

# Soup recipes

Information for patients



## Soup is a quick, easy and filling meal but can be high in salt, especially tinned or packet varieties

For the general population, eating too much salt has been linked to health problems. These include high blood pressure, stroke and heart disease. By making your own soup you can have more control over the ingredients used.

This recipe book has been put together for people with kidney problems. It includes ideas on how to make soups which contain less salt. The practical tips which are included may also inspire you to create or adapt your own soup recipes.

## Consider the following before you use this recipe book

### Are you following a daily fluid allowance?

Each recipe provides five servings unless otherwise specified. One serving is approximately 200ml fluid (1/3 pint).

### Are you following a low potassium diet?

Each recipe will provide you with information on the potassium content of the soup. This will be presented as a vegetable portion. Refer to your low potassium diet booklet to check how many vegetable servings you may have each day. Ensure all vegetables are pre-boiled when making the soup.

**If you have not been advised to follow a low potassium diet then there is no need to pre-boil vegetables.**

### Are you trying to gain weight?

Adding double cream, full-fat crème fraîche or cream cheese, will help increase the energy (calorie) content of the soup.

### Are you trying to lose weight?

Each recipe will provide you with an approximate calorie content of the soup. To reduce the energy (calorie) content of the soup, consider using low fat spread or '1 Cal' oil spray instead of butter or oil. Using skimmed milk or low fat crème fraîche in place of cream can also help reduce the calories.

Each recipe has details of the calorie content of the soup and how many vegetable portions it contains; as shown in the example table below.

Per 200ml serving	
Energy (kcal)	Potassium
150	1 vegetable portion

## How can I maintain the flavour of my soup without adding salt?

### Homemade stock

Boil the meat, poultry or fish carcass/bones with celery, carrot and onion in water. Boil until the water has reduced by half and drain the stock from the carcass. This can then be used as a base for soups and sauces. The stock can also be frozen in portions and used at a later date.

### Shop bought stock

You can also buy low salt stock cubes such as Kallo, Heinz or supermarket own brands. Check in the ingredients list that the supermarket own brand low salt stock cubes do not contain potassium chloride.

Unless otherwise stated use two stock cubes to make 1000ml of stock.

### Flavour ideas

There are many ingredients which can be used to add flavour to your soup. Here are a few suggestions:

Basil	Bay leaves	Bouquet garni
Garlic	Marjoram	Chives
Ginger	Mint	Coriander
Parsley	Peppercorns	Oregano
Tarragon	Thyme	Rosemary

## Chicken soup

### Serves 5

30g (1oz) onion (½ small onion)

30g (1oz) leek (½ stem, white portion only)

30g (1oz) celery (1 stalk)

60g (2oz) butter

60g (2oz) plain flour

1000ml (2 pints) low salt chicken stock (or homemade stock)

Bouquet garni

250ml (½ pint) full cream milk or 125ml (¼ pint) double cream

Black pepper

150g (5oz) cooked diced chicken (use either leg or breast meat)

1. Gently cook the chopped onions, leek and celery in butter or margarine until softened
2. Mix in the flour. Cook over a gentle heat for about one minute
3. Gradually mix in the stock. Continue to stir until the stock has started to boil
4. Add the bouquet garni and season with black pepper
5. Simmer for 30-40 minutes
6. Remove the bouquet garni
7. Liquidise
8. Return to a clean pan and bring to the boil. Add milk or cream
9. Check seasoning, add more black pepper if necessary

10. Add the cooked diced chicken to the soup

<b>Made with:</b>	<b>Energy (kcal)</b>	<b>Potassium</b>
Full cream milk	219	1 vegetable portion
Double cream	304	1 vegetable portion

# Minestrone Soup

## Serves 5

1000ml (2 pints) low salt vegetable stock (or homemade stock)

30g (1oz) frozen peas, cooked

30g (1oz) frozen french beans, cooked

30g (1oz) dry spaghetti, broken into 2cm pieces

60g (2oz) potatoes, boiled and cut into 1cm cubes

1 teaspoon tomato ketchup

100g tinned chopped tomatoes

60g (2oz) bacon

Chopped parsley

1 clove of garlic

Black pepper to season

1. Pour the stock into a large pan
2. Add the peas, beans, spaghetti, potatoes, tomato ketchup and the tinned tomatoes. Simmer gently
3. Meanwhile finely chop the bacon, parsley and garlic and mix together to form a paste
4. Mould the paste into round balls about the size of a pea and drop into the soup. Boil long enough to cook the bacon. This should take approximately 5 minutes
5. Season with black pepper and serve

Per 200ml serving	
Energy (Kcals)	Potassium
100	1 vegetable portion

## Chicken, pea and noodle soup

### Serves 5

1000ml (2 pints) low salt chicken stock (or homemade stock)

60g (2oz) vermicelli pasta, broken into pieces

150g (5oz) cooked chicken breast, shredded

60g (2oz) frozen peas, cooked

60g (2oz) frozen sweetcorn, cooked

Black pepper to season

A small bunch of parsley, chopped

1. Heat the chicken stock in a pan
2. Add the vermicelli, chicken, peas and sweetcorn
3. Cook until pasta is just tender
4. Season with black pepper. Stir the parsley through

