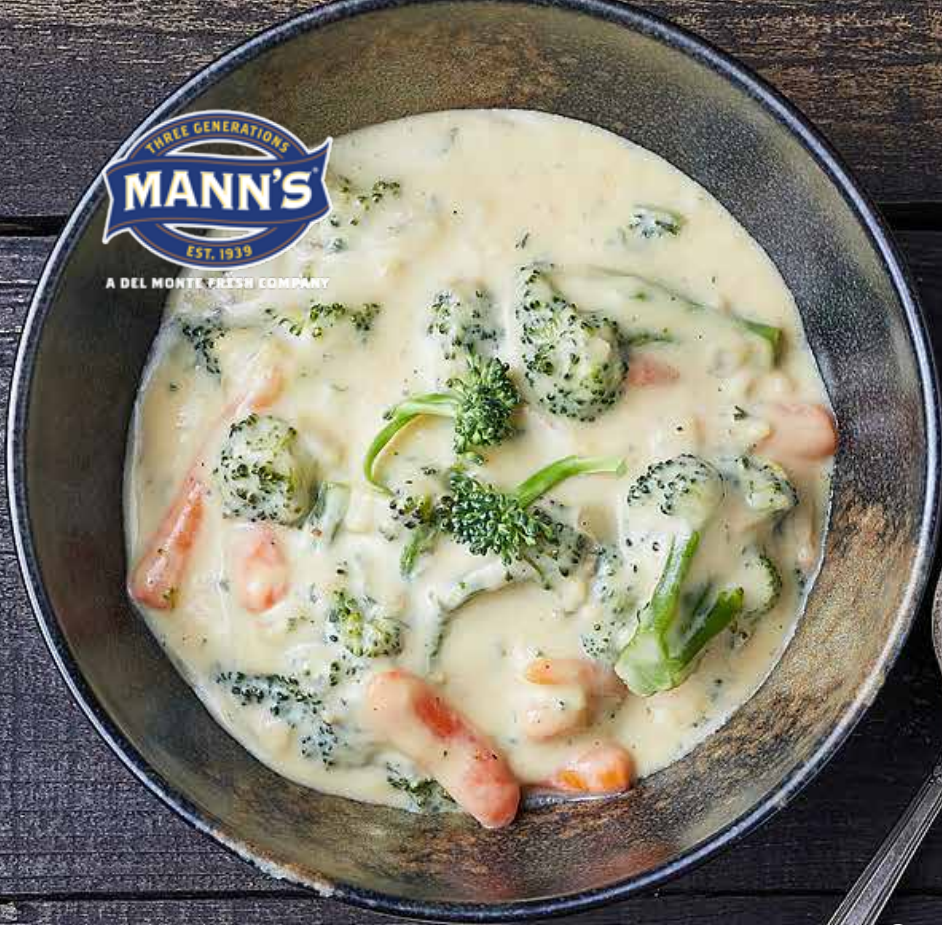




A DEL MONTE FRESH COMPANY



*Veggies
Made Easy.*



Veggie Soups

January 2019



Cheddar Broccoli and Carrot Soup

Ingredients

- 3 tablespoon extra virgin olive oil
- 1 medium onion, chopped
- 1 tablespoon dried parsley
- 1 teaspoon miced fresh garlic
- 3 tablespoon all purpose flour
- 5 cups whole milk
- 2 (12 ounce) bags Mann's Broccoli & Carrots
- ¼ teaspoon nutmeg powder
- 8 ounces sharp shredded cheddar cheese
- Black pepper and salt, to taste

The Method

Heat oil in a large saucepan over medium heat. Add onion, parsley and garlic and cook for 5 minutes until the onions and garlic are soft and aromatic. Add the flour and cook for 3 minutes on medium heat stirring constantly until the mixture is light brown.

Heat your milk by microwave or stovetop just until warm, and then add it slowly, stirring constantly so it doesn't clump. Cook for 6-8 minutes.

