ABSTRACT

***M. ACKMALUDIN**. 2024. The Effect of Vegetable Soup Processing Methods on Organoleptic Quality, Nutritional Quality, and Antioxidant Activity. Supervisors: **THERESIA PUSPITA**, STP., MP., RD and Ir. **ASTUTIK PUDJIRAHAJU**, M.Si.*

***Background:** Nutrition services in hospitals are a crucial aspect of supporting the recovery of inpatients. Three standard indicators of nutrition services according to the Minimum Service Standards for Hospitals (SPM) include the timeliness of food distribution (100%), patient food waste (≤20%), and the accuracy of diet provision (100%). Various studies have shown that food waste in Indonesian hospitals exceeds the set limits, particularly in vegetable menus. One factor that can influence the consumption of vegetables by patients is the processing method used. Conventional processing methods can lead to nutrient loss and a decline in the organoleptic quality of vegetables, thereby affecting patient acceptance of the food served. Therefore, alternative methods such as blanching are applied to maintain the organoleptic quality and nutritional content of vegetables. **Objective:** To analyze the effect of vegetable soup processing methods on organoleptic quality, nutritional quality, and antioxidant activity. **Research Methods:** This study used an experimental research method. The type of research conducted was quantitative with a Completely Randomized Design (CRD) consisting of 4 treatment levels, each replicated 3 times. **Results:** Analysis of the processing methods on vegetable soup showed a significant effect on organoleptic quality, particularly on color ($\propto$<0.05). The highest fiber content was found in treatment P3 at 10.12%. The highest vitamin C content was in treatment P3 at 1.98 mg. The best antioxidant activity was observed in treatment P1 at 83.82 ppm. Treatment P3, which used the blanching method for vegetable soup with soup broth, was the best treatment with a result value (RV) of 0.814.*

Keywords: *Blanching Method, Conventional Method, Vegetable Soup, Food Waste, Organoleptic Quality, Nutritional Quality, Antioxidant Activity.*