

TASTY SOUPS

April Blomgren

• from Around the Globe •

A Touch Of The World For Your Daily Servings



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BY

April Blomgren



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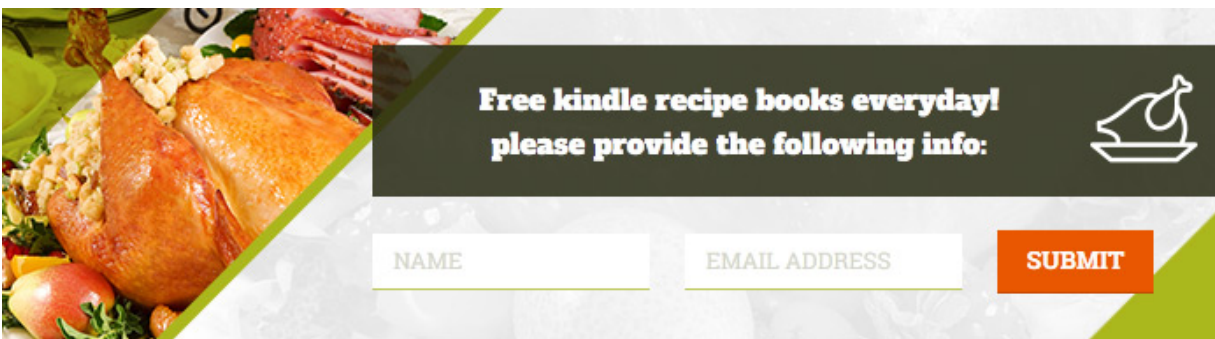
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Instructions



My friend's cooking style inspired this cookbook. She is a Recipe Developer and Nutritionist who loves to travel the world through her food.

Daily on her social media pages, she ensures to share foods from various parts of the world, which she makes beautifully.

In the coming cold days, soups are essentials for our diet. However, things could get boring when we consume the same types of soups daily.

Here is a way out for you – thirty fun and delicious recipes from around the world that you can incorporate into your meal plan.

These soups are delicious with ingredients that you will find in stores near you. They assemble quickly and give lovely cold-fighting feelings.

From Africa through Asia to Europe and America, there's a taste of each lovely place awaiting you in the recipes following.

It is going to be a fun time in your kitchen, making these soups with your family. I hope you enjoy each of them.

Welcome to my Tasty Soups from Around the Globe Cookbook.

Soupe Vichyssoise (Creamy Potato and Leek Soup) – France



French foods, especially this soup, inspire weight loss during the holidays. Such a hearty, satisfying yet straightforward and nourishing soup.

Serves: 4

Prep Time: 10 mins

Cook Time: 31 mins

Ingredients:

- 2 tbsp butter
- 1 medium white onion, chopped
- 2 large leeks, chopped
- 1 garlic clove, minced
- 3 potatoes, peeled and chopped
- 4 cups vegetable stock

- Salt and black pepper to taste
- ½ cup heavy cream or to taste
- ¼ tsp nutmeg powder
- Fresh dill sprigs for garnish

Instructions:

1. Melt butter in a large pot and sauté onion and leeks for 3 minutes or until tender. Mix in garlic and cook for 1 minute or until fragrant.
2. Add potatoes, vegetable broth, salt, and black pepper. Cover lid, bring to a boil, and then simmer for 20 to 25 minutes or until potatoes are tender.
3. Open lid and puree soup with an immersion blender until smooth. Adjust taste with salt, black pepper, and mix in heavy cream and nutmeg powder. Simmer for 1 to 2 minutes and turn heat off.
4. Dish soup, garnish with dill sprigs, and serve warm.

Fiskekrogen's Fish Soup - Norway



Fish soup is a global phenomenon and is a delight to explore its making from different parts of the world. This Norwegian version is available at almost every Lofoten Islands restaurant, which tells of its excellent taste. You can swap fish for other types like salmon or a seasonal fish.

Serves: 4

Prep Time: 10 mins

Cook Time: 11 mins

Chill Time: 1 hour

Ingredients:

For chive oil:

- 1 bunch chives
- 1 cup ice water
- ½ cup olive oil
- Salt to taste

For soup:

- 1 tbsp olive oil
- 1 ½ cup chopped carrots
- 2 celery stalks, chopped
- 2 yellow onions, chopped
- 1/3 cup dry white wine
- 2 cups fish stock
- Salt to taste
- 1 ½ lb. fresh halibut, cut into 1-inch cubes
- 4 cups heavy cream
- 1 cup crème fraîche or to taste
- Chopped fresh chives for garnish

Instructions:

For chive oil:

1. Bring a pot of salted water to a boil, add chives and cook over medium heat for 10 seconds. Remove chives and transfer to ice water. Squeeze out the excess water from the chives and roughly chop.

2. Put chives in a blender with a pinch of salt and blend on high speed while slowly pouring in olive oil until smooth. Chill the oil for 1 hour, then strain and reserve oil for serving.

For soup:

3. Heat olive oil in a large pot over medium heat and sauté carrots, celery, and onion for 5 minutes or until tender. Mix in wine and simmer for 6 minutes or until wine reduces by half.
4. Add fish stock, season with salt, and bring to a boil. Put in halibut and cook for 2 to 3 minutes. Stir in heavy cream, crème fraiche and adjust taste with salt – simmer for 1 to 2 minutes or until fish cooks.
5. Dish soup, drizzle with chive oil and garnish with chives. Serve warm with bread.

Easy Wonton Soup – China



You can find wonton soups in many Chinese restaurants in the US, and they taste so great. Have you dreamt of making it yourself one day? Here is an easy recipe for you. You can grab already made wontons from the grocery store to save you some energy and time.

