



# 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

- 3 lbs** Chicken, cooked, diced
- 1 c** Cherries, dried
- 1/2 c** Celery, chopped
- 2 Tbsp** Sage, ground
- 2 1/2 c** Hellmann's® Light Mayonnaise  
4 x 1 gal
- to taste** Kosher salt
- to taste** Black pepper

### Prepare Sandwich

- 1 head** Red butter lettuce
- 12 each** Sandwich thins, whole wheat

## METHOD

### Prepare the Chicken Salad

- Combine chicken, cherries, celery, sage and Hellmann's® Light 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'S PER SERVING:

Calories: 240 | Calories from Fat: 130 | Total Fat: 14g | Saturated Fat: 3g | Trans Fat: 0g  
Cholesterol: 90mg | Sodium: 410mg | Total Carbs: 6g | Dietary Fiber: 1g | Sugars: 1g  
Protein: 20g | Calcium: 2% | Iron: 6% | Vitamin C: 2% | Vitamin A: 6%

# CREAM OF ASPARAGUS SOUP

SERVES: 10



## INGREDIENTS

- 3 c** Knorr® Ultimate Low Sodium Vegetable Base, prepared
- 9 oz** Onions, diced
- 2 1/2 lb** Asparagus, chopped
- 2 c** LeGout® Cream Soup Base, prepared
- 1/4 tsp** White pepper
- 1 tsp** Garlic, pureed
- 2 fl oz** 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 LeGout® Cream Soup Base, 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 pureed soup can make for an excellent option for your residents due to its consistency

### NUTRITIONAL'S PER SERVING:

Calories: 110 | Total Fat: 7g | Saturated Fat: 1.5g | Trans Fat: 0g | Polyunsaturated Fat: 3.5g  
Monounsaturated Fat: 1g | Cholesterol: 0mg | Sodium: 135mg | Total Carbohydrate: 10g  
Dietary Fiber: 3g | Total Sugars: 4g | Added Sugars: 0g | Protein: 3g | Vitamin D: 0% DV  
Calcium: 4% DV | Iron: 15% DV | Potassium: 8% DV





# ROOT VEGETABLE LENTIL WRAP

SERVES: 10

## INGREDIENTS

### Prepare the Lentils

- 1 lb** Lentils
- 2 qts** Knorr® Professional Liquid Concentrated Base Vegetable 4 x 32 oz, prepared

### Prepare the Dill and Goat Cheese Mayo

- 1 lb** Goat Cheese
- 1 1/2 c** Hellmann's® Real Mayonnaise 4 x 1 gallon
- 2 Tbsp** Dill weed
- to taste** Kosher salt and black pepper

### Prepare the Wrap

- 10 ea** Tortillas
- 1 lb** Butternut squash, diced, roasted
- 1 lb** Beets, diced, roasted
- 1 c** Walnuts, toasted, chopped
- 1 1/2 c** Dill and Goat Cheese Mayo, prepared
- 7 c** 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 swaps and increase crop diversity. Find out more about how about supporting a plant forward menu through our future 50 guide.

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

#### NUTRITIONAL'S PER SERVING:

Calories: 310 | Total Fat: 17g | Saturated Fat: 3.5g | Trans Fat: 0g | Polyunsaturated Fat: 1.5g  
Monounsaturated Fat: 10g | Cholesterol: 0mg | Sodium: 450mg | Total Carbohydrate: 40g  
Dietary Fiber: 6g | Total Sugars: 10g | Added Sugars: 2g | Protein: 4g | Vitamin D: 0% DV  
Calcium: 8% DV | Iron: 10% DV | Potassium: 20% DV

# CURRIED ROASTED ROOT VEGETABLE SOUP

SERVES: 10

## INGREDIENTS

- 20 oz** Carrots, peeled, chopped
- 1 ea** Turnip, diced, peeled and chopped
- 2 c** Parsnips, peeled and chopped
- 20 oz** Squash, butternut or acorn, peeled and chopped
- 2 cloves** Garlic, chopped
- 3 fl oz** Olive oil
- 2 oz** Curry Powder
- 2 ea** Onions, white, peeled and diced
- 10 oz** Curry Powder
- 1 gal** Knorr® Ultimate Low Sodium Vegetable Base, prepared
- 1 3/4 oz** Coconut milk, canned, light
- to taste** Kosher salt and black pepper
- 1 ea** Italian Parsley, small bunch, chopped
- 4 tbsp** Olive oil
- 20 oz** 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 an excellent source of fiber.

