

FORTISIP

'QUICK SOUP' RECIPES



TOMATO BASIL SOUP, CREAMY MUSHROOM SOUP, THICK VEGETABLE BROTH

TOMATO BASIL SOUP

Rich, full flavoured and quick to prepare. This is a great soup to make at any time of day.

INGREDIENTS (FOR 2 SERVINGS)

295g/10½oz can of condensed cream of tomato soup
1 carton Neutral Fortisip
1 x tbsp pesto basil sauce

To serve

50g/2oz croutons
Sprinkling of grated parmesan cheese
2-3 fresh basil leaves

METHOD

1. Gently warm soup with Neutral Fortisip and Pesto sauce. Stir constantly, but do not boil.
2. Pour into a soup bowl. Sprinkle with croutons and grated parmesan. Garnish with basil leaves.

526kcal and 10.1g protein per serving.

CREAMY MUSHROOM SOUP

An instant soup with a difference.

INGREDIENTS (FOR 2 SERVINGS)

3 medium chestnut mushrooms, finely chopped
25g/1oz butter
110ml/4fl oz whole milk
1 x sachet (35g) instant mushroom packet soup
1 carton Neutral Fortisip

METHOD

1. Gently fry mushrooms in butter until cooked.
2. Add milk and gently heat, but do not boil.
3. Stir in mushroom soup powder until smooth.
4. Add Neutral Fortisip, warm but do not boil and serve.

373kcal and 9.2g protein per serving.

FARMHOUSE CHICKEN, LEEK AND WATERCRESS SOUP

A combination of full flavoured packet soup with pureed watercress.

INGREDIENTS (FOR 2 SERVINGS)

1 x 54g packet Farmhouse Leek and Chicken Soup
450ml/¾ pint water
150ml/5fl oz whole milk
85g/3oz watercress
25g/1oz butter
1 carton Neutral Fortisip

METHOD

1. Follow instructions on packet soup mix, but make up using 450ml/¾ pint water. Simmer for three minutes.
2. Add pureed watercress, milk and butter then return to heat and simmer for a further three minutes.
3. Add Neutral Fortisip, warm gently without boiling and serve.

425kcal and 12.6g protein per serving.

THICK VEGETABLE BROTH

Made with a selection of frozen vegetables keeping preparation minimal.

INGREDIENTS (FOR 2 SERVINGS)

2 x tbsp light and mild olive oil for frying
450g/1lb frozen casserole mix vegetables (carrots, onions, swedes, turnip, celery)
50g/2oz frozen sweet corn
50g/2oz frozen peas
1 x tsp dried mixed herbs
300ml/½ pint water
1 vegetable stock cube
1 carton Neutral Fortisip
2 x tbsp fresh chopped parsley

METHOD

1. Gently fry frozen vegetables and herbs in vegetable oil for five minutes to soften. Add water and stock cube.
2. Cover and simmer for 20 minutes or until vegetables are tender.
3. Purée soup and return to pan with Neutral Fortisip and parsley. Gently warm, but do not boil.
4. Serve with crusty bread.

390kcal and 11.0g protein per serving.

