



**SOUP**  
**RECIPE BOOK**  
**FOR ELDERLY CARE**

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PROFESSIONAL

# Contents

- 5 Cream of Tomato & Paprika
- 7 Moroccan Tomato & Red Lentil
- 9 Tomato & Fire Roasted Sweet Red Pepper
- 11 Tomato, Carrot & Cheddar
- 13 **More recipes available...**
- 15 Chicken, Sweetcorn & Tarragon
- 17 **Our Full Range...**
- 19 **Nutritional Information**

As chefs, we know that every meal we serve is important and we are always looking to give the Care Home residents a great dining experience.

The NEW Knorr® Professional Classic Soups now have an improved appearance, texture & flavour, perfect to use stand alone or as a base with additional ingredients to create different layers of flavours.

Adding extra flavour profiles into a dish will enhance your resident's overall eating experience.

This booklet will give you inspirational recipes to create soup dishes that are easy and consistent, and your residence will enjoy.

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# Cream of Tomato & Paprika Soup



## Ingredients

- 1.5l Water
- 150g Knorr® Professional Classic Cream of Tomato Soup
- 80g Knorr® Professional Paprika Puree 750g
- 150ml Crème Fraîche
- 80g Milk Powder

## Preparation

- Place the water in a pan and bring to the boil.
- Whisk in the Knorr® Professional Classic Tomato Soup mix and simmer for 3 minutes.
- Add the Knorr® Professional Paprika Puree into the soup and whisk in the Milk Powder and simmer for a further 2 minutes, stir in the Crème Fraîche.
- Blend until smooth and serve.



# Tomato & Lentil Dhal Soup



## Ingredients

- 1.65l Water
- 150g Knorr® Professional Classic Cream of Tomato Soup
- 200g Red Lentils, boiled
- 50g Knorr® Professional Patak's Madras Paste 1.1kg
- 100ml Buttermilk
- 100ml Double Cream

## Preparation

- In a pan cook the Knorr® Professional Patak's Madras Paste with 150ml of water allowing the spices to cook out.
- Add in the remaining water and bring to the boil.
- Whisk in the 150g of Knorr® Professional Classic Tomato Soup mix then simmer for 3 minutes.
- Add in the cooked Red Lentils, Buttermilk and Double Cream.
- Blend until smooth, pass and serve.



# Tomato & Fire Roasted Sweet Red Pepper Soup



## Ingredients

- 1.5l Water
- 150g Knorr® Professional Classic Cream of Tomato Soup
- 250g Red Peppers
- 30g Knorr® Professional Mixed Chilli Puree 750g
- 150ml Double Cream

## Preparation

- Skewer the Red Peppers on a roasting fork and place directly over a naked flame, and cook until blistered,
- Place the Red Peppers into a metal bowl and cover with cling film and leave for 20 minutes then peel the Red Peppers then de-seed.
- Place the water in a pan and bring to the boil.
- Whisk in the Knorr® Professional Classic Tomato Soup mix and simmer for 3 minutes.
- Add the roasted Red Peppers and Knorr® Professional Mixed Chilli Puree and cook for 5 minutes on a low heat then blend with the Double Cream until smooth and serve.



# Tomato, Carrot and Cheddar Soup



## Ingredients

- 1.5l Water
- 150g Knorr® Professional Classic Cream of Tomato Soup
- 300g Carrots
- 75g Cheddar Cheese
- 35g Knorr® Professional Mixed Peppercorn Puree 750g
- 150ml Double Cream

## Preparation

- Place the water in a pan and bring to the boil.
- Whisk in the Knorr® Professional Classic Tomato Soup mix and simmer for 3 minutes.
- Add the grated Carrots and Knorr® Professional Mixed Peppercorn Puree and cook for 3 minutes or until the Carrots are soft.
- Add the grated Cheddar Cheese and simmer for 2 minutes, stir in the Double Cream.
- Blend until smooth and serve.



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More recipes available  
to delight your residents...





# Chicken, Sweetcorn & Tarragon Soup



## Ingredients

- 1.5l Water
- 150g Knorr® Professional Classic Cream of Chicken Soup
- 200g Sweetcorn
- 5g Tarragon
- 40g Milk Powder
- 150ml Double Cream

## Preparation

- Place the water in a pan and bring to the boil.
- Whisk in the Knorr® Professional Classic Chicken Soup mix and simmer for 3 minutes.
- Add in the Sweetcorn, Double Cream, Milk Powder and Tarragon then cook for 2 minutes,
- Blend until smooth and serve.



# Our Full Knorr® Professional Classic Soup Range



## Further recipes available at [www.ufs.com](http://www.ufs.com)

Cream of Tomato & Paprika  
Tomato & Fire Roasted Sweet Red Pepper  
Tomato & Lentil Dhal  
Tomato, Carrot & Cheddar  
Leek, Celeriac & Cheese  
Leek & Sweetcorn  
Leek, Spinach, Pea & Mint  
Lightly Spiced Leek & Coconut  
Asparagus & Broadbean  
Asparagus & Blue Cheese  
Asparagus, Pea, Lemon & Mint  
Thai Green Asparagus & Coconut  
Vegetable, Spinach & Pesto  
Butternut Squash, Peanut & Rosemary  
Roasted Cauliflower, Peppercorn & Cheese  
Green Power  
Chicken, Madiera & Chestnut  
Chicken with Spiced Squash & Coconut  
Chicken Sweetcorn & Tarragon  
Chicken & Roast Pepper  
Cream of Mushroom, Walnut & Tarragon  
Mushroom & Smoked Paprika  
Mushroom, Cheese & Garlic  
Mushroom, Chestnut & Thyme

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# Nutritional Information



## Cream of Tomato & Paprika Soup

Each serving contains (192ml):

Energy	Fat	Saturates	Sugars	Salt
581kJ/138kcal	7.6g	4.7g	7.1g	1.54g
7%*	11%*	24%*	8%*	26%*

\*% of reference intake of an average adult (8400kJ/2000kcal)



## Tomato & Lentil Dhal Soup

Each serving contains (225ml):

Energy	Fat	Saturates	Sugars	Salt
599kJ/143kcal	7.9g	3.9g	4.8g	1.01g
7%*	11%*	19%*	5%*	17%*

\*% of reference intake of an average adult (8400kJ/2000kcal)



## Tomato & Fire Roasted Sweet Red Pepper Soup

Each serving contains (208ml):

Energy	Fat	Saturates	Sugars	Salt
597kJ/142kcal	9.4g	5.5g	6.0g	1.00g
7%*	13%*	28%*	7%*	17%*

\*% of reference intake of an average adult (8400kJ/2000kcal)



## Tomato, Carrot and Cheddar Soup

Each serving contains (221ml):

Energy	Fat	Saturates	Sugars	Salt
737kJ/176kcal	98g	7.2g	6.7g	1.23g
9%*	14%*	36%*	7%*	21%*

\*% of reference intake of an average adult (8400kJ/2000kcal)



## Chicken, Sweetcorn & Tarragon Soup

Each serving contains (204.50ml):

Energy	Fat	Saturates	Sugars	Salt
712kJ/170kcal	10.7g	5.4g	3.7g	1.03g
8%*	15%*	27%*	4%*	17%*

\*% of reference intake of an average adult (8400kJ/2000kcal)

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