black pepper
- 2 tsp salt
- ½ tsp chili powder (cayenne)
- 1 Tablespoon oregano
- 2 tsp garlic powder
- 2 tsp onion powder
- Shredded cheddar cheese / sour cream for serving

1. In large pan, cook beef and onion until meat is browned. Drain excess grease.
2. Stir in remaining ingredients, except cheese and sour cream. Bring to boil. Cover, reduce heat to low and simmer for 20 minutes.
3. Garnish with cheese and sour cream.

### **Beef stew with Bacon and Sweet Potatoes**

- 1.5 kg stewing beef, cut into 2.5 cm chunks
- 1 litre beef broth
- 1.5 kg sweet potatoes, chopped
- 1 kg onion, chopped
- 1 kg bacon, chopped
- 3 tsp dried thyme
- 2 tsp salt

Combine all ingredients in the crockpot, and mix well.

Cover and cook on LOW for 7 to 8 hours, or on HIGH for 4 to 5 hours, or until meat and vegetables are tender. Serve over rice.

### Chicken Korma

- 250 ml olive oil
- 1kg medium onions
- 250 ml Patak's Korma Spice Paste
- 2 Tablespoons chopped garlic
- 2 Tablespoons ginger, chopped
- 2.5 kg diced chicken
- 600ml thickened cream

- 1) Heat oil in a med saucepan. Add onion and cook until soft.
- 2) Add Spice Paste, 500ml of water, ginger and garlic. Stir occasionally, until thickened.
- 3) Add chicken and fry until sealed.
- 4) Add 500ml water, bring to the boil, cover, cook for 5 minutes.
- 5) Add cream. Simmer for 4 minutes. Serve over rice.

### Slow Cooker Chickpea Curry

- 100 ml oil
- 3 kg boiled or canned chickpeas
- 1 kg onion, chopped
- 1.2 kg canned chopped tomatoes
- 180 g Patak's Tikka Masala Spice Paste
- 100 g Patak's Madras Curry Spice Paste
- 1 tbsp sugar
- 1.2 litres water

- 1) Heat the oil in a pan and sauté the onions until light golden brown (about 3 - 4 minutes).
- 2) Add the Tikka Masala and Madras Spice Pastes and sauté for a further 1 minute. Add the tomatoes and cook for a further 1 minute.
- 3) Add the cooked chick peas, sugar and water and mix well.
- 4) Transfer to your slow cooker and cook on high for 1½ - 2 hours.

### Madras Chicken Curry

- 4 tbsp of cooking oil
- 1 kg chicken breast, diced
- 750 g onions, chopped
- 750 g butternut squash, cut into small cubes
- 6 tbsp Patak's Madras Curry Paste
- 1 kg can of diced tomatoes
- 1 kg cooked chickpeas
- 1 Litre can coconut milk
- 3 apples, cut into small cubes
- Salt & pepper to taste

In a large pot, brown the diced chicken breast in 2 tablespoon of the oil. Once the chicken is browned, remove and set aside, to finish cooking later.

In the same pot, add the remaining oil and fry the onions and butternut, until slightly softened and fragrant.

Add the Curry Paste. Cook for a minute to release the aromas. Add the chopped tomatoes, chickpeas and coconut milk, stirring well. Add back the chicken.

Allow the curry to simmer, uncovered, for about 15 minutes, until the butternut is tender. Add the chopped apple, salt and pepper to taste. Simmer another minute or two.

### Chicken Tikka Masala

- $\frac{3}{4}$  cup oil (180 ml)
- 1 kg onion
- $\frac{3}{4}$  cup Patak's Tikka Masala Spice Paste (180 ml)
- 6 tsp garlic & ginger chopped (optional)
- 1.75 kg diced chicken breast
- 1.2 kg canned chopped tomatoes
- 600ml double cream

Heat oil in a med saucepan. Add onion; cook until soft. Add Spice Paste, 600ml of water, ginger and garlic. Stir occasionally, until reduced and thickened. Add chicken, fry until sealed. Add 600ml water, tomatoes, bring to the boil, simmer uncovered for 10 minutes. Add double cream. Simmer uncovered for 5 minutes.

