

Recipe Guide

Single Serve - Soups



Step 1: Prepare the soup as per manufacturer's instructions. Before measuring the recommended volume, strain it through a sieve to remove any small food particles, such as herbs or spices.

Soup	Prepared Volume, mL	Notes
Continental Cream of Chicken Soup	250	Level 1 without thickening.
Continental Tomato Soup	250	Level 1 without thickening.
Coles Chicken Bone Broth	250	
Coles Beef Bone Broth	250	
Hart & Soul Vegetable Broth	250	

Step 2: Add instant THICK Liquid as per Dosage Guide.

Products	Single Serve Dosage Guide (Pumps)			
	1 SLIGHTLY THICK	2 MILDLY THICK	3 MODERATELY THICK	4 EXTREMELY THICK
Continental Cream of Chicken Soup	-	1	3	6
Continental Tomato Soup	-	1	3	6
Coles Chicken Bone Broth	2	3	6	10
Coles Beef Bone Broth	2	3	6	10
Hart & Soul Vegetable Broth	2	3	6	10

Step 3: Stir for 30 seconds. Allow to stand for time indicated below. Re-stir until correct consistency is reached before serving*.

Products	Stand Time (Minutes)			
	1 SLIGHTLY THICK	2 MILDLY THICK	3 MODERATELY THICK	4 EXTREMELY THICK
Continental Cream of Chicken Soup	-	0	0	0
Continental Tomato Soup	-	0	0	0
Coles Chicken Bone Broth	2	2	2	2
Coles Beef Bone Broth	2	2	2	2
Hart & Soul Vegetable Broth	0	0	0	2

*For soups, temperature must not exceed 55°C when served, for consumer safety and comfort.

Storage: Once prepared, cover between servings. Discard leftover product after 2 hours.

Instant THICK Liquid is food for special medical purposes. Food and drink thickener for the dietary management of dysphagia. Use under medical supervision. For oral consumption only. Not suitable as a sole source of nutrition. Not suitable for children under 3 year of age.

The recipes provided in this resource are intended as a guide only. The time required to thicken soups may vary between brands. If the desired consistency is not achieved, allow the liquid to stand and re-stir before serving. It is the responsibility of the person administering instant THICK Liquid to ensure that the liquid is thickened to the prescribed IDDSI level. All information stated is correct at time of publishing and subject to change without notice.

The use of brand names and/or listing of specific commercial products herein is solely for educational purposes and does not imply endorsement by these brands, nor discrimination against similar brands, products or services not mentioned.