Serves: 4

Prep Time: 10 mins

Cook Time: 15 mins

Ingredients:

- 2 cups frozen pork wontons
- 2 tsp sesame oil
- 2 garlic cloves, minced

- 1 tsp fresh ginger paste
- 7 cups chicken broth
- 1 carrot, peeled and thinly sliced diagonally
- 1 ½ cups sliced cremini mushrooms
- 1 lb jumbo shrimp, peeled and deveined
- 3 bok choy leaves, torn in halves
- 1/3 cup thinly sliced scallions

Instructions:

1. Bring a large pot of water to a boil and working in batches, add wontons and cook for 3 to 5 minutes per batch or until meat is no longer pink. Transfer wontons to a bowl and set aside.
2. Heat sesame oil in a large pot over medium heat and stir-fry garlic and ginger for 1 minute or until fragrant.
3. Stir in chicken broth, carrot, and mushrooms – bring to a boil and then simmer for 5 minutes or until vegetables soften.
4. Mix in shrimp and bok choy; cook for 3 to 4 minutes or until shrimp is pink. Season with salt and stir in wontons.
5. Dish soup and serve warm.

Clam Chowder – New England



Yes! Clam chowder is from New England, not the US. It is a tasty soup enjoyed across many cultures and earned its place in this cookbook. How do you like your chowder, porridge-thick or runny? However, you do, here's a sweet way to make chowder that you'll love.

Serves: 4

Prep Time: 10 mins

Cook Time: 40 mins

Ingredients:

- 1 ½ oz bacon, finely chopped

- 1 oz salted pork, chopped
- 2 tbsp butter
- 1 cup chopped white onion
- ¼ cup minced celery
- 1 garlic clove, minced
- 2 tbsp plain flour
- 3 cups clam juice
- 1 ¼ lb. potatoes, peeled and cut into ½-inch pieces
- 1/3 tsp dried thyme
- 1 bay leaf
- Salt and black pepper to taste
- 10 oz canned chopped clams
- 2 cups heavy cream
- Softened butter for serving

Instructions:

1. Add pork and bacon to a large pot and cook over medium heat for 10 minutes or until slightly brown. Drop in butter and let melt.
2. Stir in onion, celery, and cook for 3 minutes or until tender. Mix in garlic and cook for 1 minute or until fragrant. Combine flour into mixture and cook for another minute or until light brown.
3. Pour in clam juice, stir well until liquid is smooth, and then mix in potatoes, thyme, bay leaf, salt, and black pepper. Bring to a boil and then simmer for 20 to 25 minutes or until potatoes are fork-tender.
4. Discard bay leaf and add clams and heavy cream, stir well and adjust taste with salt and black pepper.
5. Dish soup, top with butter, and serve immediately with oyster crackers.

Lobster Bisque – France



We've loved lobster bisque for many days! Growing, I believed lobster bisque was my grandma's unique recipe, but now we all know that it hails from France. This soothing soup is everything we need for the chilled holiday mood.

Serves: 4

Prep Time: 10 mins

Cook Time: 29 mins

Ingredients:

- 6 tbsp butter
- ½ cup flour
- 2 tbsp Old Bay seasoning

- 2 cups water
- 2 tbsp tomato paste
- 6 cups whole milk
- Salt and black pepper to taste
- 1 lb. combined lobster meat, crabmeat, and peeled shrimp, chopped
- ½ cup heavy cream
- Chopped fresh chives for garnish

Instructions:

1. Melt butter in a medium pot over low heat and whisk in flour and Old Bay seasoning for 1 to 2 minutes or until smooth. Increase heat to medium and stir in water until smooth.
2. Mix in tomato paste and milk until smooth and cook for 10 minutes or until soup starts thickening, while often stirring to prevent burning.
3. Reduce heat to low; season soup with salt, black pepper, and stir in lobster meat, crabmeat, shrimp, and heavy cream. Simmer for 2 to 3 minutes or until seafood is opaque.
4. Dish soup, garnish with a little Old Bay seasoning, chives, and serve warm.

Kanuchi Soup – Cherokee, America



America is such a blend of many cultures that it almost becomes difficult to identify traditional American foods. This soup is one dug out of history for you. It is a hearty pecan soup excellent for Thanksgiving.

Serves: 4

Prep Time: 10 mins

Cook Time: 34 mins

Ingredients:

- 4 ounces raw shelled pecans, pasted
- 4 cups water
- Salt to taste
- 1 tbsp maple syrup

- 1 cup cooked whole hominy or potatoes, warm

Instructions:

1. Add pecan paste, water, and salt to a large pot. Bring to a boil over high heat, frequently whisking to incorporate nut paste with liquid. Reduce heat to low and simmer for 30 minutes or until soup thickens.
2. Stir in maple syrup and simmer for 2 to 3 minutes or until oils on top of soup emulsify with soup. Adjust taste with salt.
3. Dish soup, top with hominy or potatoes, and serve warm.

Goat Meat Pepper Soup – Nigerian



It is meaty, spicy, super-flavorful, and embodies the exciting culture of Nigeria. You will find pepper soup in any restaurant when in Nigeria, which works as a starter or main meal depending on your side dish choice.

