



# EAT SMART

THE LATEST NUTRITIONAL KNOW-HOW FOR A BETTER BODY

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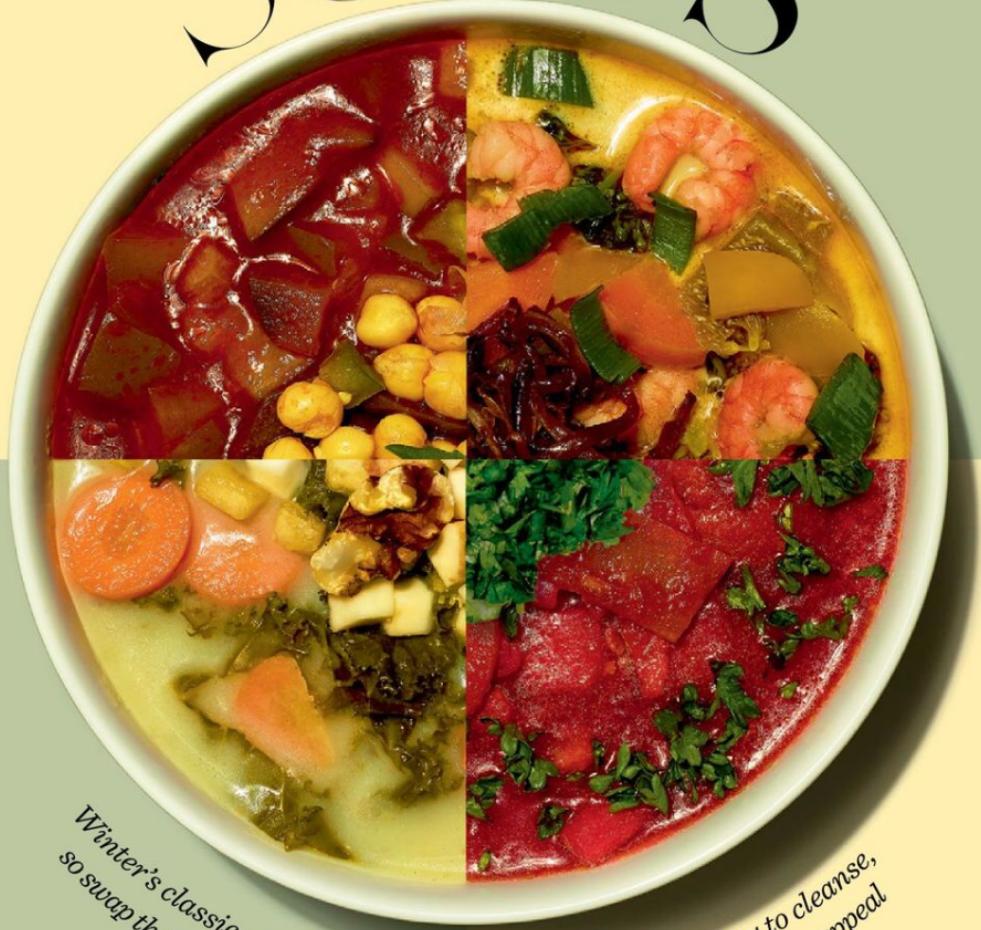
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# SOUps



Winter's classic warmers also happen to be the hottest way to cleanse, so swap those cold-pressed juices for liquid meals with serious health appeal

WORDS JULIA SCRROTT

Yes, we know that post-festive desire to plunge from beige, button-bursting excess to some sort of liquid-based purgatory. We also know the prospect of a punishing juice cleanse can leave you cold (and hungry and already missing the sensation of chewing). Therefore, let us point you towards a hotter sort of juice, or – as it's traditionally known – soup. Word is this is where your detoxing will be at in 2016; nourishing, warming, fibre-filled veggie-based blends. These 10, cooked up by London soup specialists Soupe du Jour (soupe-du-jour.com) won't make the purists' 'detox' cut, but they are healthy, chunky, hearty soups that will both fill and warm you up without placing a massive strain on your digestive system. Slurp with abandon.

