

# GOLDEN CARROT SOUP

## Ingredients

- 3 lb bag of carrots
- 1 onion
- 2 garlic cloves – **we supply**
- ½ cup butter
- 3 chicken or veggie bouillon cubes
- ¼ long grain uncooked rice – **we supply**
- 2 cups milk
- Salt to tastes

## Instructions

1. In medium sauce pan sauté onions and garlic in butter.
2. Add chopped carrots until coated in butter.
3. Add 3 cups water, bouillon cubes and rice.
4. Bring to a boil and cover and simmer until carrots are tender and rice is cooked. (15min)
5. Let cook for a bit and blend until smooth. Return to sauce pan and add milk and heat.



# CREAM OF POTATO SOUP



## Ingredients

- 1 red bell pepper
- 4 cups frozen or fresh corn
- 2 bay leaves – **we supply**
- 1 large onion
- 6 large potatoes
- 2 teaspoons pepper – **we supply**
- 2 teaspoons salt – **we supply**
- 2 garlic cloves – **we supply**
- 3 celery stalks
- 3 teaspoons ground cumin – **we supply**
- 2 boxes (32 ounces) vegetable broth or 2 cubes
- 3 teaspoons thyme – **we supply.**

## Instructions

1. In a large pot sauté onions, celery and peppers, then add chopped potatoes, leaves, and garlic.
2. Pour in enough water to cover (or broth). Bring to a boil.
3. Remove the bay leaves and stir in the bouillon cubes until dissolved.
4. Mix in the corn. Reduce heat to medium-low, and cook 20 minutes, or until the potatoes are tender.
5. Blend till desired thickness.



# CHICKEN NOODLE SOUP

## Ingredients

- 1-2 boneless skinless chicken breasts
- 2 large carrots
- 1 celery stalk
- 1 small onion
- 2 garlic cloves
- 2-3 cups egg noodles
- 2 chicken bouillon cubes (or 5 cups broth)
- Bay leaf
- 1 tsp thyme
- 1 tsp poultry seasoning
- Salt and pepper to liking.

## Instructions

1. In a large pot sauté onions, celery and peppers, then add chopped potatoes, leaves, and garlic.
2. Pour in enough water to cover (or broth). Bring to a boil.
3. Remove the bay leaves and stir in the bouillon cubes until dissolved.
4. Mix in the corn. Reduce heat to medium-low, and cook 20 minutes, or until the potatoes are tender.
5. Blend till desired thickness.

