



Quality you can taste

Gluten-Free Recipe Book

Chapter 2: Soul Warming Soups from the Massel Kitchen



Quality you can taste

Deliciously simple gluten-free soup recipes

Healthy and homemade, take the chill off this winter with irresistible soups and stews that you can sip and savor any time of day!

Checking all the boxes for health and flavor



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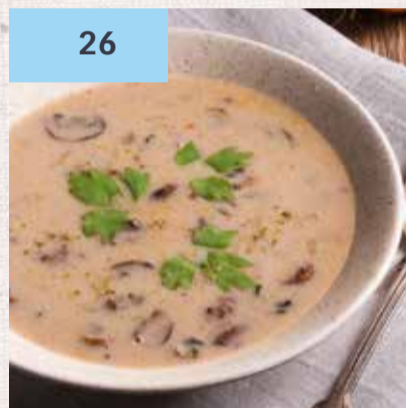
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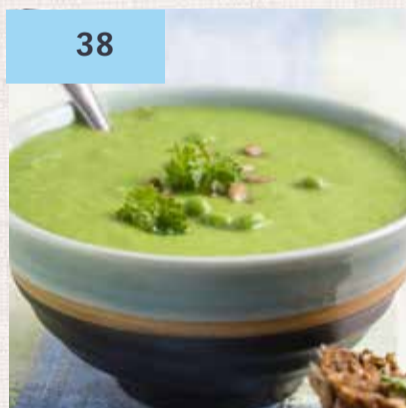
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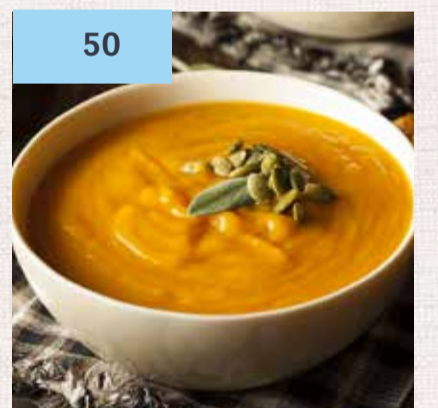
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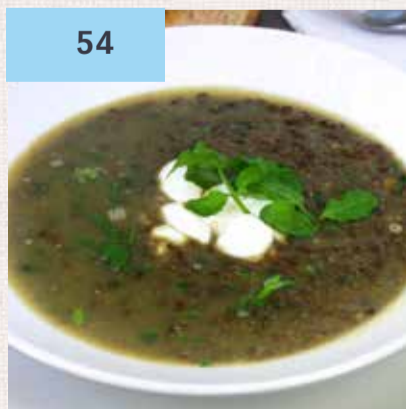
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SOUL-WARMING SOUPS FROM THE MASSEL KITCHEN

We love to cook at Massel. While our products can be used for a broad range of showstopping entrées and inventive sides, sometimes we like to throw it back to our roots with quick and simple soups and stews. Our classic bouillon cubes as well as our first-of-its-kind Concentrated Liquid Stock give you the most delectable broths to add to your favorite fresh ingredients.

January is National Soup Month, and with this next chapter of our recipe book you can get a jumpstart on the celebrations by sampling some of our most popular creations. There is something for everyone: thick and creamy bisques, hearty garden vegetable stews, and even a 30-minute pho brought to you by Meg van der Kruik from Beard and Bonnet.

These dishes are perfect for anyone looking for a healthy, great tasting gluten-free varieties of their favorite soups. Bask in the nostalgic warmth of your childhood favorites, and discover new possibilities with all-new combinations brought straight from our kitchen to yours.

Embrace the colder winter months with Massel!





Vegan Cream of Broccoli Soup

AUTHOR: Tess Masters | SERVES: 4-6 | Gluten-Free – Low-Fat – Vegan – Vegetarian



This brilliant broccoli bowl tastes like it's got gobs of cream in it, but the velvety texture comes from the alchemy created between the cauliflower and blanched almonds or cashews. **Oh, the amazing results you can get in your blender!** This soup is sensational, and freezes really well. Enjoy!

