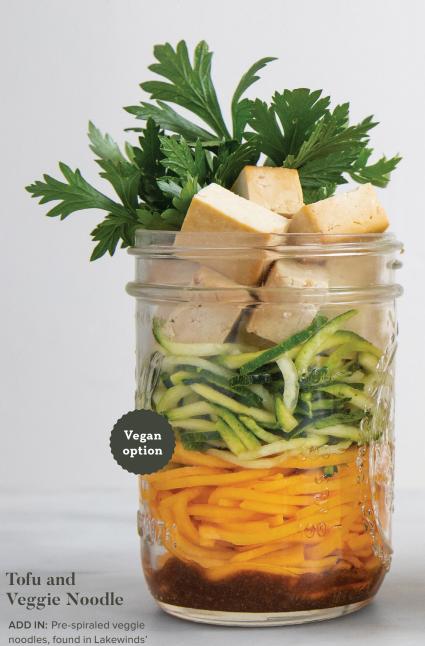
# Hot Takes.

### 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** 



produce department.

## Lemon Pesto Chicken Noodle

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





#### **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 precut 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.

# 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.