Serves: 4

Prep Time: 10 mins

Cook Time: 45 mins

Ingredients:

- 2 lb goat meat, different cuts and cut into bite-size pieces
- 2 beef stock cubes

- 1 red scotch bonnet, finely chopped
- 1 small white onion, finely chopped
- Salt to taste
- 4 cups water
- 1 tbsp pepper soup spice (in African store)
- 2 tsp shrimp powder
- 1 tsp red chili flakes
- 1 tsp ginger powder
- 2 tsp dried uziza or scent leaves (in African store)

Instructions:

1. Add goat meat, stock cubes, scotch bonnet, half of onion, salt, and ¼ cup water. Cook for 30 minutes or until goat meat is very soft.
2. Add remaining water and mix in pepper soup spice, shrimp powder, red chili flakes, ginger powder, and remaining onion. Simmer for 10 minutes.
3. Mix in uziza leaves and simmer for 5 minutes or until flavors combine well.
4. Dish soup and serve with rice, yam, or bread.

Hungarian Fisherman's Soup – Hungary



Unfortunately, Hungarians don't eat much fish except during fish sales at Christmas. Most fish from Hungary comes from the lakes and rivers, making this freshwater fish perfect for fisherman soup. You'll find Hungarians enjoying fish either in this soup or fried.

Serves: 4

Prep Time: 10 mins

Cook Time: 2 hours 5 mins

Ingredients:

- 2 lb. fresh-water fish, cleaned and sliced
- 12 cups water
- 2 medium white onions, finely chopped

- Salt to taste
- 2 tbsp sweet paprika
- ¼ tbsp hot paprika
- 1 medium green bell pepper, deseeded
- 1 medium tomato
- ¾ cup tarhonya (egg barley)

Instructions:

1. Add fish, water, and onions to a large pot, and bring to a boil over medium heat.
2. Add both types of paprika, salt, bell pepper, and tomato; reduce heat to very low and simmer for 2 hours, shaking the pot occasionally to mix soup.
3. 20 minutes into the end of the cooking time, mix in tarhonya, making sure not to break fish pieces. Simmer until cooking time ends and adjust taste with salt.
4. Dish soup and serve warm with bread.

Firinda Soup – Uganda



Firinda is a traditional Ugandan soup made uniquely for weddings. It is not your everyday soup because of its laborious preparation. It requires soaking beans overnight and peeling the skin of each bean before making the soup. It sounds tiring, but trust me, all that hard work (therapeutic actually) will pay off when the soup is ready.

Serves: 4

Prep Time: 10 mins

Cook Time: 61 mins

Ingredients:

- 2 cups dry white beans, soaked overnight and peeled
- 1 tbsp vegetable oil

- 1 garlic clove, minced
- ½ tsp ginger powder
- Salt and black pepper to taste
- 3 large tomatoes
- 1 small onion
- ½ cups chopped scallions
- 1 tsp yellow curry powder

Instructions:

1. Add beans and enough water to cover to a large pot and cook over medium heat for 30 minutes or until tender. Take off heat and set aside.
2. Heat vegetable oil in another pot and sauté garlic, ginger, and salt for 1 minute or until fragrant. Stir in tomatoes and onion; cook for 3 minutes. Mix in beans with its cooking liquid, cover, and simmer for 20 to 30 minutes with occasional stirring until beans are flaky.
3. Take soup of fire and puree soup with a potato masher until creamy. Adjust taste with salt, black pepper, and scatter scallions on top.
4. Dish soup and serve warm.

Miso Soup – Japan



Miso soup has been all over social media lately as dieters adopt this soup into their routine. It boasts of many health benefits, but we love it for its excellent savory taste, its soothing feel down the gut, and the lightweight you get in your tummy.

Serves: 4

Prep Time: 10 mins

Cook Time: 12 mins

Ingredients:

- 1 large white onion, thinly sliced
- 1 tbsp dashi granules
- 4 cups water
- 3 to 4 tbsp miso paste
- Ichimi togarashi to taste

Instructions:

1. Add onion, dashi granules, and water to a large pot. Bring to a boil and then simmer for 10 to 12 minutes or until onions are tender.
2. Put miso paste in a small strainer and lower strainer into pot until soup covers miso paste. Stir miso paste with a spoon or chopstick until it fully dissolves.
3. Turn heat off, sprinkle with some ichimi togarashi and serve warm.

Okro Soup – Ghana



I have seen many people enjoy okras as snacks, but here is a more satisfying way to use them. This assorted meat packed okro soup is one of Ghana's best delights and one you should try. It uses okras to the best, which serves with local swallows, but you can enjoy it as it is or with crusty bread.

Serves: 4

Prep Time: 10 mins

Cook Time: 40 mins

Ingredients:

- 1 lb. smoked turkey or chicken pieces
- 2 chicken stock cubes

- Salt to taste
- 1 small red onion, finely chopped
- 1 medium red bell pepper, deseeded and cut into chunks
- 1 habanero pepper
- 3 tbsp shrimp powder
- 1 large dry smoked sole fish, cleaned and divided into 4 pieces
- 1 ½ lb. okro or okra, half sliced, and half minced
- 4 to 5 cups water
- ½ lb. baby spinach
- 1 lb. jumbo shrimp, peeled and deveined
- ½ to ¾ cup palm oil

Instructions:

1. Add turkey or chicken to a large pot, season with 1 stock cube, salt, and add half of onion –cook over low-medium heat for 10 minutes or until tender.
2. Add bell pepper, remaining onion, habanero pepper, and shrimp powder; stir and cook for 10 minutes or until bell peppers are tender and flavors release.
3. Mix in sole fish, cook for 5 minutes, and then add okros or okras with water. Season with other stock cube, salt, and cook uncovered for 7 to 10 minutes or until okros are tender with a bite to the teeth.
4. Add spinach, shrimp, and palm oil; simmer for 3 to 5 minutes or until spinach wilts and shrimp is pink and opaque.
5. Dish soup and serve warm.