### Chicken and Chickpea Masala

- 2.5 kg chicken, cut into bite-sized pieces
- 1.5 kg chickpeas, boiled or canned
- 1.5 litre passata sauce
- 4 cloves of garlic, minced
- 1/3 cup honey
- 4 tablespoons curry powder
- 1 teaspoon onion powder
- 2 teaspoon salt
- 600 ml heavy cream

Add ingredients to large pot. Bring to boil and simmer uncovered for 10-15 minutes, stirring occasionally, until chicken is cooked through. Serve with rice.

### Indonesian Chicken

- 4 kg chicken diced, or 25 pieces (bone in)
- 3 cloves chopped garlic
- 5 grams grated ginger (1/2 Tablespoon)
- ½ C soy sauce (125 ml)
- 20 ml oil (1 Tablespoon)
- 10 g sugar (1 Tablespoon)
- Juice and rind of 1 lemon
- 1.5 cups water
- 1 kg frozen peas (or mixed veg)

In a large pot, marinate chicken in soy sauce, water, sugar, oil, garlic, ginger, pepper and lemon rind for 1 hour in the refrigerator.

Add bag of frozen peas. Cover and bring to a boil. Simmer for 1 hour, stirring occasionally. Remove lid and cook to reduce liquid, 10 minutes. Add lemon juice. Serve with rice.

### Chicken Chow Mein

- 3 kg of chopped chicken, cooked
- 1 kg chopped onions
- 1 kg chopped carrots
- 1 litre chicken stock
- 1 teaspoon pepper
- 2.5 teaspoons curry powder
- 1/8 C brown sugar
- ½ C oil
- ½ a cabbage, shredded

In large pot, steam-fry veggies for 10-15 minutes in oil, with lid on.  
Add chicken stock and flavourings. Steam 5-10 minutes.  
Add cooked chicken pieces and cook until heated through.  
Serve with rice.

### Chicken Cacciatore

- 3 kg chicken or 25 pieces (bone in)
- 250 grams flour
- ¼ Cup oil
- 500 grams chopped onions
- 2 x 385 g tins champignon mushrooms
- ½ teaspoon garlic salt
- 2kg tin of whole tomatoes
- 200 ml tomato puree
- 1 tsp ground oregano
- ½ tablespoon chopped chives

Coat chicken pieces with flour. Fry onions.

In large large pot, place chicken pieces, onion, mushroom, garlic, tomatoes/paste, oregano and chives. Bring to boil.

Cover and simmer 1.5 hours, stirring occasionally until chicken is tender and sauce is reduced.

### Spaghetti Bolognaise

- 3.75 kg beef mince
- 500 grams tomato paste (2 cups)
- 500 grams chopped onions
- 125 ml oil (1/2 C)
- 2 cloves garlic, chopped
- 500 g grated cheese
- 1kg dry pasta, cooked

In large pot brown onions and garlic.

Add paste, meat and 250 ml water, bringing to boil.

Cover and simmer 1.5 hours, stirring occasionally.

To serve, ladle meat sauce over pasta and top with cheese.

### KI-SI-Ming Beef Goulash

- 3.75 kg beef mince
- 5 grams (1 Tablespoon) curry powder
- 500 grams carrots, grated
- ¼ cabbage, shredded
- 500 grams onions, chopped
- 250 g green beans, sliced
- 150 grams powdered chicken noodle soup (3 x 50 g packets)
- 1 litre boiling water

Place meat in large pot. Sprinkle with curry powder, and cook until browned.

Add soup mix and boiling water. Add vegetables and stir well.

Bring to boil. Reduce heat, cover and simmer for 1 hour.

Serve with rice.

### Beef curry

- 3.75 kg beef mince
- 12 g curry powder
- 750 g chopped onions
- 750 g frozen peas
- 750 g chopped potatoes
- 310 ml water
- 1/4 cup oil (62 ml)

Fry onions in oil, add curry powder and cook for 1 minute.

Pour in 1/4 cup water and simmer 2 minutes.

Add meat and fry till browned.

Add 2 cups water, cover and simmer 1 hour.

Add peas, potatoes and more water if necessary, then cook 15 more minutes.

Serve with rice.

### 4 ingredient Pea Soup with Garlic- serves 25

- 75 g butter
- 4 crushed garlic cloves
- 2.7 kg frozen peas
- 3.6 Litres quality chicken stock

1) Melt butter in a large pot and add garlic. Fry gently 2-3 minutes, until softened. Then add peas. Cook for 1-2 minutes more, then pour in stock.