- *Tess Masters*

INGREDIENTS

7 cups Massel broth using Concentrated Liquid Stock OR 7's cubes, vegetable flavor

1 tablespoon grape seed oil OR extra virgin olive oil

2 teaspoons minced garlic (2 cloves)

1 cup yellow onion, diced

¼ teaspoon natural salt, plus more to taste

1½ cups cauliflower florets

8 cups broccoli florets, roughly chopped

¼ cup almonds, blanched and slivered OR cashews, raw and unsalted

⅛ teaspoon freshly ground black pepper, plus more to taste





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Vegan Cream of Broccoli Soup

METHOD

1. In a large saucepan, heat the oil over medium heat and sauté the garlic, onions, and 1/4 teaspoon of natural salt for about 5 minutes, until the onions are soft and translucent.
2. Add the cauliflower and sauté for another minute.
3. Add the Massel vegetable broth, increase the heat to high, and bring just to a boil. Reduce the heat to medium and simmer partially covered for about 10 minutes, until the cauliflower is just tender.
4. Add the broccoli. The broth may not completely cover the vegetables but the broccoli will release liquid as it cooks. Simmer for 3 to 5 minutes, just until the broccoli is al dente and still vibrant green. Be careful not to overcook.
5. Remove the saucepan from the heat and allow the soup to cool slightly; stir in the nuts. Pour the soup into your blender in batches and blast on high for 30 to 60 seconds, until smooth and creamy.
6. Return the soup to the saucepan and warm it over low heat. Season with salt and pepper to taste.
7. To serve, ladle the soup into bowls, and serve with crusty bread or a scoop of cooked grains.



Loaded **Baked Potato** **Soup**

AUTHOR: Massel | SERVES: 4 | Gluten-Free – Low-Fat – Vegan – Vegetarian



This recipe is inspired by the **comforting flavor of a jam-packed baked potato**. Everyone can pick the toppings that they like, whether if it is cheddar cheese, bacon or chives. **All the flavor and half the fat!** Ladle up bowls of comfort with no guilt.

INGREDIENTS

**2 Massel Ultracubes OR
½-pack Concentrated Liquid
Stock, chicken flavor**

4 cups water

1½ lbs potatoes, scrubbed and
diced

½ cup onion, grated

½ cup sour cream or vegan sour
cream

Freshly ground black pepper

OPTIONAL (for topping)

Crispy bacon bits or vegan
bacon bits

Chives, sipped or scallion greens,
finely chopped

Sharp cheddar cheese, grated

Jalapeño, finely diced







Loaded **Baked Potato Soup**

METHOD

1. Add potato, onion and Massel broth (made by combining Massel with water) to a soup pot.
2. Bring to a boil and then reduce to a simmer for 12-15 minutes, until potato is tender.
3. Stir in sour cream.
4. Blend with immersion or normal blender until texture is smooth.
5. Add pepper to taste.
6. Serve with desired toppings.





Easy 30-Minute Pho

AUTHOR: Meg van der Kruik, Beard + Bonnet | SERVES: 4 | Dairy-Free – Gluten-Free – Low-Fat – Vegan – Vegetarian



Make a few batches of the broth at once and store the extra broth in mason jars in the fridge. **It is the perfect sip when you are feeling under the weather** or are looking for a quick light lunch on the go!

