



SOUPS & HANDHELD RECIPES SUITABLE FOR YOUR RESIDENTS



Resident
wellbeing
in action



Unilever
Food
Solutions



CONTENTS

- 4 LIGHTER CHICKEN SALAD SANDWICH
- 5 CREAM OF ASPARAGUS SOUP
- 6 ROOT VEGETABLE LENTIL WRAP
- 7 CURRIED ROASTED ROOT VEGETABLE SOUP
- 8 CHICKEN DILL MEATBALLS
- 9 GROUND TURKEY, LENTIL & KALE SOUP
- 10 SOUP DU JOUR



LIGHTER CHICKEN SALAD SANDWICH

SERVES: 12

INGREDIENTS

Prepare the Chicken Salad

- 1.35 kg** Chicken, cooked, diced
- 225 g** Cherries, dried
- 230 g** Celery, chopped
- 15ml** Sage, ground
- 415 ml** Hellmann's® 1/2 The Fat Mayonnaise 2x 4L
- to taste** Kosher salt
- to taste** Black pepper

Prepare Sandwich

- 2 head** Red butter lettuce
- 20** Sandwich thins, sliced, whole wheat

METHOD

Prepare the Chicken Salad

- Combine chicken, cherries, celery, sage and Hellmann's® 1/2 The Fat Mayonnaise. Season with salt and pepper.

Prepare the Sandwich

- Place chicken salad on bottom of sandwich thin.
- Top with lettuce leaf; replace sandwich thin top.
- Serve immediately or hold refrigerated until service

TIP: Use Hellmann's® Light mayonnaise for great hold and fewer calories.

Nutritional Information per serving:

Calories 440 | Fat 16g | Saturated 1.5g | Trans 0.2g | Polyunsaturated 3.5g
Monounsaturated 7g | Carbohydrate 43g | Fibre 7g | Sugars 16g | Protein 37g
Cholesterol 105mg | Sodium 560mg | Potassium 650mg | Calcium 75mg | Iron 2.25mg

CREAM OF ASPARAGUS SOUP

SERVES: 10



INGREDIENTS

- 750 ml** Knorr® Ultimate Low Sodium Vegetable Base, prepared
- 250 mg** Onions, diced
- 1.5 kg** Asparagus, chopped
- 500 ml** Knorr® Culinary Cream, prepared
- 1 g** White pepper
- 5 g** Garlic, pureed
- 50 ml** Oil, vegetable

METHOD

In a large stockpot, heat oil over med-low heat and add onion and sauté until softened.

Add chopped asparagus, and garlic, and cook for a further 5 minutes.

Add the prepared Knorr® Ultimate Low sodium Vegetable Base and prepared Knorr® Culinary Cream, white pepper and bring to the boil, simmer gently for 10 minutes or until the asparagus is soft.

Take off the heat and place in a blender and blend until smooth.

TIP: This soup can make for an excellent option for your residents due to its delicious taste and consistency

Nutritional Information per serving:
Calories 100 | Fat 6g | Saturated 1.5g | Trans 0g | Polyunsaturated 3g | Monounsaturated 1.5g | Carbohydrate 11g | Fibre 4g | Sugars 4g | Protein 4g | Cholesterol 0mg | Sodium 190mg | Potassium 350mg | Calcium 50mg | Iron 3.5mg



ROOT VEGETABLE LENTIL WRAP

SERVES: 10

INGREDIENTS

Prepare the Lentils

- 450 g** Lentils
- 30 ml** Knorr® Professional Liquid Concentrated Base Vegetable
- 2 L** Water

Prepare the Dill and Goat Cheese Mayo

- 170 g** Goat Cheese
- 375 ml** Hellmann's® Real Mayonnaise
- 6 g** Dill weed
- to taste** Kosher salt and black pepper

Prepare the Wrap

- 10 ea** Tortillas
- 450 g** Butternut squash, diced, roasted
- 450 g** Beets, diced, roasted
- 125 g** Walnuts, toasted, chopped
- 375 ml** Dill and Goat Cheese Mayo, prepared
- 1.4 kg** Lentils, prepared

METHOD

Prepare the Lentils

- Combine all ingredients in a large pot, cover, and bring to a boil.
- Reduce to a simmer and allow to cook to desired tenderness, about 20-30 minutes, drain excess liquid if necessary

Prepare the Dill and Goat Cheese Mayonnaise

- Combine all ingredients and chill.

Prepare the Wrap

- Top the tortilla with squash, beets, nuts, lentils and Goat Cheese Mayonnaise. Fold in one end and roll to create a wrap.

