easy
simple
delicious

17 easy recipes for your Total Control Soup Maker from winter to summer.
recipe directory

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DISCLAIMER: images in this booklet are for pictorial reference only and may differ from the actual recipe. For more information, visit www.morphyrichards.com.au.
step 1: prep
prepare all of your ingredients and place them into the total control soup maker. make sure you prepare your ingredients as specified in the recipe.


step 2: select
select the function specified in the recipe. some recipes might require you to change the function mid-cooking.

step 3: serve
serve however you like! just be mindful that the soup will be piping hot and be careful when you are serving and enjoying your soup!

how to control your Total Control Soup Maker?
press the ‘mode’ button to select the function you want to use. the light will indicate which mode you are on.
press the ‘portion’ button to select how many servings you want to make.
press the ‘start/stop’ button once to start the model, and again to stop. hold the button to reset your total control soup maker.
Asian Mixed Mushroom Soup

Ingredients:
- 2 teaspoons oil
- 1 clove garlic, crushed
- 1 small red chilli, deseeded and finely chopped
- 2 teaspoons finely chopped ginger
- 200g brown cup mushrooms, sliced
- 100g shimeji or oyster mushrooms, sliced if preferred
- 250g frozen fish balls (available from the supermarket)
- 4 cups (1L) hot fish or vegetable stock
- 2 tablespoons oyster sauce
- 2 teaspoons fish sauce
- ¼ teaspoon sesame oil
- 200g long-life udon noodles
- 1 bunch baby bok choy, white part chopped and green tops shredded (keep green tops aside to add to soup at the end of cooking)
- 100g enoki mushrooms
- ½ cup coriander leaves
- 2 shallots, thinly sliced diagonally

Method:
1. Select the sauté mode on the total control soup maker. Allow to heat for 1 minute with the lid on; add oil, garlic, ginger, chilli, brown and oyster mushrooms; replace lid and cook for 4 minutes or until tender.
2. Add fish balls, enough stock to reach 4P, oyster sauce, fish sauce and sesame oil; replace lid.
3. Select the chunky mode, 2P and press start. The Total Control Soup Maker will countdown from 25 minutes; when 5 minutes remain, add udon noodles and the white part of the bok choy; when the soup has finished cooking, add enoki mushrooms, coriander, shallots and the green part of the bok choy; stir through and serve with chilli if desired.

This is a wonderfully light and tasty Asian soup, full of mushrooms and made hearty with noodles & fish balls! Use any mushroom varieties you like!

Suitable for: Spring, Autumn

Additional Information:
- Pescatarian friendly
asparagus and pea soup

this soup is a great choice for spring or autumn soup – fresh, light and healthy! serve warm or even chilled for summer if you like!

method:
select the sauté mode on the Total Control Soup Maker. allow to heat for 1 minute with the lid on; add oil, leeks and asparagus.
replace lid and cook, stirring occasionally, for 3 minutes or until soft.
add peas, lemon rind, dill, stock and salt and pepper. replace lid; select the smooth mode and 4P, then start.
after cooking, ladle into bowls; serve with asparagus spears, dill and extra pepper if desired.

ingredients:

2 teaspoons olive oil
1 leek, white part only, chopped
3 bunches asparagus, trimmed and chopped (reserve 4 tips, halved and blanched for garnish)
1 cup frozen peas
1 teaspoon grated lemon rind

1 tablespoon chopped dill
3 cups (750ml) hot vegetable or chicken stock
salt and freshly ground pepper to taste
dill, to serve

suitable for:
vegetarian
 gluten free
 spring
 autumn
 winter

additional information:
creamy indian pumpkin and coconut soup

a beautifully smooth spiced soup, with the added richness of coconut milk. you could also try it with sweet potato!

method:

select the sauté mode on the Total Control Soup Maker. allow to heat for 1 minute with the lid on; add oil, onion and garlic. replace lid and cook, stirring occasionally, for 3 minutes or until soft; add curry paste, replace lid and cook for 1 minute or until fragrant.

add pumpkin, coconut milk and enough stock to come to the 4P level. replace lid; press the smooth mode and 4P, then start.

after cooking, ladle into bowls. divide cream between bowls and sprinkle with chives to serve.

ingredients:

- 1 tablespoon vegetable oil
- 1 medium onion, roughly chopped
- 2 cloves garlic, peeled
- 2 tablespoons Indian curry paste (like tikka marsala)
- 1kg butternut pumpkin, peeled, deseeded and cut into 3cm cubes
- 270ml can coconut milk
- 2-3 cups (500 – 750ml) hot vegetable stock
- 1/3 cup thickened cream, to serve, optional
- Snipped chives, to serve

suitable for: winter, autumn

additional information: mildly spicy, vegan friendly

4 serves  ★★★ difficulty  26 minutes
dumpling soup

who doesn’t love dumplings? this easy colourful soup will become a family favourite – it’s light and delicious, making it a great choice for spring or autumn!

