

Baby Marrow Soup

Ingredients

- 1 punnet mushrooms
- 1 onion
- ½ tsp fresh garlic
- ½ tsp fresh parsley
- 12 baby marrows
- 750ml chicken stock
- 2 wedges low fat Melrose cheese
- salt and pepper to taste

Directions

1. Sauté onions, garlic and parsley.
2. Add mushrooms and baby marrow & fry until cooked.
3. Add stock & cook 25 minutes.
4. Add Melrose to the batch & allow to melt.
5. Liquidize



Lite White Sauce

DietSense

Ingredients

- 10 ml lite margarine
- 150 ml water
- 150 ml low fat milk
- 1/4 tsp salt
- 1/2 tsp mustard powder
- 45 ml flour

Directions

1. Melt the margarine over low heat.
2. Add the milk and water, then add the salt and mustard powder. Bring to a boil.
3. As soon as the milk boils, pour a little hot milk into the flour and stir.
4. Pour the flour and milk mixture back into the rest of the boiled milk and water.
5. Boil until the sauce thickens.
6. Add flavours



Flavours to choose from:

- Add black pepper and whole black pepper corns to taste = Creamy Pepper Sauce
- Add 1 cup chopped mushrooms = Mushroom Sauce
- Add 60g low fat cheese = Classic Cheese Sauce
- Add 2 garlic gloves or 1 Tbsp crushed garlic = Rich Garlic Sauce
- Add 2 tsp smoked paprika = Smoky Paprika Sauce
- Add 1/2 cup of fresh parsley and cook for 5 minutes = Fresh Creamy Sauces

Oven-Roasted Tomato and Basil Soup

Servings: 4 ● Prepping time: 10 min ● Cooking time: 25 min

Ingredients

- 15 ml Olive oil
- 1 onion peeled and roughly chopped
- 3 cloves garlic, peeled and chopped or 10ml crushed garlic (2t)
- 750g plum tomatoes cut into large chunks
- 1,25ml salt (1/4 t)
- freshly ground black pepper to taste
- 250ml fresh basil (1c or 30g)
- 1 tin whole tomatoes (410g)
- 10 ml chicken stock powder (2t) dissolve in 500ml boiling water
- 5-10ml sugar (1-2t)

Directions

1. Preheat oven to 200 C
2. Pour the oil into a baking tray and heat the oven until the oil is thin and runny, but not smoking.
3. Remove from oven and add onions, garlic, fresh tomatoes, salt and pepper and toss so that all the vegetables are covered with oil.
4. Roast the vegetables for 20 minutes, tossing from time to time.
5. Pour the vegetables into a blender, together with the basil and tinned tomatoes. Blend until smooth.
6. Pour into a saucepan, together with the prepared stock. Heat through on the stovetop. Add the sugar to balance the tartness of the tomatoes.
7. Serve with 1-2 slices of GI bread and a little of lower fat cheese.

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Chicken Pie with Filo Pastry



Servings: 4 ● Prepping & Cooking time: 1 hour and 10 minutes

DietSense

Ingredients

- 2 leeks, trimmed and finely sliced
- 1-2 cloves garlic, finely diced
- 2 carrots, peeled and diced
- 200g mushrooms, quartered
- 500g skinless chicken breast, diced
- 1 teaspoon dried tarragon/thyme
- 400ml chicken stock
- 200ml water
- Freshly ground black pepper, to taste
- 1 tablespoon cornflour, mixed with 2 tablespoons cold water to form a smooth paste
- 1 teaspoon Dijon mustard (optional)
- 2 tablespoons fat-free Greek-style yoghurt
- 4 sheets filo pastry, cut into quarters
- Light cooking oil spray

Directions

1. Preheat the oven to 190°C/Fan 170°C.
2. Put the leeks, garlic, carrots, mushrooms, chicken, tarragon/thyme, stock, water and black pepper into a large saucepan and cook over a medium heat for about 15 minutes, stirring regularly.
3. Mix in the cornflour paste and cook for a further 4-5 minutes until the sauce has thickened and the chicken pieces have cooked through.
4. Remove from the heat. Stir through the mustard and yoghurt, and transfer into an ovenproof dish.
5. Gently scrunch one quarter of a filo sheet and lightly place on top of the chicken mixture, repeat until the top of the pie is covered.
6. Lightly spray the filo pastry with cooking spray. Bake in the oven for 20 minutes, until the filo pastry is crisp and golden on the edges.
7. Serve with a salad or low carb veggies e.g. green beans, spinach, gem squash

Carb Clever Weight Loss Soup



Prepping Time: 10 minutes • Cooking Time: 25 minutes

Ingredients

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- 1 teaspoon olive oil
- small onion, diced
- 2 cloves garlic, crushed
- 4 cups cabbage, chopped (approx. ¼ head)
- 1 cup carrots, diced
- 1 cup green beans, chopped
- 2 whole bell peppers, chopped
- 2 cups cauliflower/broccoli florets
- Two tins (400ml each) diced tomatoes with juice
- 6 cups beef broth
- 2 tablespoons tomato paste
- 2 bay leaves
- ½ teaspoon thyme
- ½ teaspoon basil
- pepper to taste
- 2 cups zucchini, sliced

Directions

1. Heat olive oil in a large pot over medium heat. Add onion & garlic and cook until slightly softened, about 3 minutes.
2. Add cabbage, carrots, & green beans and cook for an additional 5 minutes.
3. Stir in bell peppers, cauliflower, undrained tomatoes, broth, tomato paste, bay leaves, and seasonings. Simmer 8-10 minutes.
4. Add in zucchini, simmer an additional 5 minutes or until softened.
5. Remove bay leaves before serving.