**Key to success: the selling points of these super slurps**

Brain-boosting	Heart-healing
Digestion-aiding	Immunity-enhancing
Skin-saving	Energy-lifting



**HAPPY-HEARTY TOFU CHILLI**

Serves 4 | 898 cals | 2.5g sat fat | 34.4g sugar | 1hr

2 onions, diced ★ 2 garlic cloves, chopped ★ 2 tbsp oil ★ 400g tomato purée ★ 300ml red wine ★ 400g sweetcorn, drained ★ 400g kidney beans, drained ★ 400g chopped tomatoes ★ 1 bay leaf ★ 500g tofu, diced ★ 800ml vegetable stock ★ 12 green chillies

In a large pot, fry the onion and garlic in half the oil till see-through. Add the purée, sauté 2 mins more. Deglaze with wine, then simmer to thicken. Add corn, beans, tomatoes, bay leaf, tofu and stock; simmer for 30 mins. Roast chillies at 180°C until golden with rest of the oil, then add to each bowl. **Souper hero:** A Canadian study linked eating a cup of kidney beans a day to lower blood pressure.



**OFF-THE-LASH GOULASH**

Serves 4 | 522 cals | 6.5g sat fat | 13.8g sugar | 3 hrs

600g stewing beef, cubed ★ 600g onions, sliced ★ 4 red peppers, diced ★ 400g tomato purée ★ 300ml red wine ★ 1 litre vegetable stock ★ 2 potatoes, diced ★ 1 tbsp cumin ★ small bunch chives ★ 150ml crème fraîche

Sear the beef, then put aside. Sauté the onions. Add peppers and purée; fry for 2 mins. Deglaze the pan with wine and reduce. Add the stock and bring to the boil. Reduce heat, cover and simmer for 2-3 hours. Add potatoes 20 mins before you're done. Season with salt, pepper and cumin. Garnish with chopped chives and crème fraîche.

**Souper hero:** Bring on the onion breath: their quercetin content inhibits cancer-cell growth.



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**GET SMART RATATOUILLE**

Serves 4 | 471 cals | 1.5g sat fat | 13.9g sugar | 40 mins

3 tbsp olive oil ★ 1 onion, diced ★ 2 peppers, diced ★ 1 courgette, diced ★ 1½ aubergines, diced ★ 400g chopped tomatoes ★ 700ml vegetable stock ★ 400g chickpeas ★ splash white wine vinegar ★ handful basil

Heat oil in a pan. Sauté the onion and peppers until soft. Add the courgette and aubergine. Fry till tender. Stir in the tomatoes and stock and bring to the boil. Simmer for 15 mins. Toss the chickpeas with vinegar and basil, then top each bowl.

**Souper hero:** Let the purple stuff reign your brain – studies show that nasunin, the compound that gives aubergine skin its hue, improves blood flow to the brain and protects its cells from damage.

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**LOOK-YOUNGER LENTIL STEW**

Serves 4 | 612.8 cals | 2.8g sat fat | 20.8g sugar | 1hr

500g brown lentils ★ 2 onions, diced ★ 5 tbsp olive oil ★ ½ celery, diced ★ 4 carrots, diced ★ 1 litre vegetable stock ★ ¼ celeriac, diced ★ 4 potatoes, diced ★ 1 beetroot, chopped ★ 1 parsnip, chopped ★ 1 yellow carrot, chopped ★ splash white wine vinegar ★ ½ tbsp parsley to garnish

Rinse and soak the lentils overnight. Sauté the onion, then add the celery and carrots and fry till soft. Add the stock, bring to boil, then simmer for 20 mins. Throw in the celeriac, potato and lentils and simmer an extra 20 mins. Toss remaining ingredients with vinegar. Season and garnish. **Souper hero:** Lentils deliver selenium (pumps up UV defences) and zinc (for collagen production).



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**MUSHROOM METABOLISER**

Serves 4 | 152 cals | 0.5g sat fat | 8.6g sugar | 30 mins

150g onion, chopped ★ 150g celery, chopped ★ 1kg mushrooms, quartered ★ 1 tbsp olive oil ★ 1 tbsp salt ★ 20ml lemon juice ★ 100ml white wine ★ 1 litre vegetable stock ★ 1 bundle chives, chopped

Fry the onions, celery and half the mushrooms in half of the oil and salt until soft. Add the lemon juice and wine and reduce. Add the stock and bring to the boil, then simmer for 10 mins. To finish, fry the remaining mushrooms until soft, then add to the soup and sprinkle on chives like fairy dust.

**Souper hero:** Mushrooms' pantothenic acid fires up your body's metabolism, while their beta-glucans create a feeling of fullness, fast.