method:

select the sauté mode on the Total Control Soup Maker. allow to heat for 1 minute with the lid on; add oil, garlic, ginger and chilli; replace lid and cook for 1 minute or until fragrant.

add carrot, zucchini, mushrooms, dumplings, enough stock to reach the 4P level, soy sauce and salt and pepper to taste; replace lid. press the chunky mode and 2P*, then start.

after cooking, to serve, divide soup between bowls and top with shallots and coriander.

*(the 2 portion cooking time is ideal for this recipe)

ingredients:

2 teaspoons vegetable oil
1 clove garlic, crushed
2 teaspoons finely chopped ginger
1 red chilli, thinly sliced
1 medium carrot, cut into ribbons with a vegetable peeler
1 medium zucchini, cut into ribbons with a vegetable peeler
4 medium button mushrooms, sliced
200g packet dumplings of your choice
4 cups (1L) hot chicken stock
2 tablespoons soy sauce
Salt and pepper to taste
2 shallots, thinly sliced, to serve
coriander sprigs, to serve

suitable for:

spring
autumn

additional information:

non dairy
hearty bean, chickpea and risoni soup

full of goodness and just right for the cold winter months!

method:
select the sauté mode on the Total Control Soup Maker. allow to heat for 1 minute with the lid on; add oil, onion, capsicum and garlic; replace lid and cook for 3 minutes; add cumin and coriander and cook for 1 minute or until fragrant.

add tomatoes, tomato paste, beans, chickpeas, corn, enough stock to reach the 4P level, and risoni; replace lid. select the chunky mode and 4P to start.

after cooking, divide soup between bowls and top with coriander, avocado and fetta. serve with corn chips if desired.

ingredients:
1 tablespoon olive oil
1 medium onion, finely chopped
1 red capsicum, chopped
2 cloves garlic, crushed
2 teaspoons ground cumin
1 teaspoon ground coriander
400g can diced tomatoes
1 tablespoon tomato paste
400g black beans, drained
400g chickpeas, drained
1 cup frozen corn kernels
3 cups (750ml) chicken stock
1/3 cup risoni
chopped coriander leaves, to serve
diced avocado, to serve
chopped feta, to serve
corn chips to serve, if desired

suitable for:
winter
autumn
spring

additional information:
non dairy
hearty corn and bacon soup

for a novel serving suggestion, top the soup with popcorn! It adds an extra dimension and crunch to this hearty soup!

method:

select the sauté mode on the Total Control Soup Maker. allow to heat for 1 minute with the lid on; add butter, onion, garlic and bacon. replace lid and cook, stirring occasionally, for 2-3 minutes or until soft and until fragrant.

add corn, potato and enough stock to come to the 4P level; replace lid. select the smooth mode and 4P, then start.

after cooking, ladle into bowls; divide cream between bowls and serve topped with popcorn, parsley and freshly ground black pepper.

ingredients:

1 tablespoon butter
1 onion, chopped
2 cloves garlic, peeled
2 short cut bacon rashers, finely chopped
4 fresh corn cobs (or 8 frozen cobs), kernels removed with a sharp knife
1 medium potato, peeled and roughly chopped into 2 cm pieces
3-4 cups chicken stock
1/3 cup thickened cream, to serve
popcorn, to serve
parsley and freshly ground black pepper, to serve
lentil, vegetable and pasta soup

rich, thick and tasty – and so warming on those cold winter nights!

Method:
select the sauté mode on the Total Control Soup Maker. Allow to heat for 1 minute with the lid on; add oil, onion, carrot, zucchini and celery; replace lid and cook for 3-4 minutes or until tender.

Add lentils, tomatoes, tomato paste, enough stock to reach the 4P level and pasta; replace lid. Select the chunky mode and 4P; press start.

After cooking, divide soup between bowls and top with parsley and parmesan.