- Meg van der Kruik, Beard + Bonnet

INGREDIENTS

- 1 pack Massel Concentrated Liquid Stock, chicken flavor
- 8 cups water
- 2 packages rice noodles (we prefer Pad Thai noodles)
- 2 teaspoons grapeseed oil
- 3 quarter-size slices fresh ginger, peeled
- 4 cloves garlic, thinly sliced
- 2 star anise, whole
- 1 stick cinnamon
- 1 teaspoon black peppercorns
- 4 tablespoons gluten-free soy sauce

OPTIONAL TOPPINGS:

- Firm tofu, sliced very thinly or cubed small
- Baby bok choy, cut into 1-inch pieces
- 1 large julienne carrot
- 1 heaping cup bean sprouts
- 1 bulb fennel, sliced thinly
- 1 jalapeño, sliced thinly
- Fresh basil, torn
- Fresh cilantro leaves
- 1 lime, sliced into wedges







Easy 30-Minute Pho

METHOD

1. Bring a large pot of salted water to a boil for the noodles.
2. In a stock pot, heat the oil over medium-high heat. Then sauté the ginger and garlic for about a minute – until very fragrant.
3. Add the water, Concentrated Liquid Stock, star anise, cinnamon, peppercorns and soy sauce. Bring to a simmer, then reduce the heat to keep a gentle simmer. Cook for 20 minutes, uncovered.
4. While the stock cooks, prepare your desired garnishes and place them on a plate or two to serve at the table.
5. Cook the noodles according to the package directions, drain and rinse, and then divide the noodles between 4 wide soup bowls.
6. When the stock is finished cooking, strain through a fine-mesh strainer. Taste and season with more gluten-free soy sauce if desired. Right before serving, bring the broth to a boil over high heat.
7. To serve, top the noodles with desired garnishes then ladle or pour the boiling stock over the top. Sprinkle fresh herbs and squeeze lime juice over the top.





Sausage, Potato and Greens **Soup**

AUTHOR: Massel | SERVES: 4-6 | Dairy-Free – Gluten-Free – Low-Fat

The sausage and greens balance beautifully with the potatoes and leeks in this hearty soup. **It can be served year-round, using your favorite seasonal greens.** Vegans can use any of the wide variety of vegan sausage available to you. **A squeeze of lemon at the end really brings a fresh finish!**

INGREDIENTS

3 Massel Ultracubes, beef flavor

6 cups water

1 large leek, cleaned and sliced

2-3 cups potatoes, sliced or cubed

1-2 sausage links, sliced

3-4 cups greens, cleaned (use preferred variety, such as spinach or kale)

4 sprigs fresh thyme or

1-2 teaspoons dried thyme

2 sprigs fresh rosemary or 1
teaspoon dried rosemary

½ teaspoon red pepper flakes

Juice of 2 lemons







Sausage, Potato and Greens Soup

METHOD

1. Dissolve Ultracubes into water and add all other ingredients to the stock, leaving out the lemon juice. Stir well.
 2. Simmer 20-30 minutes until the potato is cooked through.
 3. Fish out herb stems if using fresh thyme and rosemary.
 4. Stir in lemon juice and serve warm.
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Curried Cauliflower **Soup**

AUTHOR: Massel | SERVES: 1-3 | Dairy-Free – Gluten-Free – Vegan – Vegetarian



This is a super easy recipe that packs a **huge punch of flavor all while being fewer than 140 calories per serving.** Take your leftover soup to the office. It reheats well in the microwave, creating a **great afternoon snack** with a creamy texture that helps **keep you on-track to meet your health goals.**

INGREDIENTS

2 Massel Ultracubes OR ½-pack Concentrated Liquid Stock, chicken or vegetable flavor

4 cups water

1 2lb cauliflower head, trimmed and cut into florets

2 teaspoons curry powder

1 cup coconut milk

Freshly ground black pepper

½ teaspoon red pepper flakes (optional)







Curried Cauliflower **Soup**

METHOD

1. Place Massel stock, cauliflower, curry powder and pepper flakes in a soup pot.
2. Simmer over medium heat 8-9 minutes until cauliflower is tender.
3. Working in batches, purée the soup in a blender until smooth, and then return to soup pot. Alternatively, you can use an immersion blender to purée right in the pot.
4. Stir in the coconut milk and warm the soup.
5. Taste, adjust seasoning and serve.