Per 200ml serving	
Energy (Kcals)	Potassium
70	1 vegetable portion



# Carrot and Coriander soup

## Serves 5

400g (13oz) carrots, sliced

60g (2oz) leeks, sliced

60g (2oz) onion, chopped

60g (2oz) celery, chopped

60g (2oz) butter or margarine

1000ml (2 pints) low salt vegetable stock (or homemade stock)

2 tablespoons finely chopped coriander

Black pepper to season

1. Boil the carrots and leeks for 15 minutes. Discard remaining water
2. Gently cook the onion and celery in the butter or margarine
3. Add the carrots and leeks and cook over a gentle heat for a few minutes
4. Gradually add the stock. Stir until boiling
5. Simmer for 40 minutes
6. Liquidise to desired consistency
7. Stir in the chopped coriander and season with black pepper

Per 200ml serving	
Energy (Kcals)	Potassium
120	1 vegetable portion

## Lentil and roasted pepper soup

### Serves 5

90g (1 medium) onion, chopped

1 clove of garlic

100g (2 medium) carrots, chopped and parboiled

1 tablespoon olive oil

180g (6oz) red or yellow lentils (dry weight)

1000ml (2 pints) low salt vegetable stock (or homemade stock)

100g (1 medium) red pepper, quartered and de-seeded

100ml full cream milk

Black pepper to season

Optional - ½ teaspoon Worcestershire sauce

1. Gently fry the onion, garlic and carrots in a little of the olive oil
2. Add the lentils and stir until coated in the oil
3. Add the stock and bring to a gentle simmer and cover the pan. Simmer for 20 minutes, stirring occasionally
4. While the soup simmers, place the pepper on a baking tray, skin side up and rub with olive oil. Place under a grill, until the skin blisters. Allow to cool and remove the skin
5. Cut the peppers into strips and add to the soup along with the milk and black pepper. Simmer and stir for 10 minutes
6. The soup can be served like this or it can be liquidised, if you prefer a smoother soup

Per 200ml serving	
Energy (Kcals)	Potassium
150	2 vegetable portion

## Cream of watercress soup

### Serves 5

320g (4 bunches) watercress

1 tablespoon of oil

180g (2 medium) onions, chopped

1000ml (2 pints) low salt vegetable stock (or homemade stock)

Bouquet garni

Black pepper to season

125ml (¼ pint) double cream

1. Wash the watercress and shred finely
2. Fry the watercress and onion gently in the oil for 10 minutes
3. Add the stock and bouquet garni. Heat to boiling
4. Season with the black pepper
5. Simmer for 15 minutes and liquidise
6. Add double cream and heat gently without boiling
7. Garnish and serve

Per 200ml serving	
Energy (Kcals)	Potassium
250	2 vegetable portion

## Mulligatawny soup

### Serves 5

180g (2 medium) onions, diced

100g (2 medium) carrots, diced

1 tablespoon of oil

2 teaspoons curry powder

2 bay leaves

¼ teaspoon ground ginger

1 garlic clove, crushed

Squeeze of lemon juice

1000ml (2 pints) low salt vegetable stock (or homemade stock)

8 tablespoons of cooked rice

Optional: 40g crème fraîche

1. Fry the onion and carrot in the oil
2. Add the curry powder, bay leaves, ginger, garlic and lemon juice and cook for a further 2 minutes
3. Add the stock and simmer gently for 30 - 40 minutes
4. Serve as it is, or the soup can be liquidised for a smoother consistency

Optional: Add 40g crème fraîche before serving.

Per 200ml serving	
Energy (Kcals)	Potassium
220 (with full fat crème fraîche added)	1 vegetable portion

If you have any suggestions, comments or queries regarding this leaflet please let your dietitian know. If you would like further recipe ideas please ask your dietitian.

The information contained within this leaflet is intended for your specific needs and should not be passed on to anyone else.

## Dietitian Contact Number

<b>Dietitian:</b>	<input type="text"/>
<b>Contact No:</b>	<input type="text"/>

## Useful websites and reading

- <https://www.kidney.org/> - The National Kidney Foundation provides useful information on kidney disease, treatment and lifestyle
- <https://www.kidneypatientguide.org.uk/> - Kidney Care UK, offers advice and support for those living with kidney disease. Visit the Kidney Kitchen for recipe ideas
- <https://www.beamfeelgood.com/kidney%20disease> - Kidney Beam helps people living with kidney disease to feel good through movement, education and wellbeing support
- <https://patientsknowbest.com/renal/> - If you want to know your most recent blood levels, why not join Patientknowbest? To join, click the How to Register Button, this will take through the steps to create a new account.
- Eating Well for Kidney Health - A practical guide and cookbook. H. Jackson, C. Green & G. James

## Recipes

You may find it helpful to write down any recipes you like.

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