Caldo Verde - Portugal



You don't often hear about Portuguese soups in restaurants worldwide, but they are some of the tastiest and healthiest that you can find. This soup incorporates fresh greens, bacon, and sausages into a hearty soup, which I find excellent for a starter.

Serves: 4

Prep Time: 10 mins

Cook Time: 55 mins

Ingredients:

- 2 lb. Yukon Gold potatoes, peeled
- 1 medium white onion, quartered
- 3 garlic cloves, minced

- 8 cups chicken broth
- ½ cup olive oil + extra for serving
- 1 bunch collard greens, thoroughly washed
- 1 lb. sausage, chorizo or kielbasa, thinly sliced
- 4 bacon slices, roughly chopped
- Salt and black pepper to taste

Instructions:

1. Add potatoes, onion, garlic, chicken broth, and olive oil to a large pot. Cover, bring to a boil, and then simmer for 20 to 25 minutes or until potatoes are tender.
2. Open lid and mash potatoes with an immersion blender until smooth. Stir in collard greens and simmer for 15 minutes.
3. Meanwhile, cook sausages and bacon in a skillet over medium heat for 10 minutes or until brown. Spoon sausages and bacon into soup, simmer for 5 minutes; adjust taste with salt and black pepper.
4. Dish soup, top with olive oil and enjoy warm.

Avgolemono Soup – Greece



Greece embodies the perfect Mediterranean vibe, and this soup gives us many reasons to get along with it. It is a velvety chicken soup excellent for servings all year round. It contains tart lemons and egg yolks to give it its unique identity from many other soups.

Serves: 4

Prep Time: 10 mins

Cook Time: 28 mins

Ingredients:

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 12 lemon zest strips

- 8 cups chicken stock
- ½ cup long-grain white rice
- 1 bay leaf
- 2 large egg yolks
- 2 large eggs
- ¼ cup fresh lemon juice
- 1 cup cooked shredded chicken
- Salt and black pepper to taste
- Fresh dill for garnish

Instructions:

1. Add olive oil, onion, and lemon strips to a large pot and sweat for 5 minutes or until fragrant.
2. Stir in chicken broth, rice, bay leaf, and bring to a boil. Reduce heat to low and simmer for 20 minutes or until rice is tender. Discard lemon strips and bay leaf.
3. Increase heat to medium, boil soup, and then reduce heat again to low. Puree soup with an immersion blender until smooth and turn heat off.
4. In a large bowl, whisk egg yolks, eggs, and lemon juice; season with salt and black pepper.
5. While still whisking, ladle 2 cups of broth into mixture until well combined and pour into the pot. Stir in chicken and adjust taste with salt and black pepper. Don't boil or simmer soup further else it will be gummy.
6. Dish soup, garnish with dill, and serve warm.

Tom Kha Gai – Thailand



Thailand makes some of the world's most delicious foods, so you will expect this soup to be terrific. It really is and perfect for late lunch or dinner.

Serves: 4

Prep Time: 10 mins

Cook Time: 35 mins

Ingredients:

- 1-inch piece ginger, peeled and smashed
- 2 stalks fresh lemongrass, cleaned and cut into quarters
- 10 lime leaves
- 6 cups chicken broth

- 1½ lb. chicken thighs, cut into 1-inch pieces (skinless and boneless)
- 8 oz oyster mushrooms, destemmed and chopped
- 2 cups coconut milk
- 1 tsp granulated sugar
- 2 tbsp fish sauce

For garnish:

- Chili oil
- Lime wedges
- Fresh cilantro leaves

Instructions:

1. Add ginger, lemongrass, lime leaves, and broth to a large pot, bring to a boil and simmer for 8 to 10 minutes. Strain broth into another pot and discard solids.
2. Add chicken to broth and cook over medium heat for 10 minutes. Stir in mushrooms and simmer for 10 to 15 minutes or until mushrooms and chicken are well cooked.
3. Mix in coconut milk, sugar, and fish sauce.
4. Dish soup, top with chili oil, lime wedges, and cilantro.

Catfish Soup – West African



West Africans share similar foods; you'll only find slight flavor and taste changes based on the local spices in origin. This catfish soup is one of the best ways to use catfish in your delicacies, and the taste, oh my, oh my, you'll be loving this dish for days.

Serves: 4

Prep Time: 10 mins

Cook Time: 20 mins

Ingredients:

- 8 small pieces of white yam
- 2 small shrimp stock cubes
- Salt to taste

- 1 tsp locust beans (found at African store)
- A handful of coarse shrimp powder
- 5 Utazi leaves
- 2 to 3 habanero peppers, finely chopped
- 1 large catfish, cut into 4 pieces

Instructions:

1. Add yam, stock cubes, salt, and enough water to cover yam. Cover, bring to a boil, and simmer for 10 to 12 minutes or until yam is tender. Remove yam into a mortar or food processor.
2. Stir locust beans, shrimp powder, Utazi leaves, habanero peppers, and catfish into soup, making sure not to break fish. Simmer on low heat while you prepare yam.
3. Pound yam with a pestle or blend in food processor until smooth, stretchy paste forms. Add lumps of yam paste to soup and simmer on low-medium heat for 5 minutes or until yam paste dissolves and soup thickens. Gently stir not to break fish and adjust taste with salt.
4. Dish soup and serve warm.

Pea Soup – Canada\



This soup is one of Canada's staples, which serves with dumplings sometimes. Since Canada has some of the longest and coldest winters, it is only right that a warm and filling soup like this one serves.

