

Meat

Chili con Carne

Ground Beef, Tomato, Beans, Carrots, Celery and Onion.

Venus de Milo

Ground Beef, Tomato, Barley and String Beans.

Kale with Beef

Beef, Tomato, Cabbage, Kale, Chourico, Linguica, Carrots, Celery, Onion and Beans.

Split Pea with Ham

Celery, Carrot and Onion

Veggie Kale

Tomato, Beans, Celery, Onions, Carrots, Cabbage and Kale.

Tomato with Quinoa and Corn

White Beans and Collard Greens

Split Pea

With Cabbage Celery Carrots and Onion.

Cream of Mushroom

With Flour, Butter, Cream, Celery and Onion

Cream of Cauliflower

with Parsnip, Onion, Butter, Flour and Milk

Curry of Sweet Potato

With Tomato, Celery and Peppers.

Cheddar Cheese Soup

With Flour, Butter, Milk, Celery, Carrots and Onion

Vegetarian Black Bean,

with Tomato and Carrots.

Chicken Soup with Butternut Squash

Lentil Soup with Chicken Sausage

Tomato, Celery, Onion

Vegetable

Poultry