***Mediterranean Lentil Soup***

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| ***Mediterranean Lentil Soup*** | | |
| Item Name | Quantity (g) | Calories |
| White onion | 50 g | 20 Cal |
| Peeled garlic | 5 g | 5 Cal |
| Carrot | 100 g | 40 Cal |
| Red capsicum | 30 g | 10 Cal |
| Green capsicum | 50 g | 10 Cal |
| Yellow capsicum | 30 g | 10 Cal |
| Local fresh tomato | 50 g | 10 Cal |
| Fresh parsley | 5 g | 0 Cal |
| Rosemary fresh | 5 g | 5 Cal |
| Stock powder | 5 g | 20 Cal |
| Olive oil | 20 g | 170 Cal |
| Salt | 2 g | 0 Cal |
| White pepper powder | 1 g | 0 Cal |
| Turmeric powder | 2 g | 5 Cal |
| Cumin powder | 2 g | 10 Cal |
| Puy lentil | 50 g | 180 Cal |
| Water | 300 g | 0 Cal |
| Total | 707 g before cook | 495 Cal |
| 601 after cook |
| **0.82 Cal/g** | |

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| ***Item Name*** | ***1P*** |
| Mediterranean Soup | 200 / 164 Cal |
| ***Total*** | ***200/164 Cal*** |

***Creamy Chicken Corn Soup Recipe:***

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| **Item Name** | **Quantity** | **Calorie** |
| Light Butter | 30 g | 215 Cal. |
| Water | 2,400 g | 0 Cal. |
| Chicken (Raw) | 240 g | 400 Cal. |
| Sweet Corn | 160 g | 138 Cal. |
| Cooking Cream | 200 g | 700 Cal. |
| White Pepper | 2 g | 6 Cal. |
| Salt | 2 g | 0 Cal. |
| Corn Flour | 15 g | 51 Cal. |
| Leek | 70 g | 42 Cal. |
| Chicken stock | ?? ask chef |  |
| ***Total*** | ***3,105 g before cooking, 2,386 g after cooking.*** | ***1,552 Cal.*** |
|  | ***0.6 Cal./g.*** | |

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| **Item Name** | **Portion** |
| Creamy Chicken Corn Soup | 200 g / 129 Cal. |

***Pumpkin Soup Recipe:***

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| **Item Name** | **Quantity** | **Calorie** |
| Light Butter | 20 g | 108 Cal. |
| Shredded Onion | 200 g | 80 Cal. |
| Tomato Paste | 90 g | 77 Cal. |
| Water | 3 liters | 0 Cal. |
| Fresh Pumpkin without peel | 1 kg | 260 Cal. |
| Cooking Cream | 600 ml | 1,956 Cal. |
| Chicken Stock Powder | 60 g | 156 Cal. |
| Salt | 2 g | 0 Cal. |
| White Pepper | 1 g | 3 Cal. |
| Fresh Garlic Chopped | 20 g | 20 Cal |
| Fresh Thyme | 20 g | 20 Cal |
| Corn flour | 15 g | 56 Cal. |
| ***Total*** | ***5036 g before cooking, 4532 g after cooking.*** | ***2,290 Cal.*** |
|  | ***0.6 Cal./g.*** | |

***PUMPKIN Cooking: Temperature: 180.***

***Time: 25 min***

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| **Item Name** | **Portion** |
| Pumpkin Soup | 200 g / 120 Cal |

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| **Chicken Vermicelli Soup** | | |
| Chicken | 250g |  |
| Pasta, spaghetti, white, cooked | 250g | 403Cal |
| Maggi cubes | 20g | 60cal |
| Water | 1000g | 0Cal |
| Mushrooms, white, raw | 200g | 44Cal |
| Coriander, raw | 50g | 12Cal |
| Carrots, raw | 300g | 123Cal |
| Onion | 100g |  |
| Garlic | 50g |  |
| Oil | 75ml |  |
| White Pepper | 5g |  |
| Salt | 1g |  |
| **Total** | **1638g**  **1146g after cooking** | **642 Cal**  **0.6 Cal/g** |
| **Portion** | **1p** |  |
|  | 200g= 120 Cal |  |

***Broccoli Soup Recipe:***

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| **Item Name** | **Quantity** | **Calorie** |
| Light Butter | 25 g | 135 Cal. |
| Onion (Raw) | 200 g | 80 Cal. |
| Potato Peeled Cubes (Raw) | 200 g | 188 Cal. |
| Broccoli (Frozen) | 1 kg | 260 Cal. |
| Water | 3,000 g | 0 Cal. |
| Chicken Stock | 60 g | 156 Cal. |
| Cooking Cream | 600 g | 2,000 Cal. |
| White Pepper | 2 g | 6 Cal. |
| Fresh Spinach | 50 g | 10 Cal. |
| ***Total*** | ***5,167 g before cooking, 3,900 g after cooking. (-25%)*** | ***2,935 Cal.*** |
|  | ***0.75 Cal./g.*** | |

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| **Item Name** | **Portion** |
| Broccoli Soup | 200 g / 150 Cal. |

***Mushroom Soup Recipe:***

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| **Item Name** | **Quantity** | **Calorie** |
| Canola Oil | 15 g | 135 Cal. |
| Shredded Onion | 100 g | 40 Cal. |
| Light Butter | 25 g | 135 Cal. |
| Raw Mushroom | 600 g | 146 Cal. |
| Water | 2,000 liters | 0 Cal. |
| Nutmeg | 1 g | 3 Cal. |
| Cooking Cream | 400 ml | 1,304 Cal. |
| Lemon Juice | 15 g | 4 Cal. |
| Chicken Stock Powder | 40 g | 104 Cal. |
| White Pepper | 1 g | 3 Cal. |
| Salt | 3 g | 0 Cal. |
| Corn Flour | 20 g | 68 Cal. |
| ***Total*** | ***3,220 g before cooking, 2,500 g after cooking. (-20%)*** | ***1,942 Cal. 0.8 Cal/g*** |

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| **Item Name** | **Portion** |
| Mushroom Soup | 200 g / 160 Cal. |

***Oat Soup Recipe:***

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| **Item Name** | **Quantity** | **Calorie** |
| ***Soup:*** | | |
| Olive Oil | 20 g | 180 |
| Chopped Onion | 20 g | 8 |
| Chopped Garlic | 10 g | 15 |
| Chopped Ginger | 10 g | 8 |
| Carrot Cubes | 50 g | 20 |
| Red Bell Pepper | 30 g | 8 |
| Leek | 30 g | 11 |
| Oat | 140 g | 550 |
| Water | 2 liters | 0 |
| Salt | 10 g | 0 |
| White Pepper | 1 g | 3 |
| Chicken Stock | 30 g | 90 |
| ***TOTAL*** | ***2,351***  ***1645 g after cooking*** | ***893 Cal***  ***0.54 cal/g*** |

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| **Item Name** | **3p** |
| Soup | 200 g / 108 cal |
| ***TOTAL*** |  |