



Reconnect with Our Most Swappable Soups

Cook one, enjoy many. A soup swap is a great way to reconnect with your friends – even if you have to keep your distance.

It's been a while but the community aspect of cooking – the delight of hospitality and joy of food with friends – is returning to our lives. And while there's still a cold snap in the air, there are few [winter warmers](#) better for sharing than a hearty [soup](#), so we're laying down some of our favourite recipes for a good old fashioned soup swap.

No need to cook all of these; send them around to your friends, assign a recipe to each pal, and trade servings so everyone can reap the rewards.

Minestrone Soup

There's nothing like minestrone for getting your recommended daily intake of veggies. This recipe will take everything your pantry has and turn it into a soul-warming meal. Rough chopping will give this minestrone the chunky mouthfeel, but you can also use a food processor. And with a serving size of six to eight, you'll have plenty to share around.

Read the full [minestrone soup recipe](#).



Pumpkin Soup Variations

Pumpkin soup is a fan favourite for its rustic familiarity and easy assembly. But as with any simple recipe, there's an art to it. Our classic [pumpkin soup recipe](#) involves roasting pumpkin and garlic in a CircoRoast® before chucking it through a food processor and garnishing with basil. But there are also variations that use this as a base.

Spicing up your pumpkin soup will add a welcome zing to the palette. A teaspoon of curry powder adds a touch of the orient, and is optional, but

chilli, paprika, and turmeric are a must.

Sometimes, crunch can be just as important as flavour. A sprinkle of pepitas, toasted almonds, pistachios, or a dusting of dukkah will all add important texture while serving as an enticing garnish. To spread that crunch, you can also chop ingredients and mix through.

[Read 3 variations on the classic pumpkin soup.](#)



Asian Chicken Meatball Soup with Noodles and Vegetables

We couldn't wax on the best soups to try without including a chicken option, and this one is a winner. The meatballs themselves are made from chicken mince, ginger, chilli sauce, coriander, and cornflour. Moisture is locked in to your meatballs with the help of your FullSteam oven.

Our original recipe only serves four (still great for sharing) but scaling ingredients will give each of your soup-swapping friends a taste.

Read the full [chicken soup recipe](#).



Soup swap pro tips

Now that you've got a stash of recipes for your pals, you need to actually organise the swap. For those lucky enough to be able to host a get-together, nibbles like roast beetroot salad, [steamed Chinese dumplings](#) or good ol' [home baked potato chips](#) are fan favourites. Some notes from our article on throwing a [progressive dinner party](#) are also handy.

When divvying out servings, jars will elevate your presentation and you won't have to worry about people forgetting to return them. And if you can't help but tuck into the soups when everyone's there, you can reheat portions

on [FullSteam](#) at 100° – a single serve in a ceramic bowl will take 10 minutes.

About NEFF

NEFF is a German-engineered kitchen appliance brand, with a product range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily pleasure. For people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.



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