



WONDERCHEF®

Cook with Pride



Automatic
Soup Maker
Recipe Book



WONDERCHEF[®]

Cook with Pride



"For years I have done shows and written my books with just one thought in mind - empower women by enabling them to cook better. Besides a good recipe, a very important element for cooking well is the quality of the kitchenware used in your kitchen. To enable you to cook healthy and tasty food, Wonderchef develops unique & quality products across the world. Enjoy this range of premium cookware, appliances, bakeware and kitchen tools. Happy cooking!"

Sanjeev Kapoor



AUTOMATIC
SOUP MAKER

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HEALTHY CARROT
& GINGER SOUP

HEALTHY CARROT & GINGER SOUP

Ingredients

- 12 large carrots peeled and chopped
- 3 spring onions diced
- 1 cm cube ginger peeled
- 1 tsp oregano
- 600 ml water
- 4 tbs Greek yogurt
- salt & pepper

Prep Time
15 mins

Servings



Instructions

1. Place the chopped carrots into the Wonderchef Automatic Soup Maker.
2. Add the spring onions and cut them into medium slices.
3. Slice the ginger and add it along with the water and the seasoning.
4. Cook for 25 minutes on the Smooth feature.
5. Once cooked add the Greek yogurt and if needed some extra water.
6. Blend again and then serve!

Recipe Notes

Carrots are rather thick so instead of extra water you may prefer to add some courgette. Also to do a decent sized portion you need a lot of carrots and if you have a big family to feed, aim for a full bag of them. Low fat and warming, this is a healthy choice, especially during monsoon and winter.



CREAM OF
BROCCOLI SOUP

CREAM OF BROCCOLI SOUP

Ingredients

- 1/5 medium courgette
- 1 medium broccoli
- 1 small onion peeled
- 1 tsp oregano
- 1 tsp thyme
- 468 ml water
- 2 tbsp Greek yogurt
- salt & pepper

Prep Time
5 mins

Servings



Instructions

1. Chop your vegetables and add them to Wonderchef Automatic Soup Maker.
Put your broccoli into medium sized florets.
2. Add the water and seasoning.
3. Put in the soup maker and cook for 25 minutes on their Smooth feature.
4. Add the Greek yogurt and mix it in well.
5. Adjust with extra water if needed.
6. Serve!

Recipe Notes

Broccoli texture produces an incredibly thick soup so it is recommended that you either add extra water or more courgette in order to get a nice creamy soup. Broccoli is an excellent source of Vitamin C that speeds up metabolism and promoting weight-loss.



**FRENCH
ONION SOUP**

FRENCH ONION SOUP

Ingredients

- 5 large onions peeled
- 3 large carrots peeled
- 5 large celery sticks
- 2 tbsp greek yogurt
- 250 ml water
- 2 tsp chives
- 1 tsp mixed herbs
- 1 tsp thyme
- salt & pepper

Prep Time
5 mins

Servings



Instructions

1. Dice carrots and onions and place them in the Wonderchef Automatic Soup Maker.
2. Add the seasoning and water.
3. Add the Greek yogurt.
4. Cook on the Chunky feature for 25 minutes.
5. Serve!

Recipe Notes

French soup is lovely because of the chunks but if you want it smooth, blend it when it's cooked.



HEALTHY
GREEN SOUP

HEALTHY GREEN SOUP

Ingredients

- 1/3 large cabbage
- 1 medium courgette
- 1 medium green pepper
- 1 medium broccoli
- 1 tsp thyme
- 1 tsp parsley
- 1 tsp mustard
- 100 ml water
- salt & pepper

Prep Time
10 mins

Servings



Instructions

1. Slice up the cabbage, courgette and broccoli.
2. Remove the seeds from the pepper and dice it.
3. Place the vegetables into the Wonderchef Automatic Soup Maker along with the seasoning and the water.
4. Set it up on the Smooth feature for 25 minutes.
5. Serve!

Recipe Notes

You can mix and match the vegetables to suit your taste and whether you're detoxing or not, it is recommended to add spinach and kale to it if you have these available.