Serves: 4

Prep Time: 10 mins

Cook Time: 28 mins

Ingredients:

- ½ lb. yellow split peas
- 1 medium yellow onion, chopped
- 8 cups water
- 1 lb. thick ham, cubed
- 1 cup chopped carrots

- 1 cup chopped potatoes
- 1 cup chopped turnips
- Salt and black pepper to taste

Instructions:

1. Add split peas, onion, and water to a large pot. Bring to a boil and reduce heat to simmer.
2. Stir in remaining ingredients, season with salt, black pepper, cover, and cook for 20 to 25 minutes or until potatoes are tender.
3. Open lid and puree soup with an immersion blender until smooth; adjust taste with salt and black pepper.
4. Dish soup and serve warm.

Ajiaco - Columbia



Columbia may have had an issue of the illegal drug trade, but without that, Columbia is a beautiful country with lovely people and hearty foods. This chicken and potato soup is one to try for a comforting Sunday dinner.

Serves: 4

Prep Time: 10 mins + overnight marinating

Cook Time: 69 mins

Ingredients:

- 2 large chicken breasts, bone-in, and skin-on
- 1 large onion, chopped
- 5 garlic cloves, minced
- Salt and black pepper to taste

- 2 tbsp olive oil
- 4 cups chicken broth
- 2 bay leaves
- 6 guascas leaves
- 1 bunch scallions, cleaned and bound together
- ½ lb frozen russet potatoes
- 1 lb mixed potatoes, peeled and cut into bite-size chunks
- 3 ears fresh corn, cut into thirds
- 1 bunch fresh cilantro, clipped and bound together
- ¼ cup epis seasoning

For serving:

- Sour cream
- Sliced avocados
- Capers

Instructions:

1. Combine chicken, onion, garlic, salt, and black pepper in a bowl; cover and marinate overnight in the refrigerator. After, remove chicken and let return to room temperature.
2. Heat olive oil in a large pot and brown chicken with marinade ingredients for 3 minutes or until golden brown.
3. Pour in chicken broth, bay leaves, guacas leaves, scallions, salt, black pepper, and simmer covered for 10 minutes or until chicken cooks through. Remove chicken onto a plate and set aside.
4. Add all potatoes to the soup and cook for 30 to 35 minutes or until potatoes are very soft. Meanwhile, shred chicken into strands.

5. Return chicken to pot along with corn, cilantro, epis seasoning, and adjust taste with salt and black pepper. Simmer for 15 to 20 minutes.
6. Dish soup and serve with sour cream, avocados, and capers.

Gazpacho – Spain



Gazpacho is such a darling soup that lends its smooth, delicious taste to many homes in Europe and America. Gazpacho is a quick fix, requires no cooking time, and is excellent as a starter.

Serves: 4

Prep Time: 10 mins

Chill Time: 2 hours

Ingredients:

- 2 lb. tomatoes, cut into chunks
- 2 cucumbers, peeled and chopped
- 1 garlic clove, crushed
- ½ medium red bell pepper, seeds removed and chopped

- 2 tbsp sherry vinegar
- 1/3 cup water
- 1/3 cup olive oil + extra for garnish
- Salt and black pepper to taste
- Fresh croutons for serving
- Chopped fresh basil for garnish

Instructions:

1. Add all ingredients to a food processor except for croutons and basil; blend until smooth and adjust taste with salt and black pepper.
2. Pour soup into a bowl and chill for at least 2 hours.
3. Dish soup, top with croutons, garnish with basil, and serve.

Black Bean Soup – Mexico



Mexicans can cook! You will find Mexican delicacies in many restaurants worldwide, making this food culture an excellent global staple. This soup is an easy way to incorporate Mexican cuisine into your meals.

Serves: 4

Prep Time: 10 mins

Cook Time: 20 mins

Ingredients:

- 2 tbsp olive oil
- 2 carrots, peeled and roughly chopped
- 2 medium yellow onions, roughly chopped
- 4 garlic cloves, minced
- 2 (15 oz) cans black beans, drained and rinsed

- $\frac{3}{4}$ tsp dried oregano
- 1 $\frac{3}{4}$ cumin powder
- 1 tsp coriander powder
- $\frac{1}{8}$ tsp cayenne pepper
- 4 cups vegetable or chicken broth
- Salt and black pepper to taste
- 1 tbsp fresh lime juice
- Sour cream for serving
- Chopped fresh cilantro for garnish

Instructions:

1. Heat olive oil in a large pot and sauté carrots, onions, and garlic for 5 minutes or until tender.
2. Mix in black beans, oregano, cumin, coriander, cayenne pepper, broth, salt, and black pepper. Cover, bring to a boil, and then simmer for 15 minutes or until liquid reduces by a third.
3. Open lid, insert an immersion blender, and puree soup until smooth. Stir in lime juice and adjust taste with salt and black pepper.
4. Dish soup, top with sour cream, garnish with cilantro, and serve warm.

Sopa de Pollo – Cuba



A Caribbean flavor-packed classic that is easy to assemble. Enjoy this soup for lunch and fill up in a gentle way.

Serves: 4

Prep Time: 10 mins

Cook Time: 60 mins

Ingredients:

- 6 chicken thighs, skinless and boneless, cut into 1-inch cubes
- Salt and black pepper to taste
- 6 cups water
- 1 tbsp tomato paste

- 1 medium yellow onion, chopped
- 2 garlic cloves, minced
- 3 chicken bouillon cubes
- 1 tbsp dried oregano
- ¼ tsp saffron
- 2 potatoes, peeled and cut into bite-size cubes
- 1 medium carrot, chopped
- ½ lemon, juiced

Instructions:

1. Season chicken with salt, black pepper, and add to a large pot with water, tomato paste, onion, garlic, bouillon cubes, and oregano. Cover, bring to a boil, and then simmer for 30 minutes.
2. Add saffron, potatoes, carrot, and continue simmering for 30 minutes or until potatoes are tender.
3. Stir in lemon juice and adjust taste with salt and black pepper.
4. Dish soup and serve warm.