TIP

Get creative with your toppings! Toasted cashews, parsley and hot sauce are all popular options, but a dash of olive oil works just as well.



Cream of Mushroom Soup

AUTHOR: Massel | SERVES: 4 | Dairy-Free – Gluten-Free – Low-Fat – Vegan – Vegetarian



This one is an easy family favorite. It is creamy and hearty; perfect for when your kids are sick at home. **It's also great for people with dairy allergies,** but those who eat dairy won't notice the difference.

INGREDIENTS

3 Massel Ultracubes, beef flavor

3 cups water

$\frac{3}{4}$ lb fresh mushrooms, sliced

$\frac{1}{2}$ small onion, diced

2 garlic cloves, minced

2 tablespoons all-purpose flour

1 tablespoon vegan margarine

2 teaspoons dried thyme

1 teaspoon dried rosemary

$\frac{1}{2}$ teaspoon oregano

1 cup sour cream or vegan sour cream

1 cup unsweetened soy milk

Splash of sherry

Freshly ground black pepper







Cream of **Mushroom** Soup

METHOD

1. In a large soup or stock pot, sauté mushrooms, onion and garlic in margarine for 3-5 minutes, until onions are soft.
2. Sprinkle in flour and stir while cooking for 1 more minute.
3. Reduce heat to medium-low and add Massel beef flavor broth. Cover and simmer for about 45 minutes.
4. Whisk in non-dairy sour cream, soy milk and sherry until combined. Allow to simmer for 10 more minutes—you want the alcohol to cook off a touch.
5. Soup should be thick and creamy; add water to thin out. Add pepper to taste and serve.



Coconut Milk **Soup** with **Salmon and Greens**

AUTHOR: Massel | SERVES: 4 | Dairy-Free – Gluten-Free



This creamy creation is **one you'll crave when you need a little self-care.** Use any greens or veggies that you have in the fridge! Though we choose salmon, **any omega-3 loaded fish that stands up well in broth will do just fine.** Add more peppers or fish sauce if you want a little more heat.

INGREDIENTS

3 Massel Ultracubes, vegetable flavor

3½ cups water

1½ cups coconut milk

1½ to 2 cups greens (our preference is spinach)

1 large jalapeño or chili pepper, finely chopped

6-8 oz salmon, cubed

½ cup cilantro

1 tablespoon fish sauce

2 teaspoons brown sugar







Coconut Milk **Soup** with **Salmon and Greens**

METHOD

1. Put water, coconut milk, Massel Ultracubes, jalapeño and greens into soup pot and bring to a low boil.
 2. Add salmon, cilantro, fish sauce and brown sugar. Simmer until fish is cooked through, but be careful not to overcook.
 3. Serve up steaming bowls. You can also serve over rice, if desired.
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Pantry **Bean Soup**

AUTHOR: Massel | SERVES: 4 | Dairy-Free – Gluten-Free – Low-Fat – Vegan – Vegetarian



When you're in literal need of clearing out the pantry, **this is the ideal way to get the job done.** Customize **with your own blend of beans and veggies**, and complement it with your favorite flavor of Massel bouillon! **It's that effortless, we swear.**

INGREDIENTS

**3 Massel 7's bouillon cubes OR
2 Ultracubes OR 2 teaspoons All
Purpose Bouillon & Seasoning,
chicken or vegetable flavor**

1 can navy beans

1 can butter beans

2 cans water

1 box frozen spinach

Juice of one lemon

½ teaspoon red pepper flakes







Pantry **Bean Soup**

METHOD

1. Add all ingredients to a soup pot and cook over medium heat for about 15 minutes.
 2. Cook until soup is heated all the way through. Add $\frac{1}{4}$ cup of small pasta (such as orzo) if desired, and continue to cook soup until pasta is tender.
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Fresh Pea Soup

AUTHOR: Massel | SERVES: 2-4 | Dairy-Free – Gluten-Free – Low-Fat – Vegan – Vegetarian



This is spring in a bowl and it **can be made in less than 15 minutes**. If you are in the mood, you can add herbs that you have on hand. Mint and dill are favorites around the Massel Kitchen.

