



SIGNATURE VEGAN VEGETABLE SOUP

Case Code
20543

Pack & Size
4 x 1.81 kg (4 lb) pouch



Made with carrots, tomatoes, Great Northern beans and red lentils, this hearty home-style soup is slow-simmered with aromatic herbs and a dash of balsamic vinegar for a sweet, savoury flavour.

Nutrition Facts

Serving Size	250 mL
Amount Per Serving	
Calories 110	Calories from Fat
	% Daily Value
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 820mg	34%
Total Carbohydrate 18g	6%
Dietary Fiber 4g	16%
Sugars 5g	10%
Protein 4g	8%
Vitamin A 8%	Vitamin C 8%
Calcium 4%	Iron 8%
Vitamin E 0%	Thiamine 0%
Magnesium 0%	Zinc 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts are based on our current data. However, because the data may change from time to time, this information may not always be identical to the Nutrition Facts table found on the labels of products.

INGREDIENTS

WATER, TOMATO PASTE, CARROTS, DICED TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), GREAT NORTHERN BEANS, RED LENTILS, CELERY, RED PEPPERS, SPINACH, BUTTERNUT SQUASH, ONIONS, MODIFIED CORN STARCH, SALT, CANOLA OIL, SUGAR, GARLIC, BALSAMIC VINEGAR (CONTAINSSULPHITES), SPICES.

FEATURES AND BENEFITS

Easy to prepare: Simply heat and serve
Ready-to Serve pouch saves time and labour
Consistent taste and appearance every time

SERVING IDEAS

- Beans on Toast
Reduce soup and serve over crispy buttered sourdough. Top with a poached egg for a breakfast or lunch sandwich.
- Vegan Veg Quinoa
Toss soup with cooked quinoa, kale, red peppers, onion and a balsamic glaze for an easy vegan side dish.
- Vegan Veggie Burger
Mix Vegan Vegetable soup with black beans, cooking oats, red onions and seasonings. Form patties, bake and serve on lettuce cups or pitas.

MORE

Easy to prepare: Simply heat and serve
Ready-to Serve pouch saves time and labour
Consistent taste and appearance every time

PREPARATION

Heat to 71°C (160°F) and hold for serving. Stir often. Do not dilute.

HANDLING

Keep frozen at 0°F (-18°C) or below. Thaw pouches (35–40°F / 2–4°C) for up to 15 days.

STORAGE

Shelf Life:

Storage Temperature: -18C

PACKAGING DETAILS

Pack & Size: 4 x 1.81 kg (4 lb) pouch	Case Weight: KG	UPC: 63211205435
Cube: M	Case Size: CM x CM x CM (L x W x H)	SCC-14: 10063211205432