Red Lentil Soup – Turkey



Turkish spices hit you well from a distance, and this soup is a classic that embodies them well. If you haven't tried Turkish soup before, this famous one will go down smoothly.

Serves: 4

Prep Time: 10 mins

Cook Time: 25 mins

Ingredients:

- 1 tsp olive oil + extra for topping
- 1 medium onion, chopped
- 3 garlic cloves, minced
- Salt and black pepper to taste
- 1 medium carrot, chopped

- ½ tsp cumin powder
- ½ tsp oregano, dried
- ¼ tsp red pepper flakes
- ½ tsp paprika
- 1 tomato, chopped
- 1 tbsp tomato paste
- 1 tsp dried mint
- ½ cup red lentils
- 2 ½ cups vegetable broth
- 1 tbsp fresh lemon juice

Instructions:

1. Heat olive oil in a large pot and sauté onion and garlic for 3 minutes or until tender; season with a pinch of salt.
2. Stir in carrots and all spices; cook for 2 minutes. Mix in tomato, tomato paste, and mint; cook for 1 to 2 minutes.
3. Mix in red lentils, vegetable broth, salt, and simmer for 15 minutes or until lentils are tender.
4. Insert an immersion blender and puree soup until smooth; adjust taste with salt and black pepper. Stir in lemon juice and dish soup.
5. Garnish with more olive oil and enjoy.

Kartoffelsuppe – Germany



A German famous and comforting warm bowl of soup ready in little time and takes the chill feeling away.

Serves: 4

Prep Time: 10 mins

Cook Time: 33 mins

Ingredients:

- 2 tbsp olive oil
- 1 medium carrot, juiced
- 1 celery stalk, chopped
- 1 small onion, chopped
- 2 garlic cloves, minced

- 1 lb. potatoes, peeled and chopped
- 3 cups vegetable stock
- 1 bay leaf
- A pinch of cumin powder
- A pinch of nutmeg powder
- Salt and black pepper to taste
- $\frac{3}{4}$ cup heavy cream
- 1 tbsp butter
- 1 tbsp fresh lemon zest
- 1 scallion, cut into rings

Instructions:

1. Heat olive oil in a large pot and sauté carrot, celery, and onion for 5 minutes or until tender. Mix in garlic and cook for 1 minute or until fragrant.
2. Add potatoes, stock, bay leaf, cumin powder, nutmeg powder, salt, and black pepper to the pot. Mix well, cover, bring to a boil, and then simmer for 20 to 25 minutes or until potatoes are tender.
3. Puree soup with an immersion blender until smooth. Mix in heavy cream, butter, lemon zest, and adjust taste with salt and black pepper. Simmer for 1 to 2 minutes.
4. Dish soup, garnish with scallions, and serve warm.

Ogbono Soup – Nigerian



Enjoy this slimy soup made with dried wild mango seeds. Ogbono soup sits in assorted meats that make it taste unique. It is a hearty serving with swallow side dishes like the famous African fufu.

Serves: 4

Prep Time: 10 mins

Cook Time: 39 mins

Ingredients:

- 2 lb. assorted beef (stewing beef, tripe, and cow feet)
- 2 beef stock cubes
- Salt to taste
- $\frac{3}{4}$ cup palm oil

- 1 cup ogbono seeds, ground into powder (found in African store)
- 2 cups water
- 1 tbsp shrimp powder
- 1 tbsp cayenne pepper
- 1 cups chopped spinach
- 1 medium white onion

Instructions:

1. Add assorted meat, 1 stock cube, salt, and a little water into a large pot; cook over medium heat for 12 to 15 minutes or until meat is tender. Set aside.
2. Heat palm oil in another pot over low heat and stir-fry ogbono powder until well-coated in palm oil, break any lumps that form while stirring.
3. Drain meat stock into ogbono mixture and stir well. Add remaining water, mix well, bring to a boil and then simmer uncovered for 10 minutes, stirring occasionally.
4. Add meats, other stock cube, shrimp powder, cayenne pepper, and salt. Simmer for 10 minutes. Thin soup with some water if too thick.
5. Stir in spinach and onion, and simmer for 3 to 4 minutes or until spinach wilts.
6. Dish soup and serve warm.

Harira – Morocco



You will want to dig into this soup because the aroma calls you right to it. Moroccan spices never disappoint; with this chickpea and yogurt soup, you will be up for a treat.

Serves: 4

Prep Time: 10 mins

Cook Time: 34 mins

Ingredients:

- 2 tbsp olive oil
- 1 medium onion, chopped

- 3 celery stalks and leaves, chopped
- 4 garlic cloves, minced
- 1 tsp cumin powder
- ½ tsp cinnamon powder
- 1 tsp turmeric powder
- ¼ tsp ginger powder
- 1 (15 oz) can crushed tomatoes
- 1 tbsp harissa + extra for serving
- 8 cups vegetable stock
- 1 cup lentils
- 1 (15 oz) can chickpeas, drained
- 1 cup chopped fresh cilantro
- Salt to taste
- Greek yogurt for topping
- Toasted almonds for topping
- Lemon wedges to serve

Instructions:

1. Heat olive oil in a large pot and sauté onion, and celery for 3 minutes or until tender. Mix in cumin powder, cinnamon powder, turmeric, ginger, and cook for 1 minute or until fragrant.
2. Stir in harissa, vegetable stock, lentils, chickpeas; cover, bring to a boil and simmer for 30 minutes or until tender.
3. Stir in cilantro, adjust taste with salt, harissa, and dish soup.
4. Top with Greek yogurt, almonds and serve with lemon wedges.