**CHICKEN
HOT N' SOUR SOUP**

CHICKEN HOT N' SOUR SOUP

Ingredients

- 750ml chicken stock
- 100ml water
- 200g sliced fresh mushrooms
- 50g bamboo shoots
- 3 slices fresh ginger
- 2 cloves garlic, crushed
- 2 tsp soy sauce
- 1/4 tsp dried crushed chillies
- 500g skinless, boneless chicken breast fillets - cut into strips
- 1 tbsp sesame oil
- 2 green onions, chopped
- handful chopped fresh coriander (optional)
- 3 tbsp white wine vinegar
- 2 tbsp cornflour
- 1 egg, beaten

Prep Time
15 mins

Servings



Instructions

1. Place the boneless chicken pieces into a bowl and toss with sesame oil to coat.
2. In a separate bowl, stir together cornflour and vinegar.
3. Pour the chicken stock, sesame coated chicken pieces, water, mushroom, bamboo shoots, ginger, garlic, soy sauce, salt, crushed chillies and then kept aside cornflour & vinegar in Wonderchef Automatic Soup Maker. Select Chunky feature.
4. Adding egg is optional.
5. Serve!



HOMEMADE
MINISTRONE SOUP

HOMEMADE MINESTRONE SOUP

Ingredients

- 6 large carrots
- 3 medium mushrooms
- 1 medium onion
- handful brussel sprouts
- ½ bag of spinach
- 3 fresh tomatoes
- 1 can tinned tomatoes
- 1 can kidney beans
- 50 g frozen peas
- 2 tsp garlic puree
- 2 tsp tomato puree
- 100 g pasta ditalini or similar
- 150 ml water
- 1 tsp oregano
- 1 tsp rosemary
- handful bay leaves
- salt & pepper

Prep Time
10 mins

Servings 

Instructions

1. Peel the carrots and the onion. Dice the onion, tomato, carrots and the mushrooms and add them to your Wonderchef Automatic Soup Maker.
2. Add the brussel sprouts, spinach, tinned tomatoes, kidney beans, peas, pasta and seasoning.
3. Pour the water over and cook for 25 minutes on the Chunky feature.
4. Serve!

Recipe Notes

You can change the pasta to suit your personal taste.



THAI VEGETABLE CURRY

THAI VEGETABLE CURRY

Ingredients

- 1 medium leek cleaned
- 3 large carrots
- 1 small courgette
- 200 g pumpkin peeled and diced
- 1 small red pepper
- 1 can coconut milk
- 1 tsp Thai curry paste
- 1 tsp garlic puree
- 1 tsp mustard
- 1 tsp coriander
- 2 tsp paprika
- 1 tsp mixed spices
- 100 ml water
- salt & pepper

