

Nourishing soups

Older people may request a small meal such as a soup and sandwich. This could be a sign that they have a reduced appetite. They may feel full before eating enough to meet their nutrition needs.

Soups often fall short in key food groups such as meat and dairy. But a few easy changes can make soup into a worthwhile meal.

It is recommended all soups 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)
- enriched milk
- yoghurt
- skim milk powder
- evaporated milk.

Add energy foods:

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

To make one cup of **enriched milk**, whisk together two tablespoons of milk powder and one cup full-cream milk.

Recipe examples

Tomato and lentil soup

Ingredients	10 serves	25 serves
Oil, mono-polyunsaturated	50 ml	125 ml
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 tsp	4 tsp
Dried red lentils, rinsed	340 g	850 g
Tomato, diced canned	2 x 400 g tin	5 x 400 g tin
Vegetable stock	800 ml	2 L

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: fresh parsley, Greek yoghurt and cheese on toast.



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

Curried chicken soup

Ingredients	10 serves	25 serves
Oil, mono-polyunsaturated	50 ml	125 ml
Onion, peeled and chopped	2 medium	4 medium
Chicken thigh meat, diced	400 g	1 kg
Garlic, crushed	1 tsp	2 tsp
Mixed vegetables	400 g	1 kg
Curry powder	4 tsp	8 tsp
Chickpeas, canned and drained	1 x 400 g tin	2 x 400 g tin
Chicken stock	1 L	2.5 L

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: fresh parsley, Greek yoghurt and cheese on toast.



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

Creamy pumpkin soup

Ingredients	10 serves	25 serves
Oil, mono-polyunsaturated	50 ml	125 ml
Onion, peeled and chopped	2 medium	4 medium
Ginger, grated	½ tsp	1 tsp
Vegetable stock powder	4 tsp	8 tsp
Curry powder	4 tsp	8 tsp
Milk, full cream	800 ml	2 L
Yoghurt, plain	1 cup	2 cups
Chives, chopped	¼ cup	½ cup

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 yoghurt and sprinkled chives.