2) Bring to boil, then reduce to simmer and cook 5 minutes until peas are tender. Cool somewhat, then process until smooth with a blender or food processor.

3) Return soup to the pot and heat through gently, but don't boil. Salt and pepper to taste.

#### **4 ingredient Cauliflower Soup- serves 25**

- 3 litres milk
- 4 large cauliflower (3+ kg total)
- 3 tablespoons garam masala
- Salt and Pepper

- 1) Chop cauliflower into pieces and add to milk and spices in a large pot.
- 2) Bring to a boil over medium heat, then simmer 20 minutes or until cauliflower is tender.
- 3) Cool somewhat, then process until smooth with a blender or food processor. Return to pot and heat through to serve.

#### **4 ingredient Butternut Pumpkin Soup**

- 5 kg butternut, halved and seeded
- 175 ml olive oil
- 5 cloves minced garlic
- 5 onions, chopped

- 1) Brush pumpkin with olive oil and roast at 220 degrees C for 25 minutes. Reduce temperature to 190 degrees and cook 25 minutes longer, until tender.
- 2) Heat remaining oil in a large pot and cook onions over low heat 8 minutes, then add garlic and cook 2 additional minutes.
- 3) Scoop butternut out of its skin, adding to pot. Pour in 2 litres water and add salt and pepper. Bring to a boil, cover and simmer 10 minutes.
- 4) Cool somewhat, then process until smooth with a blender or food processor. Return to pot and heat through to serve, without boiling.

### Bacon and Chicken Soup

- 1kg chicken, chopped
- 1kg bacon, chopped
- 1 Tablespoon butter
- 2 cans condensed cream of chicken soup
- 2 litres chicken broth
- 2 x 400g cans mushrooms in butter sauce
- 1 Tablespoon mixed herbs
- Salt and pepper to taste

1) Cook chicken and bacon pieces in butter with herbs over medium high heat in a large pot.

2) Add other ingredients and cook until heated through. Serve over rice.

### PEA AND HAM SOUP

- 1 kg dry green split peas
- 2 tablespoon olive oil
- 750 g brown onions, coarsely chopped
- 500 g carrots, peeled, coarsely chopped
- 6 celery sticks, ends trimmed, coarsely chopped
- 1 kg ham (or bacon, excess fat removed), chopped small
- 5.5 Litres water
- 2 dried bay leaves,
- 1 teaspoon dried thyme
- Salt and pepper to taste

1) Place the split peas in a large bowl and cover with cold water. Set aside for 6 hours or overnight to soak. Drain.

2) Heat the oil in a large saucepan over medium heat. Add the onion, carrot and celery and cook, uncovered, stirring often, for 10 minutes or until the onion is soft. Add the split peas, herbs, pork and water. Cover and bring to the boil.

3) Reduce the heat to medium and simmer, uncovered, stirring occasionally, for 1 and a half to 2 hours or the soup thickens.

### Bacon, Potato and Corn Chowder

- 2kg potatoes, diced
- 2 x 420gm tin creamed corn
- 1kg bacon, chopped, rind removed
- 750 g onions, chopped
- 2pkt dried cream of chicken soup, mixed with 4 cups water
- 2 x 375 ml evaporated milk or cream
- 4 T oil
- salt and pepper

In large pot, heat oil and saute potatoes, bacon and onion for 5 min, stirring well.

(don't brown them much)

In separate basin – mix water and packet soup, then set aside.

Cover pot, add 1 cup water and simmer for 25 minutes.

Add all remaining ingredients

Heat – do not boil If too thick, add water.

### Leak and Potato Soup

- 150 g butter
- 6 large leeks, trimmed of most green and finely sliced
- 750 g onion, thinly sliced
- 1.5 kg potatoes, peeled and diced
- 3 litre chicken or vegetable stock
- salt and pepper
- 2 teaspoons coriander

Melt butter, sauté leek and onions gently for about 5 min without browning.

Add potato, stock, seasonings and coriander and bring to a boil. Cover and simmer gently for about 30 min or until veggies are tender.

Cool a little, then sieve or puree in blender.