Pho Ga – Vietnam



Pho Ga is one of Vietnam’s traditional soups made with chicken and noodles. You will mostly find it in the northern part of the country, which warms both heart and soul when enjoyed. It is flavor-packed, nutritious, straightforward to make yet sophisticated to the eyes.

Serves: 4

Prep Time: 10 mins

Cook Time: 36 mins

Ingredients:

- 3 chicken thighs, skinless and boneless
- 2-inch ginger, peeled and sliced vertically
- 5 large shallots, peeled

- 1 cinnamon stick
- 3 star anises
- 1 tbsp coriander seeds
- 1 black cardamom pod, cracked
- Salt to taste
- 9 cups of water
- 2 tbsp fish sauce
- Pho rice noodles
- For serving:
- Sliced fresh scallions
- Sliced bird-eye chili pepper
- Lime wedges

Instructions:

1. Bring a large pot of water to a boil and add chicken with a pinch of salt. Boil for 1 minute, remove chicken and discard liquid. Set chicken aside.
2. Dry roast ginger and shallots in a skillet for 2 to 3 minutes or until fragrant. Put ginger and shallot on a plate and set aside.
3. Add cinnamon stick, star anise, coriander seeds, and cardamom pod in the skillet and roast for 1 to 2 minutes or until flavors develop. Put spices in a spice pouch and tie-up.
4. In a large clean pot, add chicken, shallots, ginger, spice pouch, 2 teaspoons of salt, and water. Bring to a boil and skim off any foam that forms at the top. Reduce the heat to low and simmer for 15 to 20 minutes or until chicken cooks through.
5. Transfer chicken to a plate and shred into strands; discard spice pouch. Add chicken back to the pot with fish sauce and simmer for 10 minutes.

Adjust taste with salt.

6. Add pho noodles to serving bowls, top with scallions, chicken, and broth.
Serve with chili pepper and lime wedges.

Ribollita – Italy



Ribollita is no stranger to the American food culture because it incorporates well into the American eating style. This recipe teaches you to make it the best, and I hope you'll love it.

Serves: 4

Prep Time: 15 mins

Cook Time: 21 mins

Ingredients:

- 1/3 cup olive oil + extra for drizzling
- 2 celery stalks, chopped
- 1 large white onion, chopped
- 3 medium carrots, chopped

- 8 garlic cloves, minced
- 1 (28 oz) can chopped tomatoes
- $\frac{3}{4}$ tsp red chili flakes
- 4 cups water
- 1 small Parmesan rind
- Salt and black pepper to taste
- 1 (14 oz) can cannellini beans
- 2 cups kale, chopped
- $\frac{1}{2}$ loaf crusty bread

Instructions:

1. Heat olive oil over medium heat and sauté celery, onion, and carrots for 5 minutes or until tender. Stir in garlic and cook for 1 minute or until fragrant.
2. Mix in tomatoes, red chili flakes, water, Parmesan rind, salt, and black pepper. Bring to a boil and simmer for 10 to 12 minutes, discard Parmesan rind.
3. Stir in cannellini beans, kale, and simmer for 2 to 3 minutes or until kale wilts.
4. Dish soup and serve warm with crusty bread.

Supu Viazi – Tanzania



Tanzania doesn't only boast of crystal seas in the Zanzibar region but well-tasting foods too. This soup is a traditional one that looks similar to a European soup, making it comfortable to enjoy all year-round.

Serves: 4

Prep Time: 10 mins

Cook Time: 33 mins

Ingredients:

- 3 tbsp vegetable oil
- 1 medium green bell pepper, seeds removed and chopped
- 3 carrots, chopped
- 1 onion, chopped
- 3 garlic cloves, minced

- 3 tomatoes, chopped
- 4 cups water
- 3 lb. potatoes, peeled and cubes
- Salt and black pepper to taste
- 1 (15 oz) can coconut milk
- Sliced avocados for serving

Instructions:

1. Heat vegetable oil over medium heat and cook bell pepper, carrots, and onion for 5 minutes or until tender. Stir in garlic and cook for 1 minute or until fragrant.
2. Mix in tomatoes, water, potatoes, salt, and black pepper. Bring to a boil and simmer for 20 to 25 minutes or until potatoes are tender.
3. Mix in coconut milk; simmer for 1 to 2 minutes and adjust taste with salt and black pepper.
4. Dish soup, top with avocados and serve warm.

Pumpkin Soup – Australian



Pumpkin soup is a hearty treat for the cold night, but have you tried it the Australian way yet? This recipe includes green apples for some tartness and sage oil that balances the flavor right.