Add Mann's Broccoli & Carrots and nutmeg, then cook for an additional 15 minutes.

Reduce heat to low, add the cheese, and stir until all the cheese melts and the soup is thickened.

Add pepper and salt, to taste.

Note: You may substitute with Mann's Organic Broccoli & Carrots

Servings: 4



Sweet Potato & Chickpea Soup

Ingredients

- 1 (32 ounce) container chicken or vegetable broth
- 2 (16 ounce) bags Mann's Sweet Potato Cubes
- 1 (16 ounce) canned petite-diced tomatoes, undrained
- 1 (15 ounce) canned chickpeas, rinsed and drained
- 1 teaspoon ground cumin
- ½ teaspoon ground red pepper
- ¼ teaspoon salt
- ⅓ cup fresh chopped basil leaves
- 2 tablespoons fresh lime juice
- 1 lime, cut into wedges (optional)

The Method

Bring broth to a boil over high heat in large saucepan or Dutch oven.

Reduce heat to medium-high, then add Mann's Sweet Potatoes and cook for about 10 minutes or until almost tender.

Add tomatoes, chickpeas, cumin, red pepper and salt and simmer for about 10-15 minutes until Sweet Potatoes are tender. Remove from heat.

Stir in basil and lime juice.

Serve with lime wedges, if desired.

Servings: 8



Beef and Barley Vegetable Medley Soup

Ingredients

- 2 tablespoons olive oil
- 1 large yellow onion, chopped
- ½ pound beef stew pieces
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 cups chicken stock
- 3 cups beef stock
- ¼ cup tomato paste
- ¼ cup quick cooking barley, dry
- 2 (12 ounce) bags Mann's Vegetable Medley

The Method

Heat olive oil in a large pan on medium-high heat. Add onion and cook 6 minutes, stirring often, until fragrant. Stir in beef, salt and pepper. Cook 6–8 minutes, until meat is browned and mostly cooked through.

Add meat mixture to a large pot. Stir in chicken and beef stock, tomato paste and barley. Cook according to barley package directions, about 10 minutes.

Stir in vegetable medley and cook 10 minutes more on medium heat. Remove from heat immediately and leave uncovered to prevent vegetables from overcooking.

Servings: 10



California Stir-Fry Soup

Ingredients

- 3 cups chicken broth, low sodium
- 1 clove garlic, minced
- 1 tablespoon lime juice
- 1 teaspoon crushed red pepper flakes
- 1 tablespoon soy sauce, low sodium
- 1 (12 ounce) bag Mann's California Stir Fry
- 1 cup mushrooms, thinly sliced

The Method

In a large pot add chicken broth, garlic, lime juice, red pepper and soy sauce. Cook on med-high for 10 minutes. Add Mann's California Stir Fry 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



Savory Butternut Squash Soup

Ingredients

- 3 tablespoons butter
- 1 onion, coarsely chopped
- 4 cloves garlic, chopped
- 1 tablespoon chopped fresh sage
- 1 (20 ounce) bag Mann's Butternut Squash Cubes
- 5 cups chicken broth, low sodium
- 24 fresh sage leaves
- 1/3 cup grated Parmesan cheese

The Method

Melt 1 tablespoon butter in heavy large pot over medium heat. Add onion and garlic; cover and cook until soft, stirring occasionally, about 7 minutes. Add chopped sage; stir for 1 minute. Add squash and broth. Increase heat to high and bring to boil. Reduce heat and simmer until squash is tender, about 25 minutes. Cool slightly.

Puree soup in batches in blender until smooth. Return soup to pot. Mix in cheese. Season to taste with salt and pepper.

Melt remaining 2 tablespoons butter in heavy large skillet over medium heat. Add the 24 sage leaves and sauté until brown and toasted, about 2 minutes. Bring soup to simmer. Ladle into bowls.

Before serving, garnish with Parmesan cheese and fried sage leaves.

Servings: 8