Ingredients:
1 tablespoon olive oil
1 onion, chopped
2 medium carrots, diced
1 medium zucchini, diced
2 sticks celery, thinly sliced
400g can lentils, rinsed and drained
400g can diced tomatoes
2 tablespoons tomato paste
3 cups hot chicken stock
1/3 cup small pasta shells
chopped parsley, to serve
shaved parmesan, to serve

suitable for:
winter autumn

Additional Information:
non-dairy
mulligatawny soup

the flavours of India will be enjoyed by the whole family with this tasty, warming soup, which has been made hearty by the addition of rice!

method:

select the sauté mode on the Total Control Soup Maker. allow to heat for 1 minute with the lid on; add oil, onion, garlic and ginger; replace lid and cook, stirring occasionally for 3 minutes or until soft. add curry paste and tomato paste; cook 1 minute or until fragrant.

add celery, carrot, zucchini, peas, enough stock to reach the 4P level, rice and coriander; replace lid. select the chunky mode and 4P; then start.

after cooking, serve as is.

ingredients:

1 tablespoon vegetable oil
1 medium onion, chopped
2 cloves garlic, crushed
2 teaspoons finely chopped ginger
2 tablespoons Indian curry paste
1 tablespoon tomato paste
2 celery stalks, sliced
1 carrot, chopped
1 small zucchini, chopped
1 cup frozen peas
3-4 cups hot vegetable or chicken stock
1/3 cup basmati rice
1/3 cup chopped coriander

suitable for:

winter
spring
autumn

additional information:

vegetarian option
mildly spicy
non dairy
potato and corn chowder

not smooth and not chunky, but in between! this chowder is sure to please, served with crusty bread!

method:
select the sauté mode on the Total Control Soup Maker. allow to heat for 1 minute with the lid on; add oil, onion, garlic, carrot, and celery; replace lid and cook, stirring occasionally, for 3-4 minutes or until soft.
add flour and cook for 1 minute; add potatoes, corn, creamed corn, cream and enough stock to reach
4P. select the ‘medium’ mode and 4P, then start.
after cooking, serve with sprinkled with shallots.

ingredients:
1 tablespoon olive oil 1 small onion, chopped
1 clove garlic, crushed 1 carrot, finely chopped
1 stick celery, chopped 1½ tablespoons plain flour
4 medium potatoes, cut into 2 cm pieces 300g can creamed corn
400g can corn kernels, drained
125ml cream
3 – 4 cups hot vegetable or chicken stock
sliced shallots, to serve

suitable for:

- winter
- autumn

additional information:

vegetarian friendly
potato and leek soup

a classic smooth soup that's so simple to make!

method:

select the sauté mode on the Total Control Soup Maker. allow to heat for 1 minute with the lid on; add oil, onion, leek and garlic. replace lid and cook, stirring occasionally, for 3 minutes or until soft.

add potato and enough stock to come to the 4P level; replace lid, select the smooth mode and 4P, then start.

after cooking, ladle into bowls. serve with freshly ground black pepper and sprinkle with chives.

ingredients:

2 tablespoons olive oil
1 medium onion, roughly chopped
2 leeks, white part only, sliced
2 cloves garlic, peeled
4 medium potatoes, cut into 2 cm pieces

3-4 cups hot vegetable or chicken stock
freshly ground pepper, to serve
chopped chives, to serve

suitable for:

winter autumn

additional information:

vegan option gluten free
spring vegetable and chicken soup

as the name suggests, this soup is perfect for spring – it’s light, yet hearty! full of nourishing goodness!

method:

select the sauté mode on the Total Control Soup Maker. allow to heat for 1 minute with the lid on; add oil, leek, celery and zucchini; replace lid and cook for 3-4 minutes or until tender.

add sweet potato, stock and salt and pepper to taste; replace lid. select the chunky mode, 4P and start. when 10 minutes remain on the countdown, add peas and chicken.

once cooked, serve by dividing soup between bowls and top with shallots.

ingredients:

- 2 teaspoons olive oil
- 1 leek, white part only, sliced
- 2 celery stalks, thinly sliced
- 1 medium zucchini, chopped
- 1 small sweet potato, peeled and cut into 1cm pieces
- 3 cups hot chicken stock
- Salt and freshly ground pepper to taste
- 1 cup frozen peas
- 2 cups chopped store bought BBQ chicken
- 2 shallots, sliced thinly

suitable for: spring

additional information: gluten free, non dairy
Method:
Select the sauté mode on the Total Control Soup Maker. Allow to heat for 1 minute with the lid on; add oil, leek, lemongrass, chilli, lime leaves, shallots, garlic, ginger, and coriander. Replace lid and cook, stirring occasionally, for 3 minutes or until soft and fragrant.

Add sweet potato and enough stock to come to the 4P level; replace lid. Select the smooth mode and 4P, then start.

After cooking, ladle into bowls. Serve with shallots and chilli.