INGREDIENTS

3 Massel Ultracubes, chicken or vegetable flavor

3½ cups water

1 shallot, finely chopped

3 garlic cloves, finely chopped

1 tablespoon olive oil

1 lb frozen peas







Fresh Pea Soup

METHOD

1. In a soup pan, heat olive oil with shallots and garlic.
2. When shallots and garlic are translucent, add water, peas and Massel Ultracubes.
3. Bring to a boil, then turn down to a gentle simmer.
4. When peas are tender, use immersion blender to cream the soup. You can leave in a bit of chunkiness if that's preferred,
5. Add freshly ground pepper to taste.

TIP

If you want a really creamy soup, blend a little longer with a pad of butter (or vegan butter) and a touch of milk (or unsweetened soy milk).



Stracciatella

AUTHOR: Massel | SERVES: 2 | Gluten-Free – Vegetarian



It sounds like a mouthful, but it's simply an egg drop soup, remixed with Massel! **It's also a great solution to get those finicky kids eating right.** Win-win.

INGREDIENTS

1 Massel Ultracube OR 2 7's bouillon cubes, chicken flavor

2½ cups water

4 tablespoons parmesan cheese, grated

2 tablespoons breadcrumbs

2 eggs

1 teaspoon parsley, finely chopped

Freshly ground black pepper







Stracciatella

METHOD

1. Bring water to a boil in your soup pot.
 2. In a bowl, mix eggs, parmesan cheese and breadcrumbs to make a runny paste. If too thick, add a little more water.
 3. When water is boiling, add Ultracube or 7's. Reduce heat.
 4. Gently pour the egg mixture into the boiling soup pot, while mixing with a fork. Be careful, because the mixture will swell and come out of the pot when it hits the soup.
 5. Remove from heat, wait one minute, and then stir well.
 6. Taste and adjust seasoning with some freshly ground pepper.
 7. Serve with chopped parsley or thyme leaves.
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Lemon Chicken **Soup**

AUTHOR: Massel | SERVES: 2-4 | Dairy-Free – Gluten-Free



You will not believe **how quick this soup is to make when it tastes like it has been simmering for hours.** To make vegan/vegetarian, switch out the chicken for some cubed tofu.

INGREDIENTS

- 4 Massel 7's bouillon cubes OR**
- 2 Ultracubes OR 4 teaspoons All Purpose Bouillon & Seasoning, chicken flavor**
- 4 cups water
- 2 chicken breasts, cooked and shredded
- ½ cup carrots, shredded or thinly sliced
- ½ cup onion, finely chopped
- ¼ cup celery, finely chopped
- 2 garlic cloves, finely chopped
- 2 tablespoons fresh parsley, chopped
- Juice of 1 lemon
- Freshly ground black pepper
- Cooked rice or rice noodles (optional)







Lemon Chicken **Soup**

METHOD

1. In medium saucepan, add all the ingredients through to lemon. Simmer for about 10-15 minutes until all the ingredients are cooked.
 2. Taste and season to your satisfaction.
 3. Add noodles or rice if desired, and heat through.
 4. Serve up a soothing bowl of comfort.
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Creamy Vegan Roasted Butternut Squash Soup

AUTHOR: Tess Masters | SERVES: 2 | Gluten-Free – Vegetarian



What I love about this butternut squash soup **is that it's so simple.** The ginger and cilantro root flavors are very mild, **allowing the natural sweetness of the butternut squash to be the star attraction.** Give it a try!

