

Hot Takes.

DELICIOUS DIY SOUPS IN A JAR—JUST ADD WATER.

Noodling what to bring for lunch? Here's just the thing: a warm, delicious meal made in a mason jar from whatever's in your fridge—or prepped ahead for the week to come. The formula couldn't be simpler: just add your ingredients to the jar with a dollop of bouillon paste, then fill with boiling water when it's time to eat. Super easy, super tasty. **Find the recipes at Lakewinds.coop/recipes**



Vegan option

Tofu and Veggie Noodle

ADD IN: Pre-spiraled veggie noodles, found in Lakewinds' produce department.

Lemon Pesto Chicken Noodle

ADD IN: Jen's Jars Spinach Pesto, a Maker to Market original.



Thai Coconut Curry with Shrimp

ADD IN: Tofu noodles are quick to soften in hot water. Cook them in the jar with no advanced prep necessary. Also add ProCured Mushroom Jerky, which rehydrates in the broth.

JAR SOUP TIPS and TRICKS

PERFECT PASTE

Bouillon paste is the secret to creating a hearty soup in no time. With bouillon as your soup base, all you need is boiling water.

LESS WASTE

Those trusty mason jars used for canning are just the ticket for lunches to go. Easy to pack and carry, with no wasted packaging.

ADD THIS AND THAT

Toss in dinner leftovers, like noodles, veggies, and proteins to build your soup. Kadejan Farms rotisserie chicken is a great choice.

OUR KIND OF BAR FOOD

Hit Lakewinds' salad bar to grab pre-cut vegetables, marinated tofu, and other scrumptious soup additions.

GET SAUCY WITH IT

Hot sauce, toasted sesame oil, fish sauce, and so many of your refrigerator door dressings can add depth and flavor to a simple lunch.

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Soup's on at Lakewinds.coop/recipes.