Ingredients:
- 1 tablespoon vegetable oil
- 1 leek, white part only, sliced
- 1 stalk lemongrass, white part only, sliced
- 1 red chilli, roughly chopped
- 4 kaffir lime leaves, sliced
- 3 shallots, chopped
- 2 garlic cloves, peeled
- 2 teaspoons chopped ginger
- 1/2 bunch coriander, roughly chopped
- 2 large (800g) sweet potato, peeled and cut into 3cm pieces
- 3 cups hot vegetable or chicken stock
- Thinly sliced shallots, to serve
- Thinly sliced chilli, to serve

This simple soup has so many beautiful flavours, all balanced out by the sweetness of the sweet potato!
vegetable and tortellini soup

a light broth served with tortellini and spring vegetables – just right for the months leading to summer!

method:
select the sauté mode on the Total Control Soup Maker. allow to heat for 1 minute with the lid on; add oil, leek, garlic and mushrooms; replace lid and cook for 3-4 minutes or until tender.
add zucchini, broad beans, peas, tortellini and enough stock to reach the 4P level; season to taste with salt and pepper; replace lid. select the chunky mode, 2P* and press start.
after cooking, serve by dividing soup between bowls.

*(the 2 portion cooking time is ideal for this recipe)

ingredients:
- 1 tablespoon olive oil
- 1 leek, white part only, halved and thinly sliced
- 2 cloves garlic, crushed
- 200g button mushrooms, sliced
- 1 small zucchini, trimmed, chopped
- 1 cup frozen broad beans
- 1 cup frozen peas
- 200g pkt kid’s mini tortellini or ravioli (or any fresh filled pasta)
- 3 – 4 cups hot vegetable or chicken stock

suitable for:
- spring
- summer
- autumn
- winter

additional information:
- vegetarian
- non-dairy

4 serves
30 minutes
difficulty
breakfast banana and coffee smoothie

this is a great pick me up for a healthy start to the day!

method:
place banana, milk, coffee, yoghurt and sugar, if desired in the Soup Maker; select the ‘drinks’ function. the soup maker will now mix your drink into a smooth, cold and refreshing drink. this will take 2 minutes.

If you require further blending, select and hold down the ‘blend’ function until the required consistency is reached. If you desire ice, just add when serving.

serve with chopped banana if you like!

ingredients:
2 ripe bananas, peeled and roughly chopped
1 cup cold milk
1 cup cold black coffee
1/2 cup natural yoghurt
sugar, to taste, if desired
chilled beetroot and oregano

this soup is so beautifully refreshing – it makes a great starter to any summer menu!

method:

place beetroot, onion, garlic, bread, stock, oil, vinegar, oregano and pepper to taste in the Soup Maker; select the ‘drinks’ function. the soup maker will now mix your ingredients into a smooth, cold and refreshing soup. This will take 2 minutes.

if you require further blending, simple select and hold down the ‘blend’ function until the required consistency is reached.

ingredients:

1, 850g can chilled beetroot slices, drained
¼ red onion, roughly chopped
1 clove garlic, roughly chopped
2 slices white bread, crusts removed, cubed
3 cups cold vegetable stock
2 tablespoons olive oil
1 tablespoon balsamic vinegar
1 tablespoon oregano leaves
freshly ground pepper
crumbled feta, to serve
oregano leaves, to serve

suitable for:

spring, summer

additional information:

vegetarian, friendly
green smoothie

This healthy green smoothie will be sure to give you a burst of energy to start the day!

Method:
Place kiwi fruit, avocado, spinach leaves, banana, milk, yoghurt and honey in the Soup Maker; select the ‘drinks’ function. The soup maker will now mix your drink into a smooth, cold and refreshing drink. This will take 2 minutes.

If you require further blending, select and hold down the “blend” function until the required consistency is reached. If you desire ice, just add when serving.

Serve with chopped banana or kiwi fruit if you like!

Ingredients:
- 1 kiwi fruit, peeled and roughly chopped
- ½ ripe avocado, peeled and chopped
- 1 cup baby spinach leaves
- 1 ripe banana, peeled and roughly chopped
- 2 cups cold milk
- ¼ cup natural yoghurt
- 1 tablespoon honey

Suitable for:
- Spring
- Summer

Additional information:
- Vegetarian friendly

4 serves

2 minutes

3 difficulty stars
watermelon refresher

this drink is beautifully refreshing on a hot summer day!

method:
place watermelon and apple juice the Soup Maker; select the ‘drinks’ function. the soup maker will now mix your drink into a smooth, cold and refreshing drink. this will take 2 minutes.

If you require further blending, select and hold down the “blend” function until the required consistency is reached.

serve with mint and ice; if desired, top with chilled soda water.

ingredients:
400g fresh or frozen watermelon cubes
2 cups cold apple juice
sprigs of mint, for serving
ice cubs, for serving

suitable for:
summer
gluten free
vegan friendly
non dairy