



make soup • share soup • give soup



Soup Sisters is a non-profit charitable social enterprise dedicated to providing comfort to women, children and youth through the making, sharing and donating of soup.

Well known for over a decade of community soup making events, Soup Sisters has delivered over 3 million servings of nurturing and nourishing soup to emergency shelters across the country.

Celebrated annually on March 3rd, the National Soup it forward day is observed to encourage people to deliver love and kindness by the bowlful to family, friends, neighbours and strangers in need of a 'Hug in a Bowl'.

SOUP IT FORWARD THE SOUP SISTERS WAY!



Chef Liana Robberecht is a leader in many realms. A celebrated chef with a long list of accomplishments that include awards from Women Chef & Restaurateurs, Canadian Restaurant & Bar Show and La Chaine de Rotisseurs. With everything she does, Liana hopes to connect with others and create meaningful change. It is her dedication to culinary arts, and her generosity of spirit and creativity that defines her – a woman who inspires others to become the best versions of themselves.



Most of us associate soup with a treasured childhood memory of being cared for by a person who loves us very, very much. In my memory, that person is my mother. A bowl of her soup gave me the satisfied comfort I couldn't find anywhere else. Making soup is the perfect way to remember how it feels to have someone take care of you.

For vegetarians at your table, use vegetable stock instead of chicken and omit the chorizo. And for the lactose-intolerant, simply replace the cream with stock.

—Liana Robberecht



Apple Parsnip Cream with Chorizo Sausage

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**The Soup Sisters and Broth Brothers Cookbook
by Liana Robberecht**

Makes about 4 servings

1/4 cup (60 mL) **butter**

2 **Gala apples**, peeled, cored and diced

2 cups (500 mL) peeled and diced
parsnips

1/2 large **onion**, finely chopped

2 Tbsp (30 mL) finely chopped **shallots**

2 Tbsp (30 mL) minced **roasted red pepper**

1 Tbsp (15 mL) minced **roasted garlic**

1 1/2 tsp (7 mL) peeled and grated **fresh ginger**

1/2 tsp (2 mL) ground **allspice**



1/4 tsp (1 mL) **dried thyme leaves**

2 1/2 cups (625 mL) **chicken stock**

1 cup (250 mL) **whipping cream**
(35% MF)

1/2 cup (125 mL) **vermouth**

1/2 cup (125 mL) **olive oil**

Juice of 1 **lemon**

1 fresh (uncooked) **chorizo sausage**,
casing removed

1 tsp (5 mL) **sea salt**

1 tsp (5 mL) **pepper**



Apple Parsnip Cream with Chorizo Sausage

The Soup Sisters and Broth Brothers Cookbook

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Makes about 4 servings

¼ cup (60 mL)	Butter
2	Gala apples, peeled, cored and diced
2 cups (500 mL)	Peeled and diced parsnips
½ large	Onion, finely chopped
2 Tbsp (30 mL)	Finely chopped shallots
2 Tbsp (30 mL)	Minced roasted red pepper
1 Tbsp (15 mL)	Minced roasted garlic
1 ½ tsp (7 mL)	Peeled and grated fresh ginger
½ tsp (2 mL)	Ground allspice
¼ tsp (1 mL)	Dried thyme leaves
2 ½ cups (625 mL)	Chicken stock
1 cup (250 mL)	Whipping cream (35% MF)
½ cup (125 mL)	Vermouth
½ cup (125 mL)	Olive oil
	Juice of 1 lemon
1	Fresh (uncooked) chorizo sausage, casing removed
1 tsp (5 mL)	Sea salt
1 tsp (5 mL)	Pepper

1. In a large pot, melt the butter over medium heat. Add apples, onion, shallots, red pepper, garlic, ginger, allspice and thyme. Cook, stirring often, until the onion has softened.
2. Add the stock and cream and bring to a boil.
3. Reduce the heat and simmer, covered until the apples and parsnips are tender, about 20 minutes.
4. Puree the soup until smooth. Add vermouth, olive oil and lemon juice. Reheat gently.
5. Meanwhile, crumble the chorizo sausage in a small skillet. Cook, stirring often, over medium heat until the sausage is cook through. Drain on paper towels.
6. Season with salt and pepper to taste. Ladle into bowls and scatter the chorizo over the top.

There's a message in every bowlful

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Apple Parsnip Cream with Chorizo Sausage

Butter, apple, parsnip, onion, shallot, roasted red pepper, garlic, ginger, allspice, thyme, chicken stock, cream, vermouth, olive oil, lemon, chorizo sausage, salt, pepper

MADE FRESH

Month, YYYY



WITH LOVE FROM

Your friends next door!



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