


# SUP



*National Soup Day Activity Kit*



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# INTRODUCTION

Welcome to our Soup Activity Kit, this kit celebrates the comforting and communal nature of soup with a collection of warming recipes and engaging activities.

Our hydrating recipes are easy to prepare and perfect for sharing. Each activity fosters connection and creativity, encouraging residents to explore new flavours and reminisce about cherished memories.

Join us in savouring the simple pleasure of soup, bringing warmth, comfort, and joy to your community.



**03** *Soup pot drawing*

**04** *Soup can labels*

**05** *Soup can plant pots*

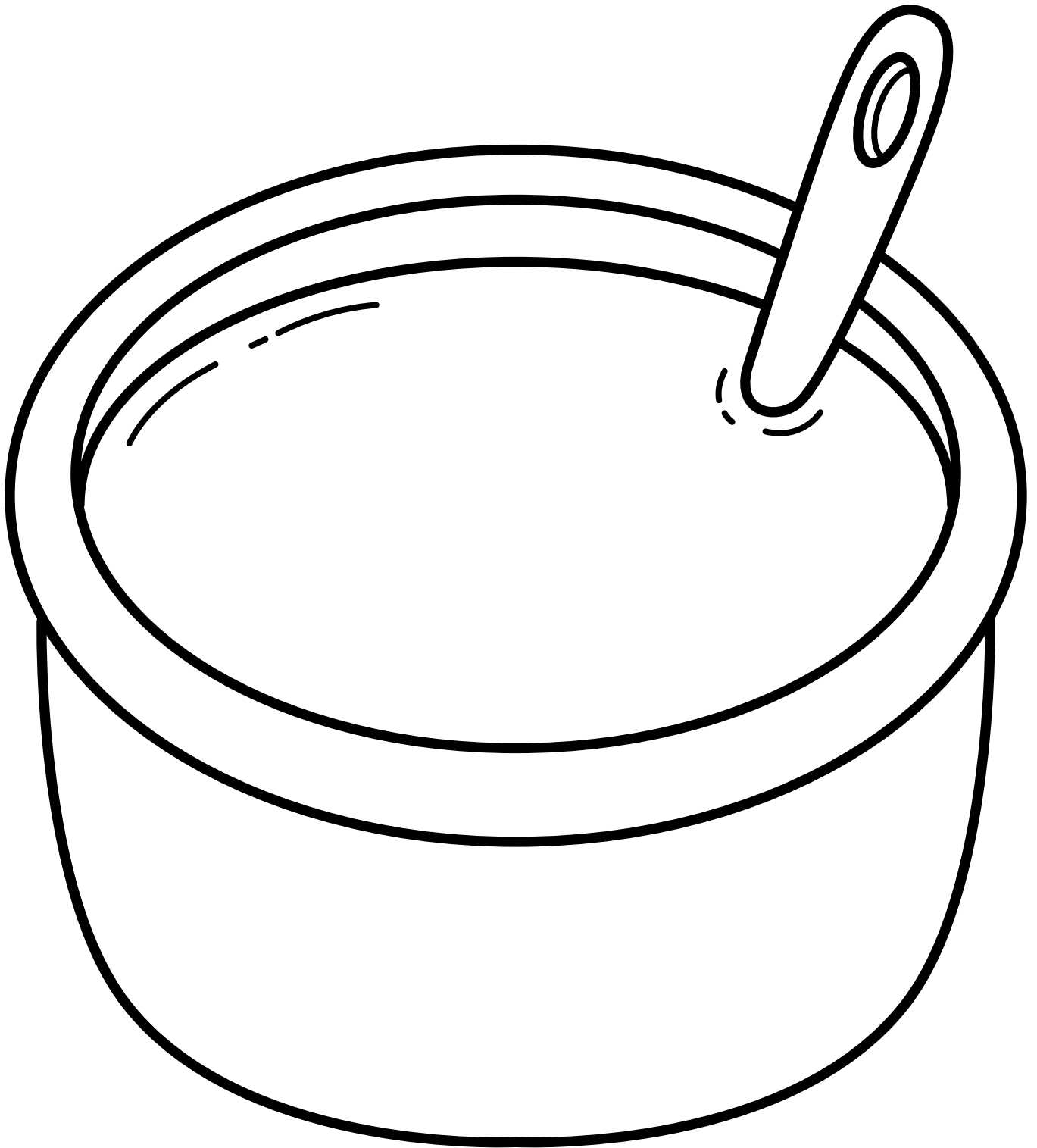
**06** *Leek, Spinach, Pea & Mint Soup*

**07** *Tomato Lentil Dahl Soup*

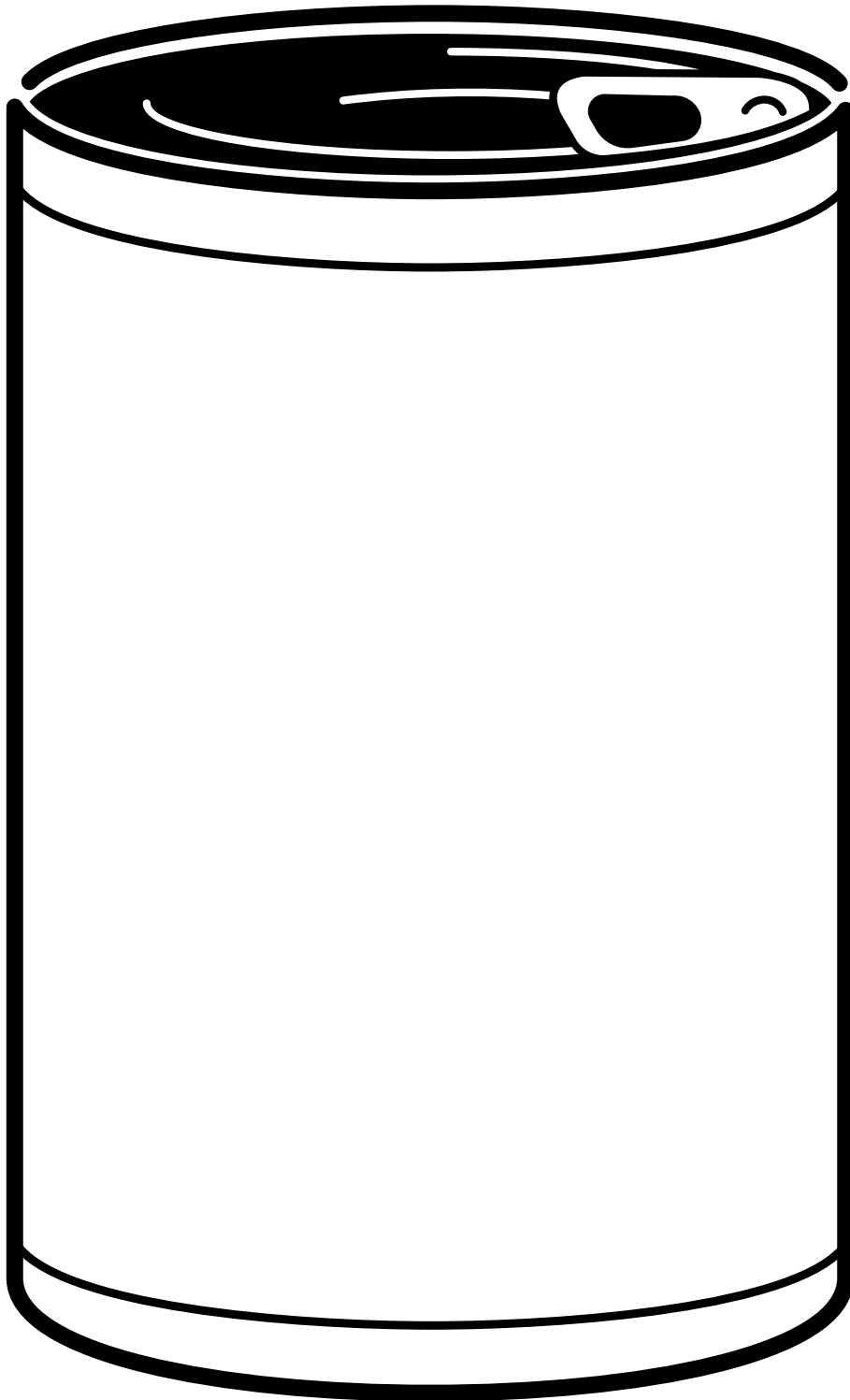
**08** *Lightly Spiced Leek & Coconut Soup*

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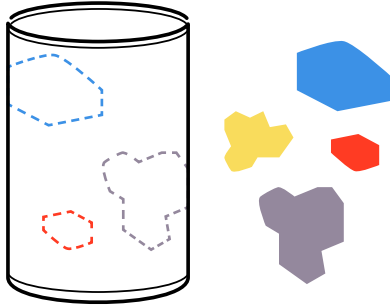
# SOUP POT DRAWING



Draw ingredients into the bowl and add colour to your soup and pot to create your ideal soup!



