

Did you know...

We use whole grain products whenever possible.

The salt and pepper shakers indicate that a meal contains more than 1000 mg of sodium, which is about ½ of your daily recommended value.

Menu items may be subject to change without notice due to supply chain issues.

Meal Reheating

Instructions:

Home delivered meals should be eaten immediately or refrigerated to avoid spoilage.

For best results

Reheat meals in the original packaging

Preheat oven to 350 degrees

Place meal on a cookie sheet

Reheat

FROZEN meals

30 minutes

REFRIGERATED meals

15 minutes or until the internal temperature is at least 165 degrees.

It's Soup Season

Soups are defined as a liquid dish typically made of meat, fish, or vegetables in a stock or water. From chilis to stews, to basic cream and broth based, soups have been around for ages and can really make cooking a simple task that is both nutritious and delicious. Step one, get a crockpot! These too have been around forever. The benefit to the crockpot is that while you are sipping your warm morning beverage you can be creating your afternoon or evening meal. Once you turn it on you literally can "fix it and forget about it".

What goes into the perfect pot of soup?

1. **STOCK** - Vegetable, Beef, Chicken broths or water.
2. **VEGETABLES**- Garlic and onion are great starters for any soup. Carrots, celery, potatoes, and anything else you like, can be added as well.
3. **PROTEIN**- You can add any kind of cooked meat like chicken, beef, pork, or turkey. OR you can choose vegetarian options like beans, lentils, or even tofu.
4. **SEASONING**- Your seasoning should be based on your ingredients. There are no- salt seasoning mixes available, as well as individual herbs and spices that deserve a little experimentation, as well. If you are a novice in this area, I recommend buying a herb and spice seasoning book that will help you pair your foods to their complementary spices.
5. **COOK**- Preferably on low all day, or crank up that crockpot (or stovetop) to high for a few hours, if pressed for time. Add creams to make it a cream based soup at the end.

Here's one of our favorite recipes to try:

Potato Leek Soup

- 4 medium to large peeled and cubed potatoes
- 2- 14 ½ ounce cans of chicken broth
- ½-1 cup leeks or diced onion
- 1 cup half and half (or reduced fat milk)
- ¼ cup butter (optional)

Add all ingredients, except half and half or milk to a crockpot. Cook on low for 8-10 hours or high for 4-6 hours until potatoes easily break apart with a fork. Use a stick blender or pour into a mixer to puree. Add the half and half or milk and cook on low for an additional 30 minutes. Salt and pepper to taste and sprinkle with chives and a dollop of sour cream or Greek yogurt (Greek yogurt adds protein).