3

**COMPLEXION PIMPIN' CHICKEN**

Serves 4 | 536 cals | 7.8g sat fat | 10.6g sugar | 1½ hrs

1 **squash**, peeled and diced ★ 3 tbsp **pumpkin oil** ★ 500g **chicken breast** ★ 1 **onion**, diced ★ 2 knobs **ginger**, sliced ★ 2 **carrots**, diced ★ 1 **leek**, diced ★ 700ml **vegetable stock** ★ ½ bundle **coriander**, chopped ★ 150g **crème fraîche**

Drizzle the squash with oil, season and roast at 180°C for 40 mins. Fry the chicken until cooked through. Dice and set aside. Fry the onion, ginger, carrot and leek until soft. Add the squash and stock, bring to the boil and simmer for 20 mins. Beat with a hand blender. Add chicken, simmer for 10 mins. Garnish with coriander and crème fraîche. **Souper hero:** Get gorgeous with pumpkin oil's vitamins A, B and E, which beautifies hair and skin.

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**BEET-THE-BLOAT VEGGIE BORSCHT**

Serves 4 | 151 cals | 0.5g sat fat | 16.5g sugar | 50 mins

1 **onion**, diced ★ 3 **carrots**, diced ★ 400g **beetroot**, diced ★ 1 tbsp **olive oil** ★ 1 **bay leaf** ★ small bunch **thyme** ★ 1 litre **vegetable stock** ★ 400g **white cabbage**, chopped ★ handful **parsley**, to garnish

Fry the onion, carrot and beetroot in the oil till the onions are transparent, then season and add the bay leaf, thyme and vegetable stock. Bring to the boil. Simmer for 30 mins, then stir in the cabbage and garnish with parsley. Slurp it down good.

**Souper hero:** Make this beet-based blend your pre-workout bowl of champions: a UK study\* found the wonder root could enhance stamina and help you exercise up to 16% longer. Punchy.

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**CLEAR CLEANSE KALE & CARROT**

Serves 4 | 429 cals | 2.3g sat fat | 14.9g sugar | 1hr

500g **potatoes**, diced ★ 3 **carrots**, sliced ★ 1 **onion**, chopped ★ 3 tbsp **olive oil** ★ 1.5 litre **vegetable stock** ★ 1 **bay leaf** ★ ½ tbsp **nutmeg** ★ 350g **kale**, chopped ★ 50g **walnuts** ★ 2 **apples**, chopped ★ ¼ **celeriac**, chopped ★ juice ½ **lemon** ★ pinch **cinnamon**

Sauté the potatoes, carrots and onion. Season, add the bay leaf. Pour in the stock and bring to the boil. Simmer till the spuds are soft, then go hard with the hand blender. Season. Add the nutmeg and kale and simmer for 10 mins. Garnish with walnuts, apples, celeriac, lemon juice and cinnamon.

**Souper hero:** Liver-detoxifying kale packs vitamin K for strong bones and boosted blood function.

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**GET-OFF-THE-COUCH POTATO**

Serves 4 | 628 cals | 9.5g sat fat | 10.4g sugar | 1hr

2 **onions**, sliced ★ 2 **carrots**, chopped ★ 1 **celery**, chopped ★ 5 tbsp **olive oil** ★ 200ml **white wine** ★ 1 **bay leaf** ★ 4 **potatoes** ★ 1.2 litre **vegetable stock** ★ ½ tbsp **nutmeg** ★ 100g **bacon** ★ 1 **leek**, sliced ★ 150ml **whipping cream**

Sauté the onion, carrot and celery in oil till soft. Deglaze with wine and reduce until liquid is absorbed. Add bay leaf, potatoes (quartered) and stock. Bring to the boil, then simmer for 20 mins. Liquefy with a hand-blender and season. Chop the bacon and fry with leek until cooked through. Add the cream and reduce. Serve up, garnish with cress. **Souper hero:** The alpha-lipoic acid found in potatoes helps cells convert glucose into energy.

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**DUSK-TILL-PRawn CURRY BOWL**

Serves 4 | 559 cals | 21.5g sat fat | 11.3g sugar | 1hr

2 **red onions**, chopped ★ 2 **carrots**, diced ★ 5 tbsp **olive oil** ★ 2 **peppers**, diced ★ 400g canned **bamboo shoots**, drained ★ 400ml **coconut milk** ★ 600ml **vegetable stock** ★ 200g **bean sprouts**, diced ★ splash **soy sauce** ★ 500g **prawns** ★ 1 **broccoli**, cut into florets ★ 2 tbsp **curry powder**

Sauté onions and carrots until tender, add the peppers, shoots, milk and stock, bring to the boil and simmer for 30 mins. Create the garnish by frying sprouts until caramelised, then deglaze with soy sauce. Throw the prawns and broccoli into the soup, simmer for 10 mins. Season, bowl up, garnish with spring onion and voila!

**Souper hero:** Coconut milk is loaded with lauric acid, which the body converts to the antiviral compound monolaurin. **WB**

