

Nourishing soups to provide you with extra protein and energy

If you fancy something savoury instead, you can try one of these soups below.

Fortified soup

(Provides 13 – 16 g protein and 280 kcals)

- 1 packet powdered soup (not low calorie or healthy version!)
- 1½ tablespoons skimmed milk powder
200 ml full fat milk

- 1 Heat the milk until simmering
- 2 Add in the skimmed milk powder and powdered soup to the milk and mix well
- 3 Gently simmer until thoroughly heated
- 4 Serve in a warmed bowl immediately

Alternatively use 300g fresh soup of your choice and mix in the 1½ tablespoons skimmed milk powder, heat as instructed. Serve in a warmed bowl and add a swirl of double cream if desired.

Chicken soup

(Provides 24 g protein and 390 kcals)

- 85 g (1 small breast) cooked chicken breast
- ½ tin (200g) cream of chicken soup
- 30 ml (2 tablespoons) double cream

- 1 50 ml full fat milk (or more if a thinner texture is needed)
- 2 Blend/liquidise the chicken for approximately 20 seconds
- 3 Add all the other ingredients and blend/liquidise together
- 4 Gently simmer until thoroughly heated

Tomato soup

(Provides 14 g protein and 480 kcals)

- ½ tin (200g) cream of tomato soup
- ½ tin (200g) chopped tomatoes
- ½ pint full fat milk
- 30 ml (2 tablespoons) double cream

- 1 Blend/liquidise all ingredients together
- 2 Gently simmer until thoroughly heated

Salmon and leek soup

(Provides 12 g protein and 180 kcals)

- 50g tinned salmon (skins and bones removed)
- ½ tin (200g) leek and potato soup
- 30 ml (1 tablespoon) double cream

1. Place the soup and salmon into a saucepan
2. Gently simmer until thoroughly heated
3. Remove from the heat and stir in the double cream

A soup tip

To a tin of : chicken/tomato/mushroom/vegetable creamy soup after thoroughly heating

- Top with grated cheese and/or double cream and croutons
- You may want to consider adding lentils, tinned beans, chopped meat/chicken or flaked fish to these soups