- Tess Masters

INGREDIENTS

8 cups broth using Massel Concentrated Liquid Stock OR 7's Bouillon cubes, vegetable flavor

4 tablespoons olive oil

2 medium butternut squash, cubed (8 cups)

2 medium carrots, chopped (about 2 cups)

1 medium onion, peeled and quartered (about 1 cup)

1 whole head garlic, peeled

1 bunch cilantro, finely chopped with roots separated in bunch

1/8 cup coconut milk (optional)

2 teaspoons fresh ginger, minced

1 teaspoon Celtic sea salt







Creamy Vegan Roasted Butternut Squash Soup

METHOD

1. Preheat your oven to 350° Fahrenheit.
2. Slice the butternut squash in half and scoop out the seeds.
3. Cut off the ends where the seeds have been scooped out, place peeled whole cloves of garlic in each cavity and place those pieces face down on the baking dish.
4. Peel and cut up the rest of the squash into large cubes and place in the baking dish with the cut up onion and carrot with some olive oil and a touch of Celtic sea salt.
5. Roast for one hour until just tender. In the mean time, heat 8 cups of vegetable stock.
6. Place the cilantro root in a large saucepan and cover with the hot vegetable stock. Allow this to steep while the vegetables roast.
7. Empty the roasted vegetables in to the saucepan, and scoop out the whole butternut squash sections that have been infused with the garlic into the saucepan; add the garlic.
8. Add the minced ginger and bring the pot to the boil, simmer for ten minutes, add the coconut milk and then allow to cool.
9. Remove the cilantro root and blend the soup in batches in your Vitamix, until thick and creamy (which will be a minute or two depending on the power of your blender).
10. Garnish with chopped cilantro and serve with a scoop of your favorite grain.



Simple **Lentil** Soup

AUTHOR: Massel | SERVES: 4-6 | Dairy-Free – Gluten-Free – Low-Fat – Vegan – Vegetarian



Lentils are outrageously good for you. Use them add a base and add whatever vegetables you have lying around. **A little cumin will give it a wow factor** that'll keep you making batch after batch!

INGREDIENTS

2 Massel Ultracubes OR ½-pack
Concentrated Liquid Stock, beef flavor

4 cups water

1 cup green lentils

Freshly ground black pepper







Simple **Lentil Soup**

METHOD

1. Put water, bouillon cubes and lentils into soup pot and bring to a boil. You can also add any vegetables at this stage.
 2. Turn down to a simmer for 45 minutes.
 3. Freshly grind up some pepper to taste, then serve up and enjoy!
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Cheddar **Broccoli** Soup

AUTHOR: Massel | SERVES: 2 | Gluten-Free – Vegetarian



If you have 20 minutes, **then you have time for this soup!**
This is comfort food at its best in a bowl, and you can even use your leftover broccoli from the night before.

INGREDIENTS

- 1 Massel 7's bouillon cube, chicken flavor**
- 2 teaspoons Massel All Purpose Bouillon & Seasoning, chicken or vegetable flavor
- 1 cup water
- 1 cup broccoli florets
- ¼ cup onion, grated
- ¼ cup cream
- ½ to ¾ cup sharp cheddar, grated







Cheddar **Broccoli** Soup

METHOD

1. Add broccoli, onion and stock (combining Massel with water) to a saucepan. Simmer until broccoli is tender.
2. Add cream. Blend soup in a blender, or use an immersion blender in the saucepan.
3. Return to medium heat, and adjust to taste using All Purpose Bouillon & Seasoning.
4. Slowly add grated cheese and stir until melted.

Soup Month is where Massel truly shines, but this is only the beginning! Visit our [Cookbook](#) page for Chapter 1, and if you liked these dishes half as much as we did, please sign up for our [newsletter](#).

We have many more recipes to share!

Future Chapters Include:

- Quick Dinner Ideas
- Bag Lunch Inspiration
- Favorite blogger-submitted recipes

Thanks so much for downloading this chapter of our cookbook.

Happy cooking!



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