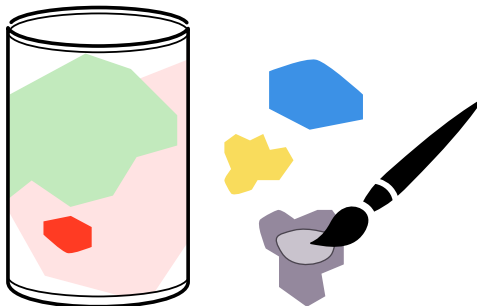
Let your creativity run wild and design your own soup can label – you never know, it might inspire a popular artist and become a famous work of art!



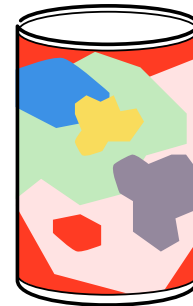
- 1** Start by selecting pieces of coloured paper or some of the pre-printed designs and roughly plan where you will put each element on your can.

*You will need:*

- One large clean empty soup can per person
- Coloured paper ripped into various shapes
- String/ribbon
- Clear PVA glue



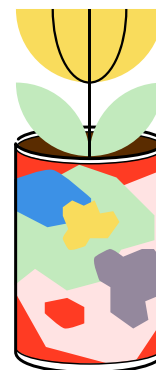
- 2** Then, take your paint brush and one of your pieces of paper and cover the back in glue. Fix this to the can in your desired spot by holding in place for a couple of minutes.



- 3** Repeat this process until all the silver from the can has been covered and you are happy with your design.



- 4** Finally, brush glue all over the can to seal your design and leave to dry for a day.



- 5** Once dry, a member of staff will make holes in the bottom of the can (if not done already). Then, you can choose a plant or seed and fill the can with soil and watch your plant come to life.

# LEEK, SPINACH, PEA & MINT SOUP



## Ingredients

1.5L	Water
150g	KNORR Classic Leek Soup Mix
200g	Frozen peas
40g	Mint
50g	Baby leaf spinach
40g	Milk powder



## Method

1. Place the water in a pan and bring to the boil.
2. Whisk in the KNORR Classic Leek soup mix and simmer for 3 minutes.
3. Add in the peas and cook for 3 minutes.
4. Stir in the mint, baby spinach and milk powder and allow the leaves to wilt.
5. Blend until smooth and serve.



# TOMATO & LENTIL DAHL SOUP



## Ingredients

- XX KNORR Professional Patak's Madras Paste 1.1kg
- 150ml Water
- 150g KNORR Professional Classic Cream of Tomato Soup 25 Port
- 200g Red lentils, boiled
- 50ml Buttermilk
- 50ml Double cream

## Method

1. In a pan cook the KNORR Patak's Madras paste with 150ml of water allowing the spices to cook out.
2. Add in the remaining water and bring to the boil.
3. Whisk in the KNORR Classic Tomato soup mix then simmer for 3 minutes.
4. Add in the cooked lentils, buttermilk and cream
5. Blend until smooth, pass and serve.





# LIGHTLY SPICED LEEK & COCONUT SOUP



## Ingredients

1.65L	Water
150g	KNORR Professional Classic Cream of Leek Soup 25 Port
100g	KNORR Professional Patak's Korma Paste 1.1kg
300ml	Coconut milk
200g	Mash potato

## Method

1. In a pan cook the KNORR Patak's Korma paste with 150ml water allowing the spices to cook out.
2. Add the remaining water and bring to the boil.
3. Whisk in the KNORR Classic Cream of Leek then simmer for 3 minutes.
4. Add the mash and the coconut milk then bring back to the boil.
5. Blend, pass and serve.







If you're on the lookout for further support, we offer a range of activities and wellbeing tools for residents plus culinary support for chefs.

To find out more and to sign up visit [ufs.com](https://www.ufs.com) or call us **0800 783 3728** and choose option 1.



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