

## Nourishing soups.

Soup makes a delicious meal, especially on a cold Tasmanian day. It's a way to use up vegetables that are past their prime, can easily be made in bulk and leftovers frozen.

Soups often fall short in key food groups such as meat and dairy and are low in energy. But a few easy changes can make soup a wholesome meal.

It is recommended all soups prepared for older people provide a good amount of protein and energy to make every mouthful count.

### Serving suggestions

- Dollop of thick Greek yoghurt or cream.
- Serve with a toasted cheese sandwich, or a slice of bread with spread or avocado.
- Sprinkle with grated cheese, such as parmesan or tasty cheese.

### Ways to enrich soups

#### Add protein foods:

- meat, chicken
- eggs
- tofu
- legumes (such as lentils, kidney beans, split peas)
- fortified milk
- yoghurt
- milk powder
- evaporated milk.



### Add energy foods:

- oil
- pasta
- barley
- rice
- cheese
- noodles
- croutons
- sour cream.

## Fortified milk

Fortified milk is milk that is made stronger by adding extra protein and minerals. The cheapest way to fortify milk is to mix in milk powder (also known as powdered milk). You can buy this in most supermarkets near the long-life milk. You can use fortified milk in place of regular milk in any soup recipe.

## Fortified milk recipe

Quantity	Ingredients	Method
One cup	Two tablespoons of milk powder. One cup of full cream milk.	Whisk ingredients together.
One litre	One cup of milk powder. One litre of full cream milk.	Whisk ingredients together.

## Healthy Ageing Tasmania

 [health.tas.gov.au/healthyageing](http://health.tas.gov.au/healthyageing)

 [community.nutrition@health.tas.gov.au](mailto:community.nutrition@health.tas.gov.au)

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*Visit the Department of Health website ([www.health.gov.au](http://www.health.gov.au)) for more information.*





## Tomato and lentil soup recipe

Ingredients	10 serves	25 serves
Olive oil or canola oil	50 millilitres	125 millilitres
Onion, peeled and chopped	2 large	4 large
Carrot, peeled and chopped	2 medium	4 medium
Celery, chopped	1 bunch	2 bunches
Thyme, dried	2 teaspoons	4 teaspoons
Dried red lentils, rinsed	340 grams	850 grams
Tomato, diced canned	2 x 400 gram tins	5 x 400 gram tins
Vegetable stock	800 millilitres	2 Litres

### Method

1. Heat oil in pan and sauté onions, carrot and celery until soft.
2. Add thyme and rinsed lentils, tomatoes and stock.
3. Bring to a boil, reduce heat and simmer for 15 minutes or until lentils and vegetables are soft.

### Serving suggestions

Sprinkle with fresh parsley, dollop on a spoon of Greek yoghurt, serve with cheese on toast.



## Curried chicken soup recipe



Ingredients	10 serves	25 serves
Olive oil or canola oil	50 millilitres	125 millilitres
Onion, peeled and chopped	2 medium	4 medium
Chicken thigh meat, diced	400 grams	1 kilogram
Garlic, crushed	1 teaspoons	2 teaspoons
Mixed vegetables	400 grams	1 kilograms
Curry powder	4 teaspoons	8 teaspoon
Chickpeas, canned and drained	1 x 400 gram tin	2 x 400 grams tin
Chicken stock	1 Litre	2.5 Litres

## Method

1. Heat oil in large pot and cook chicken until brown.
2. Add onion and garlic, mixed vegetables and curry powder, and cook for one minute.
3. Pour in the chicken stock and bring to the boil.
4. Reduce to simmer and add chickpeas.
5. Cook on low heat for 20-30 minutes or until the chicken is cooked through.
6. Blend soup until smooth.

## Serving suggestions

Sprinkle with fresh parsley, dollop on a spoonful of Greek yoghurt, and serve with cheese on toast.



## Creamy pumpkin soup recipe

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Ingredients	10 serves	25 serves
Olive oil or canola oil	50 millilitres	125 millilitres
Onion, peeled and chopped	2 medium	4 medium
Ginger, grated	½ teaspoon	1 teaspoon
Vegetable stock powder	4 teaspoons	8 teaspoons
Curry powder	4 teaspoons	8 teaspoons
Milk, full cream	800 millilitres	2 Litres
Yoghurt, plain	1 cup	2 cups
Mint, fresh leaves (optional)	A few stems	½ bunch

## Method

1. Heat oil in large pan and sauté onions, pumpkin and ginger.
2. Add stock powder, curry powder and milk, and mix well.
3. Bring to the boil and simmer until pumpkin is very soft.
4. Blend soup until smooth.
5. Serve with a dollop of plain yoghurt and mint leaves.



Recipes sourced from Meals on Wheels Queensland, Meals on Wheels Nutrition Manual, 2012.