TIP: Check out additional plant forward options that can support a plant forward menu through our Future 50 guide.

<https://www.knorr.com/us/en/future-50.html>

Nutritional Information per serving:

Calories 600 | Fat 40g | Saturated 5g | Trans 0g | Polyunsaturated 14g
Monounsaturated 18g | Carbohydrate 47g | Fibre 14g | Sugars 8g | Protein 19g
Cholesterol 20mg | Sodium 540mg | Potassium 700mg | Calcium 100mg | Iron

CURRIED ROASTED ROOT VEGETABLE SOUP

SERVES: 10

INGREDIENTS

- 450 g** Carrots, peeled, chopped
- 1 ea** Turnip, diced, peeled and chopped
- 3 ea** Parsnips, peeled and chopped
- 450 g** Squash, butternut or acorn, peeled and chopped
- 6** Garlic, chopped
- 80 ml** Olive oil
- 7 g** Curry Powder
- 2 ea** Onions, white, peeled and diced
- 3 g** Curry Powder
- 4 L** Knorr® Ultimate Low Sodium Vegetable Base, prepared
- 50 ml** Coconut milk, canned, light
- to taste** Kosher salt and black pepper
- 1 ea** Italian Parsley, small bunch, chopped
- 60 ml** Olive oil
- 800 g** Potatoes, Yukon Gold, peeled, diced

METHOD

Preheat oven to 425°F.

In a bowl, place carrots, turnips, parsnips, squash, and garlic, and toss with the oil until coated lightly.

Sprinkle the curry powder into the bowl and toss again to coat evenly.

Place the vegetables on a sheet pan or roasting pan and roast until light brown and tender. Remove and reserve the roasted vegetables.

In a soup pot, add olive oil, curry powder and onions. Stir thoroughly; cook 5 minutes.

Add the prepared roasted vegetables and potatoes. Add prepared Knorr® Ultimate Low Sodium Vegetable Base and low-fat coconut milk.

Bring to a boil. Reduce to a simmer; cook 20 minutes.

Place soup into a blender and puree until completely smooth or use a vertical hand blender and puree the soup in the pot. Season with salt and pepper, garnish with parsley.

TIP: This plant-based recipe contains a variety of vegetables and is rich in fibre.

Nutritional Information per serving:

Calories 310 | Fat 16g | Saturated 3.5g | Trans 0g | Polyunsaturated 1.5g
Monounsaturated 10g | Carbohydrate 39g | Fibre 6g | Sugars 8g | Protein 4g | Cholesterol
0mg | Sodium 520mg | Potassium 550mg | Calcium 75mg | Iron 2mg



CHICKEN-DILL MEATBALLS

SERVES: 25



INGREDIENTS

- 2 kg** Chicken, ground, extra lean
- 680 g** Onion, small dice
- 34 g** Bread Crumbs, whole wheat, seasoned
- 6** Egg yolk, lightly beaten
- 6 g** Dill, fresh, chopped
- 180 ml** Hellmann's® Real Mayonnaise

METHOD

Combine ground chicken, onion, bread crumbs, egg yolk, dill and Hellmann's® Real Mayonnaise in medium bowl

Shape into 1-1/2-inch (4 cm) meatballs.

Cook meatballs in medium non-stick skillet until thoroughly cooked, turning occasionally, about 5 minutes. Serve with desired sauce.

Nutritional Information per serving:

Calories 190 | Fat 13g | Saturated 3g | Trans 0.1g | Polyunsaturated 4.5g
Monounsaturated 4.5g | Carbohydrate 4g | Fibre 1g | Sugars 1g | Protein 15g
Cholesterol 115mg | Sodium 95mg | Potassium 450mg | Calcium 20mg | Iron 1mg

GROUND TURKEY, LENTIL AND KALE SOUP

SERVES: 10



INGREDIENTS

90 ml	Olive oil
1 kg	Turkey, ground
8 cloves	Garlic, minced
1 ea	Onion, yellow, small dice
2 ea	Carrots, medium, peeled, small diced
2 ea	Celery stalks, sliced
3 ea	Bay leaves, dried
1 g	Oregano, dried
1 g	Thyme, dried
1 g	Crushed red pepper, dried
1 pinch	Nutmeg, ground, dry
2 cans	Tomatoes, peeled, whole, canned (16 oz)
to taste	Kosher salt and black pepper
540 g	Chopped kale, stems removed
60 ml	Knorr® Ultimate Liquid Concentrated Chicken base, prepared
2 L	Water
30 ml	Apple cider vinegar
2 cans	Lentils, canned (16 oz), drained
as needed	Olive oil
as needed	Cheese, Parmesan, grated
as needed	Parsley, fresh, chopped

METHOD

Heat the olive oil in a large stockpot or Dutch oven over medium heat.