### NUTRITIONAL'S PER SERVING:

Calories: 310 | Total Fat: 17g | Saturated Fat: 3.5g | Trans Fat: 0g | Polyunsaturated Fat: 1.5g  
Monounsaturated Fat: 10g | Cholesterol: 0mg | Sodium: 450mg | Total Carbohydrate: 40g  
Dietary Fiber: 6g | Total Sugars: 10g | Added Sugars: 2g | Protein: 4g | Vitamin D: 0% DV  
Calcium: 8% DV | Iron: 10% DV | Potassium: 20% DV



# CHICKEN-DILL MEATBALLS

SERVES: 25



## INGREDIENTS

- 4 1/2 lbs Chicken, ground, extra lean
- 1 1/2 lbs Onion, small dice
- 1.2 oz Bread Crumbs, whole wheat, seasoned
- 6 Egg yolk, lightly beaten
- 0.5 oz Dill, fresh, chopped
- 3/4 c 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.

### ***DID YOU KNOW?***

**Hellmann's® Real is an excellent source of Omega 3 ALA\***

**\*contains 660mg of ALA per serving, which is 41% of 1.6g daily value for ALA**

### **NUTRITIONAL'S PER SERVING:**

Calories: 190 | Total Fat: 13g | Saturated Fat: 3g | Trans Fat: 0g | Polyunsaturated Fat: 4.5g  
Monounsaturated Fat: 4.5g | Cholesterol: 120mg | Sodium: 100mg Total Carbohydrate: 4g  
Dietary Fiber: 1g | Total Sugars: 1g | Added Sugars: 0g | Protein: 15g | Vitamin D: 0% DV  
Calcium: 2% DV | Iron: 6% DV | Potassium: 10% DV



# GROUND TURKEY, LENTIL AND KALE SOUP

SERVES: 10



## INGREDIENTS

3 Tbsp	Olive oil
2.2 lbs	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 tsp	Oregano, dried
1 tsp	Thyme, dried
1 tsp	Crushed red pepper, dried
1 pinch	Nutmeg, ground, dry
2 cans	Tomatoes, peeled, whole, canned (16 oz)
to taste	Kosher salt and black pepper
19 oz	Chopped kale, stems removed
2 qt	Knorr® Ultimate Low Sodium Chicken base, prepared
1 fl oz	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

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:** 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.

### NUTRITIONAL'S PER SERVING:

Calories: 340 | Total Fat: 15g | Saturated Fat: 3.5g | Trans Fat: 0g | Polyunsaturated Fat: 3.5g  
Monounsaturated Fat: 6g | Cholesterol: 80mg | Sodium: 480mg | Total Carbohydrate: 25g  
Dietary Fiber: 10g | Total Sugars: 6g | Added Sugars: 0 | Protein: 28g | Vitamin D: 0% DV  
Calcium: 15% DV | Iron: 30% DV | Potassium: 15% DV

# 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 Colors,  
Flavors, or Preservatives

Suitable for  
Vegan Diets\*

Gluten Free  
and Dairy Free

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## KNORR® SOUP DU JOUR KNORR TOMATO BASIL BISQUE

Knorr® Soup du Jour Tomato Basil Bisque is a classic and flavorful soup.

No Artificial Colors,  
Flavors, 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 ¼ -½ a cup of vegetables per serving, 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.

Ready in 15 minutes

Suitable for Vegan Diets\*

Gluten Free and Dairy Free

\*no animal by-product

## 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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