

3 SOUP-ERB SOUPS



Soup is a great option for a quick, one-pot meal on a busy weeknight. Why settle for opening a can - when you can be a soup-erstar! Soups are a great way to add fresh vegetables to your diet for a healthy and affordable meal. They're comfort in a bowl, easy to customize with your favorite toppings. Make a big batch and freeze the leftovers as part of your meal plan. Amp up your soup and make it the star of the dinner table with a few ingredients. Make a big batch and freeze the leftovers as part of your meal plan.

For this workshop we will make 3 delicious soups that your family will love -using 3 different cooking methods!



Wonton Soup with Sesame Chili Oil

Pressure Cooker Corn Chowder

Broccoli Cheddar Soup