Add the turkey and cook, breaking up with a wooden spoon, until browned.

Prepare the Vegetables: add the onion, carrots, celery and garlic along with the dried seasonings and continue to cook until the onions are soft and translucent, about 5 minutes, while scraping up any browned bits from the bottom of the pan.

Add the cans of tomatoes, breaking up into small pieces with the spoon.

Add the kale, Knorr® Liquid Concentrated Chicken Base, add water, vinegar, salt and pepper and bring to a boil.

Add the lentils, return the soup to a boil, then reduce the heat and simmer gently for 25-30 minutes.

Remove the bay leaves. Season to taste with salt and pepper.

Serve in bowls, drizzle with olive oil, and top with Parmesan cheese and chopped parsley.

TIP: Using half lean animal protein (turkey) and half plant-based protein (lentil) is a great way to shift to a more plant forward eating pattern while getting the benefits of both protein sources.

Nutrition Information 1 serving:
Calories 300 | Fat 17g | Saturated 3.5g | Trans 0.1g | Polyunsaturated 3.5g
Monounsaturated 9g | Carbohydrate 15g | Fibre 6g | Sugars 4g | Protein 24g
Cholesterol 75mg | Sodium 610mg | Potassium 550mg | Calcium 125mg | Iron 3.5mg

SHORT ON LABOR AND TIME? THE SOLUTION IS KNORR® SOUP DU JOUR

SIMPLE PREP: Knorr® Soup Du Jour is a delicious, **premium** dry soup, that can be prepared in as little as 20 minutes, by just adding water. Due to its first time cook ingredients, leftover, prepared soup, can be used in other applications or reheated to serve the next day.

**STOVE TOP
KETTLE COOKER/STEAM TABLE
CONVECTION OVEN
MICROWAVE**



KNORR® SOUP DU JOUR BUTTERNUT SQUASH SOUP
Discover this smooth and hearty soup with just the right balance of sweetness and spice. Made with real butternut squash.

No Artificial Colours,
Flavours, or Preservatives

Suitable for
Vegan Diets*

Gluten Free
and Dairy Free

*no animal by-product

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KNORR® SOUP DU JOUR KNORR TOMATO BASIL BISQUE
Knorr® Soup du Jour Tomato Basil Bisque is a classic and flavourful soup.

No Artificial Colours,
Flavours, or Preservatives

Suitable for
Vegan Diets*

Gluten Free
and Dairy Free

*no animal by-product

LOOKING FOR CONSISTENCY AND THE FLEXIBILITY TO BE CREATIVE? THE SOLUTION IS KNORR® SOUP DU JOUR

Knorr® Soup Du Jour can be used in recipes beyond soup and can provide a delicious meal as a base when combined with a lean protein or plant-based protein and vegetables. In addition, a variety of our soups provide at least ½ - 1 cup of vegetables per 250ml, making it a great addition to any plant forward menu.

To learn more about the Knorr® Soup Du Jour range, nutritional's and how it can work for you in the kitchen reach out to your UFS rep.

EXPLORE THE RULE OF FIVE:



VEGETARIAN SHEPAHERD'S PIE SOUP

Medley of beans and vegetables, and a rich tomato gravy topped with fluffy mashed potatoes. Discover this smooth and hearty soup with just the right balance of sweetness and spice.

NUTRITIONALS

Knorr® Soup Du Jour TOMATO BASIL SOUP

Nutrients per 250 mL (prepared)

Calories	110
Total Fat	3.0 g
Saturated Fat	0.4 g
Trans Fat	0.0 g
Cholesterol	0 mg
Sodium	480 mg
Total Carbohydrates	18.0 g
Dietary Fiber	2.0 g
Sugars	8.0 g
Protein	2.0 g

Knorr® Soup Du Jour THREE BEAN CHILI

Nutrients per 250 mL (prepared)

Calories	180
Total Fat	2.0 g
Saturated Fat	0.3 g
Trans Fat	0.0 g
Cholesterol	0 mg
Sodium	480 mg
Total Carbohydrates	33.0 g
Dietary Fiber	7.0 g
Sugars	7.0 g
Protein	7.0 g

Knorr® Soup Du Jour BUTTERNUT SQUASH

Nutrients per 250 mL (prepared)

Calories	80
Total Fat	2.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Cholesterol	15 mg
Sodium	650 mg
Total Carbohydrates	13.0 g
Dietary Fiber	1.0 g
Sugars	2.0 g
Protein	4.0 g



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