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Development of a drum-dried instant vegetable soup powder formulated with green leafy vegetables

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The increasing of awareness regarding the health-protecting properties of non-nutrient bioactive compounds has directed immense attention as vital components of daily diets. In this study, we developed a product of drum-dried instant vegetable soup powder incorporated with green leafy vegetables rich in micronutrients. Selected vegetables were cut into small sizes after sorted and cleaned by washed thoroughly with cleaned water. Different mixtures were prepared by incorporated leafy vegetables as 5%, 7.5% and 10% of total weight. Through the evaluation of their sensory attributes, 7.5% was selected and two different mixtures were prepared by incorporating fresh and dehydrated leafy vegetables (7.5%). Prepared mixtures were fed into a drum dryer system and dried-soup powders were obtained, which were subsequently evaluated by a 30-member sensory panel for sensory attributes using a 7-point hedonic scale. The statistical analysis of the sensory data showed that there were no significant differences between the two different treatments. A sample, prepared with completely fresh ingredients were mostly preferred by the panelists to possess better quality with respect to taste, smell, color and overall acceptability. In the evaluation of shelf life stability based on free fatty acid (FFA) and peroxide value (PV), we found that these two parameters were not exceeded the safety values over a period of 3 months and obtained total plate count values up to the 3 months of store period ensured that soup powder samples packed with triple illuminated foil can be stored for a long time under dry, cool conditions.

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