Serves: 4

Prep Time: 10 mins

Cook Time: 51 mins

Ingredients:

- 3 tbsp olive oil + extra for topping
- 2 tbsp chopped fresh sage
- 2 lb. pumpkin, peeled, deseeded, and cut into wedges
- 2 brown onions, peeled and chopped
- 3 green apples, cored, peeled, and roughly chopped
- 5 garlic cloves, peeled and crushed

- 1 tsp cinnamon powder
- ½ tsp nutmeg powder
- Salt and black pepper to taste
- 8 cups chicken broth

For topping:

- Sage oil
- Crème fraiche
- 1 green apple, cored and sliced
- 2 tbsp toasted hazelnuts

Instructions:

1. Heat olive oil in a small pot over low heat and sauté sage leaves for 30 seconds or until fragrant. Strain oil and set aside for serving.
2. Preheat oven to 360 degrees F.
3. Add pumpkin, onion, apples, and garlic to a baking tray. Drizzle with olive oil, season with cinnamon powder, nutmeg powder, salt, and black pepper; toss well. Bake in oven for 30 to 40 minutes or until pumpkin is tender.
4. Transfer vegetable mixture to a large pot, add broth and bring to a boil. Reduce heat to low and simmer for 10 minutes.
5. Insert an immersion blender and puree soup until smooth; adjust taste with salt and black pepper.
6. Dish soup and top with sage oil, crème fraiche, apple, and hazelnuts. Serve warm.

Chupe de Camarones – Peru



Many shrimp bless Peru, which sits right at the sea's shore; hence, making this soup its national dish. It is full of different elements to make it an excellent homely meal.

Serves: 4

Prep Time: 10 mins

Cook Time: 61 mins

Ingredients:

- 2 lb. shrimp, including heads and shells
- 3 2/3 cups water or more as needed
- 2 tbsp olive oil
- 1/2 small red onion, finely chopped

- 2 garlic cloves, minced
- 1 tsp chili paste
- 1 tbsp tomato paste
- 1/4 cup long-grain white rice
- 1 cup peas, fresh or frozen
- 2 ears corn, cut into 1 1/2 -inch chunks
- 1 lb. russet potato, peeled and cut into 1 1/2-inch chunks
- Salt to taste
- 1/2 cup queso fresco, cut into 1/2 -inch cubes
- 1 cup evaporated milk
- 1 tbsp fresh oregano, chopped
- 4 small eggs

Instructions:

1. Add shrimp head and shells into a medium pot, cover with water and bring to a boil. Reduce heat and simmer for 13 minutes.
2. Meanwhile, heat olive oil in a large pot over medium heat and sauté onion and garlic for 3 minutes or until tender. Stir in chili paste, tomato paste, reduce the heat to low, and cook for 10 minutes.
3. Puree shrimp head mixture and strain through a fine-mesh; reserve liquid.
4. Pour 4 cups of shrimp liquid into onion mixture and bring to a boil. Stir in rice, peas, and corn; simmer for 10 minutes. Mix in potatoes and season with salt; simmer for 15 to 20 minutes or until potatoes are tender.
5. Stir in shrimp and queso fresco; cook for 2 to 3 minutes or until shrimp is pink and opaque. Add oregano and evaporated milk.
6. Crack eggs into soup while keeping them separate; cook for 2 to 3 minutes or until egg whites set.

7. Dish soup and serve warm.

Bacon and Cabbage Soup – Ireland



An easy to make and hearty soup that is perfect for winter. It is an excellent beginner soup and tastes fantastic down the throat.

Serves: 4

Prep Time: 10 mins

Cook Time: 38 mins

Ingredients:

- ½ lb. Irish bacon, chopped
- 2 large potatoes, peeled and chopped
- 1 cup chicken stock
- 1 (15 oz) can chopped tomatoes with juice

- Salt and black pepper to taste
- 2 cups thinly sliced green cabbage

Instructions:

1. Cook bacon in a large pot for 10 minutes or until brown and crispy. Transfer to a paper towel-lined plate to drain grease.
2. Add potatoes, chicken stock, tomatoes with juice, salt, and black pepper to pot; bring to a boil and simmer for 20 to 25 minutes or until potatoes are tender.
3. Stir in cabbage and simmer for 2 to 3 minutes or until softened. Mix in bacon and adjust taste with salt.
4. Dish soup and serve warm.

Conclusion

Which soup did you like the most? What plans do you have to make it?

These soups confirm our unity, with the freedom to enjoy life in the heartiest ways.

As you dream about your travel fantasies, these soups will hold you up until you can visit their origins. I hope you enjoy them.

I wish you the best times as you make them.

Cheers!

Author's Afterthoughts



Thanks ever so much to each of my cherished readers for investing the time to read this book!

I know you could have picked from many other books but you chose this one. So a big thanks for buying this book and reading all the way to the end.

*If you enjoyed this book or received value from it, I'd like to ask you for a favor. Please take a few minutes to post an honest and heartfelt review on **Amazon.com**. Your support does make a difference and helps to benefit other people.*

Thanks!

April Blomgren

About the Author



April Blomgren

Hello everyone! Are you ready to grill tonight? My name is April and I love to cook and entertain friends and family almost every weekend. If you share my passion for great food, easy preparation time but mouthwatering results, you and I are going to get along just fine!

I think a successful meal among loved ones is based on a few key factors: fresh ingredients and appropriate cooking method. Some meats for example, can truly benefit from being marinated overnight, and will be at their best prepared on the grill. Another aspect of cooking I must insist on, no matter what your cooking style is: rely on the use of herbs and spices. Please favor fresh herbs each time you can. However, I understand that it

may be difficult during certain periods of the year, so simply keep a well-stocked pantry of dried basic herbs and spices such as cinnamon, nutmeg, basil, oregano, thyme or any other favorites.

Finally, once you embark that exciting culinary journey with me, you will realize that simplicity is also one of my allied. Don't overthink when cooking. Inspire yourself of recipes, have fun doing it and taste as you go. Sure, you might once in a while burn a few pork chops or use too much salt in your sauce, you are just human. Cooking is not about succeeding every time, it is about the opportunity to learn and get better. Don't be afraid to taste your dishes along the way, adjust the seasonings and serve accordingly.