Prep Time
5 mins

Servings

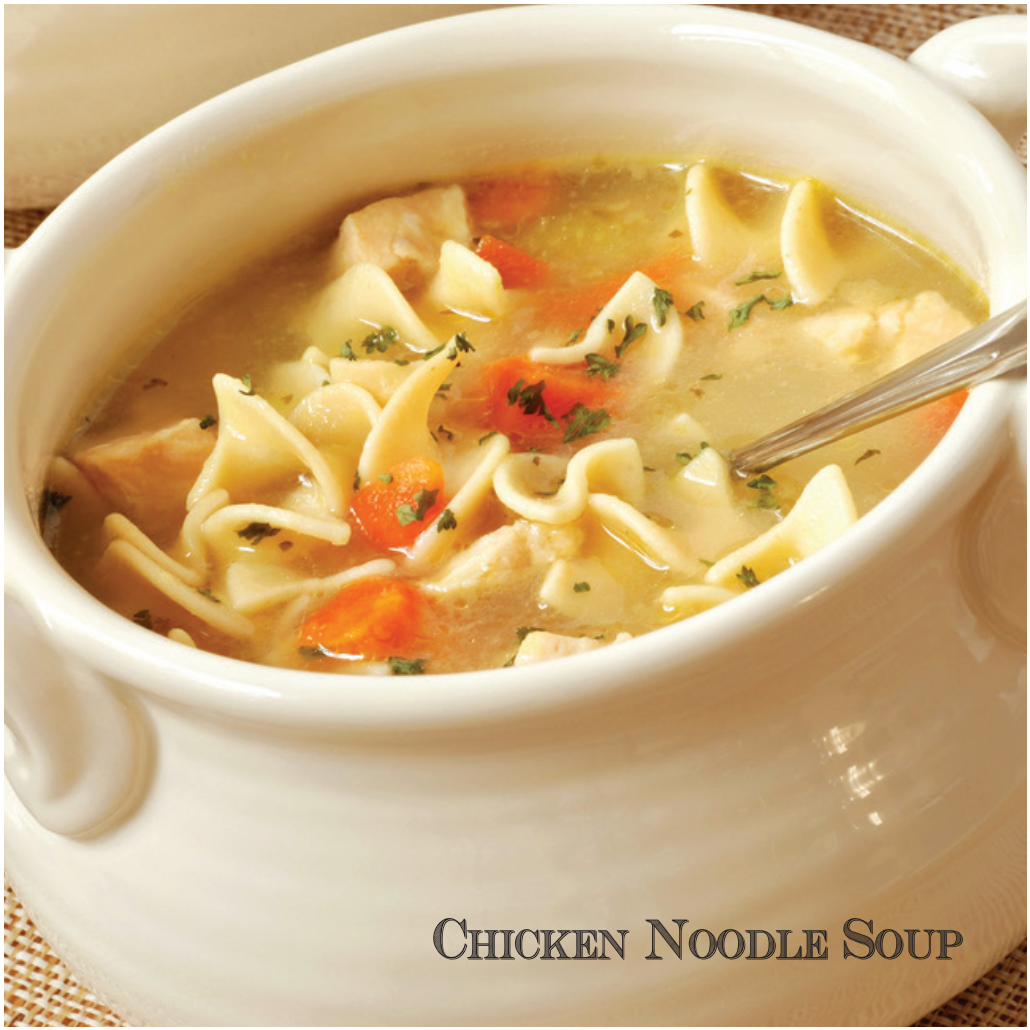


Instructions

1. Peel your carrots. Dice your leek, red pepper, carrots and courgette.
2. Place your vegetables into the Wonderchef Automatic Soup Maker and add water and coconut milk.
3. Sprinkle in seasoning.
4. Cook in soup maker on the Chunky feature for 25 minutes.
5. Serve it with crusty bread.

Recipe Notes

If you do want it meaty, reduce your vegetables by 30% and use chicken instead.



CHICKEN NOODLE SOUP

CHICKEN NOODLE SOUP

Ingredients

- 1 chicken breast
- 150 g pasta linguine
- 1 medium carrot
- 1 small onion
- 2 tsp garlic puree
- 2 tsp oregano
- 1 tsp basil
- 2 tsp tarragon
- 1 tsp thyme
- 2 tsp paprika
- 2 tbsp butter
- 100 ml water
- salt & pepper

Prep Time

5 mins

Servings



Instructions

1. Dice the chicken breast into bite-sized pieces.
2. Peel and dice onion and carrot.
3. Place the chicken, vegetables, seasonings and pasta into Wonderchef Automatic Soup Maker.
4. Finally, add water and cook on the Chunky feature for 25 minutes.
5. When it beeps add the butter and mix well.
6. Serve with garlic bread!

Recipe Notes

You can use egg noodles in a traditional chicken noodle soup. But the thickness of linguine (which is like fat spaghetti) works much better. But if you would like to change it to egg noodles then do so.



APPLE COMPOTE

APPLE COMPOTE

Ingredients

- 4-5 medium sized Green apple
- 1 cup sugar
- 1 tsp salt
- ¼ tsp cinnamon powder
- ½ inch roughly cut ginger pcs
- 2-3 pcs clove
- 1 pc lemon

Prep Time

5 mins

Servings



Instructions

1. Peel, core and dice the apples.
2. Put all ingredients in soup maker except Lemon juice. Add 200-250 ml of water and select the Compote feature in Wonderchef Automatic Soup Maker. Once apples are cooked, discard extra liquid if you wish to have a thicker concentrate and then manually blend 2-3 times.
3. Once cooled, add lemon juice and serve.

Recipe Notes

Full of fiber and Vitamin C, this soup is healthy and quite simple to make.



**PEACH & ORANGE
SMOOTHIE**

PEACH & ORANGE SMOOTHIE

Ingredients

- 400g canned peaches, including juice
- 400g oranges, peeled, skinless and sliced
- 600g orange juice, chilled

Prep Time

10 mins

Servings



Instructions

1. Drain peaches, reserving the juice for later.
2. Add peaches and oranges in the Wonderchef Automatic Soup Maker and blend until completely smooth using the Smooth feature.
3. Add a little of the peach juice at a time, until the drink is as per the thickness you prefer.



