



THE GIRLFRIENDS GUIDE FOR MOMS

Soup Edition



Happy 2016 Girlfriends!

The madness of the holiday season is over, the kids are back in school, and the collective sigh of relief from busy moms everywhere can be heard on the wind.

The start of the new year is always about simplifying: paying off those holiday credit card bills, getting back into an exercise routine, and showing some restraint from gobbling Aunt Nancy's chocolate bourbon balls. Until next December, that is.

Here at Mann's, we are all about SOUP this time of year. To us, soups and stews are a grand slam of a meal. They're a great way to add more veggies to your day, they're as satisfying as a solid meal with fewer calories and fat (just hold back on the creamy versions), and they taste even better as lunch the next day. Plus, they freeze really well and hey, who doesn't love coming home and getting a homemade meal on the table lickety-split?

We hope you enjoy the soul-warming soup recipes we've pulled together for you using our delicious veggies. Drop a line on email/Facebook/Twitter/etc. and let us know what you think. After all, that's what girlfriends are for!

Cheers!

Gina Nucci and the Mann's Moms

P.S., As you can see in the photo, this mom's going to be out for the next few months, so keep an eye out for our Girlfriends Guides brought to you by other Mann's Moms. See you on the other side!





Asian Soup

Ingredients

12 oz Mann's California Stir Fry, or
Mann's Asian Stir Fry Vegetables
3 cups chicken broth, low sodium
1 cup mushrooms, thinly sliced
1 clove garlic, minced
1 tbsp lime juice
1 tsp red pepper flakes, crushed
1 tbsp soy sauce, low sodium

Directions

In a large pot add chicken broth, garlic, lime juice, red pepper and soy sauce. Bring to a boil, then add Mann's Asian Stir Fry or California Stir Fry Vegetables and mushrooms. Cook for another 10 minutes, until veggies are tender, then serve immediately. Protein can be added with cooked beef, chicken, shrimp or tofu.

Servings 4

Did You Know...

...that girlfriends are good for you? We did, but now we have the science to prove it. Research shows that women who work out with a BFF are 45% more likely to exercise than those who sweat solo, and spend 40% more time exercising. So call that pal you haven't seen in a couple of months and hit the hiking trail!



Tuscan Soup with Wax Beans and Kale

Ingredients

4 strips bacon
1 large onion, chopped
1 cup sliced baby carrots
1 tsp garlic powder
1 tsp salt
2 tsp dried Italian seasonings
6 cups vegetable stock
2 tbs tomato paste
1 (10 oz) package Mann's White Wax Beans or Green Beans, cut into 1-inch pieces
1 (15 oz) can navy beans, drained
3 cups packed kale, stemmed and torn

Directions

Cook bacon in a skillet or pan on medium-high until crispy; about 7 minutes, rotating half-way. Remove bacon and chop into small pieces. Drain oil from pan, reserving 1–2 tablespoons.

Cook onions and carrots in reserved bacon fat, stirring often until fragrant, about 6 minutes. Add garlic powder, salt and Italian seasonings and cook additional 2 minutes.

In a large pot combine cooked vegetable mix, bacon pieces, vegetable stock, tomato paste, white wax beans and navy beans; bring to a boil. Reduce to low and stir in kale, cover and simmer for 20–30 minutes.

Substitutions/Dietary Restrictions: This recipe is gluten-free. For vegetarian/vegan omit bacon, and use olive oil to cook onions.

Servings 8



Vegan Butternut Squash and Pumpkin Spice Soup

Ingredients

2 (10 oz) packages Mann's Butternut Squash
4 tbs olive oil, divided
1 tsp pepper
1 ½ tsp salt, divided
1 medium onion, chopped
4 cups vegetable stock
1 cup canned pumpkin puree (not pie filling)
½ tsp cumin
½ tsp cinnamon
¼ tsp pumpkin pie spice
1 ½ tsp ground allspice
¼ cup raw pumpkin seed kernels, toasted

Directions

Pre-heat oven to 425° F. In a large bowl, toss butternut squash cubes with 2 tbs olive oil, 1 tsp salt and pepper. Place on a large baking sheet in a single layer and roast for 20–25 minutes, until browned and tender.

Meanwhile: Cook onions with remaining olive oil in a pan over medium-high for 6 minutes, or until fragrant.

In batches blend roasted squash, onion and vegetable stock until pureed. In a large pot, combine pureed squash mixture, pumpkin puree, ½ tsp salt, and all spices. Bring to a low boil, then reduce heat and simmer covered for 15 minutes. Garnish with toasted pumpkin seeds before serving.

Substitutions/Dietary Restrictions: This recipe is gluten-free, vegetarian and vegan.

Servings 6



Creamy Roasted Garlic & Cauliflower Soup

Ingredients

4 large garlic cloves, peeled
2 (10 oz) packages Mann's Cauliflower
4 tbs olive oil, divided
1 tsp pepper
1 ½ tsp salt, divided
1 medium onion, chopped
3 cups chicken stock
½ cup half and half

Girlfriend Tip

Find a Rainbow Connection. Colorful produce is packed with disease-fighting compounds. To get more of the good stuff into your life, try a different colored fruit or veg every day.

Directions

Pre-heat oven to 425° F. In a large bowl, toss cauliflower with 2 tbs olive oil, 1 tsp salt and pepper. Wrap garlic cloves in foil. Place cauliflower and garlic on a large baking sheet in a single layer and roast for 15–20 minutes, until browned and slightly tender.

Meanwhile: Cook onions with remaining olive oil in a pan over medium-high for 6 minutes, or until fragrant.

In batches blend roasted cauliflower, garlic, onion and chicken stock until pureed. In a large pot combine pureed mixture, ½ tsp salt, and half and half. Bring to a low boil, then reduce heat and simmer covered for 15 minutes.

Substitutions/Dietary Restrictions: This recipe is gluten-free. For vegetarian use vegetable stock, and for vegan omit half and half.

Servings 4