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easy to make healthy & delicious soups 19 UNIQUE FLAVOURS















Apricot Butter Chicken

Our version of the delicious curried rice dish 'butter chicken' is made with chicken, tomatoes and onion (also terrific as a vegetarian dish by excluding the chicken!). Wonderful garnished with fresh peaches or mango.

Irish Beef Stew

Hearty and thick this traditional beef stew is a real stick-to-your-bones meat and potatoes meal! It even calls for the (optional) addition of dark stout beer - a great way to support your local brewery!

gummm

Chuckwagon Chili

This traditional beef chili mix makes a thick, hearty flavourful meal with very little to add. Just like most of our mixes this one is easily made on the stove-top, in a slow cooker or in the Instant Pot.

Mama's Creole Gumbo

Authentic creole spice gives this rich and thick southern dish some kick. Load it up with your choice of chicken, sausage, seafood... or all of the above!









real ingredients

Rockin' Morrocan Soup

Made with apple, orange, sweet potato, and honey this vegetarian dish is flavored with hands-down our most complex spice blend. Saffron and rose petals are just a couple of the over a dozen ingredients that might just pique your curiosity!

Old Fashioned Beef and Barley Soup

Beefy, hearty, and satisfying this beef barley soup truly is comfort food at its finest. Add hamburger, some veggies, cook, and serve with some cracked pepper. It's just that easy! A great one to use up leftover beef in too!

Southwest Chipotle Chili

Our new white bean chili has such a flavourful smoky chipotle taste and is terrific with shredded or cubed chicken or loaded up with your favorite veggies.

Rustic Italain Soup

Filled to the brim with noodles, beans, and veggies this healthy, hearty soup is perfectly seasoned with just the right blend of Italian herbs! Garnish with shaved or grated parmesan cheese and pair with some warm crusty bread.











unique combinations

Thai Prawn Coconut Soup

Made with prawns or chicken and a few fresh veggies our Thai spice blend adds a mouth-watering explosion of flavor to this lightly creamy soup. Garnish your tasty creation with cilantro and lime.

Turkey Cranberry Soup

This seasonal favorite is all about familiar holiday flavors and the welcoming aroma of a home-cooked meal. this soup is so easy to make and is even a great way to use up some of those turkey leftovers during the holidays.

Fog Pea Soup

Our 'thick as fog' split pea soup mix makes it so easy to cook & serve this classic comfort food. Just add bacon or ham and this rich, savory soup will have you coming back again & again. Garnish with croutons, chives, and some crispy bacon.

Westcoast Seafood Chowder

Creamy, rich, and thick this chowder is a delicious way to enjoy all of your favourite seafood and shellfish. Scallops, clams, prawns, crab and whitefish along with some fresh veggies and potato make for a real coastal treat wherever you live.





mouth-watering good

Mexican Tortilla Soup

Our Mexican-style taco soup has proven to be one of our most popular mixes. The spice blend offers an authentic burst of flavor without being too hot. Great garnished with a dollop of sour cream and tortilla chips.

Harvest Pumpkin Lentil Soup

This bisque style vegetarian pumpkin soup is perfectly flavoured with our warm and rich autumn-inspired spice blend. For a sweet twist try adding mandarin oranges, peaches or diced apple.