**RED PEPPER &
RED TOMATO SOUP**

RED PEPPER & RED TOMATO SOUP

Ingredients

- 1 kg cherry tomatoes
- 3 large red peppers
- 1 large onion peeled
- 100 ml water
- 250 g soft cream cheese - garlic and herb variety
- 1 tbsp oregano
- 1 tbsp mixed herbs
- 1 tbsp paprika
- salt & pepper

Prep Time
3 mins

Servings



Instructions

1. Place your cherry tomatoes in Wonderchef Automatic Soup Maker (no need to chop them).
2. Dice the onion and chop the peppers after removing their seeds.
3. Add water, seasoning and select the Smooth feature.
4. Add the soft cheese and blend for 15 seconds.
5. Serve with warm crusty bread!

Recipe Notes

The best thing about making tomato and pepper soup is that it makes huge portion sizes and is perfect if you want to be frugal.



CREAMY MOROCCAN
CARROT SOUP

CREAMY MOROCCAN CARROT SOUP

Ingredients

- 12 large carrots
- 1 large onion
- 1 red pepper
- 2 tsp garlic puree
- 1 tbsp honey
- 1 can coconut milk
- 100 ml water
- 1 tsp cinnamon
- 1 tsp turmeric
- 1 cm ginger cube peeled and grated
- 2 tbsp coriander
- salt & pepper

Prep Time
5 mins

Servings



Instructions

1. Peel & dice the carrots and onion. Also, dice the red pepper.
2. Place them in Wonderchef Automatic Soup Maker.
3. Add ginger, garlic and other seasoning.
4. Add the coconut milk and water and select the Smooth feature for 25 minutes.
5. Serve!

Recipe Notes

Due to more ingredients in this recipe, the preparation time is high. Creamy, dairy free, healthy and oh so yummy! Bon Appetit!



CHICKEN SHORBA

CHICKEN SHORBA

Ingredients

- 100 gms boneless chicken shredded
- 500 ml chicken stock
- 1 tbsp garlic finely chopped
- 1 tsp cumin seeds
- 1 tbsp white flour
- 2 tsp butter
- 1 tbsp oil
- salt & white pepper to taste

Prep Time
10 mins

Servings



Instructions

1. In a pan heat oil and let cumin seeds splutter.
2. Add chopped garlic and fry the shredded chicken pieces till tender.
3. Place all the ingredients in the Wonderchef Automatic Soup Maker and stir well.
4. Choose the Chunky feature.
5. Serve with salt & pepper!



CHICKEN SOUP

CHICKEN SOUP

Ingredients

- 300g pre-cooked chicken, shredded
- 100g potatoes, peeled & cubed
- 1 clove garlic, sliced
- 100g onions, finely chopped
- 1 tsp parsley, chopped
- 1 dessert spoon olive oil
- 600ml chicken or vegetable stock
- 100ml semi-skimmed milk or cream
- salt and pepper to taste

Prep Time
10 mins

Servings



Instructions

1. Saute the onion and garlic in the olive oil, then add to Wonderchef Automatic Soup Maker.
2. Add all the other ingredients to the soup maker and stir well.
3. Choose the Smooth function.
4. Serve with parsley sprinkled on top!

GLOSSARY

- Greek yoghurt - Hung curd
- Courgette - Small variety of vegetable marrow, cooked and eaten as a vegetable
- Thyme - Herb from the mint family
- Celery Stick - A vegetable with long pale green stalks
- Chives - Long thin hollow green leaves of a herb with purple flowers
- Mixed herbs - Mix of different dried herbs, ready to use
- Parsley - Herb with curly or flat green leaves, used to add flavor to food or garnish it
- Brussel sprouts - A green vegetable like a very small cabbage
- Kidney beans - Rajma
- Pasta ditalini - A pasta shaped like a small tube that is often used in soups
- Bay leaves - The aromatic dried leaf of the bay tree, used in cooking
- Leek - A plant related to the onion, with flat overlapping leaves
- Paprika - A powdered spice with a deep orange-red color
- Pasta linguine - A type of pasta in long, slender, flat strips
- Tarragon - European herb with narrow leaves which are used to add flavor to food



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MAX - 560Z

MIN - 460Z



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Cook with Pride



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