



PRICE: \$11.50 CA | \$10.50 US (Pack of 3)

VOLUME: 38 g (1.3 oz)

FLAVOUR PROFILE

Hearty, robust flavours of the Italian kitchen; tomato base with pasta, veggies rounded out with classic Italian herbs, basil & oregano.

FEATURES & BENEFITS

No artificial colours or flavours.

Low sodium.

1 bag makes 8 cups prepared soup.

Versatile vegan soup blend prepared offers 17g protein per serving.

LABEL DIRECTIONS

Makes 4 servings.

Combine ½ cup dry, small shell pasta and 3 cups hot water or broth in a large sauté pan over high heat. Stir in seasoning and 1 can (28 oz/796 ml) diced tomatoes. Cover and bring to a boil. Reduce heat to medium and simmer, uncovered, for 10 min. Stir in 1 can (19 oz/540 ml) lentils, drained and rinsed, and 1½ cups frozen mixed vegetables. Simmer 3 min. Serve with pesto, if desired.

INGREDIENTS LIST*

Basil, chilies, chives, garlic, green bell pepper, inactive nutritional yeast, mushroom, oregano, red bell pepper, rosemary ground.

ALLERGENS AND SENSITIVITIES:

Garlic.

*Ingredient list is in alphabetical order for proprietary reasons.

WE KEEP IT SIMPLE: CLEAN INGREDIENTS, ALWAYS.

- Free of preservatives and artificial colours.
- 100% gluten-free and nut-free.
- Sodium and sugar conscious.
- Made from ethically sourced ingredients.
- 85% Non-GMO Project Verified.

RECIPE IDEAS

- Replace lentils with white beans or ½ lb (225 g) ground meat, cooked.
- Add in your favourite fresh or frozen seasonal veggies.

KITCHEN HACK

Use the **Wok** to prepare the soup.

TASTING TIP

Prepare soup as a main course for a Cooking Class.

COMPANION PRODUCTS

Check epicure.com for current availability.

FOOD & BEVERAGES:

- **Pesto Sauce Mix**
- **Smoky Roasted Tomato Nutritional Yeast Topper**

COOKWARE:

- **Multipurpose Pots**
- **Prep Pro Utensil Set**
- **Wok & Glass Lid**

US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Facts Tables at epicure.com.

Nutrition Facts		Valeur nutritive	
Per 1/4 package dry mix (9.7 g) / Par 1/4 du sachet de mélange (9.7 g) About 2 cups prepared / Environ 2 tasses préparé			
	Dry Mix† Mélange†	Prepared† Préparé†	
Calories	35	270	
% Daily Value* / % valeur quotidienne*			
Fat / Lipides 0.3 g†	1 %	1 %	
Saturated / saturés 0.1 g			
Trans / trans 0 g	1 %	1 %	
Carbohydrate / Glucides 6 g			
Fibre / Fibres 2 g	7 %	61 %	
Sugars / Sucres 2 g	2 %	8 %	
Protein / Protéines 2 g			
Cholesterol / Cholestérol 0 mg			
Sodium 10 mg	1 %	19 %	
Potassium 225 mg	5 %	15 %	
Calcium 40 mg	3 %	8 %	
Iron / Fer 1.25 mg	7 %	17 %	
† Amount in dry mix / Teneur dans le mélange.			
† Prepared adds 240 Calories, 0.5 g Fat, 43 g Carbohydrate (15 g Fibre, 6 g Sugars), 15 g Protein, 430 mg Sodium. / La recette préparée ajoute 240 Calories, 0.5 g Lipides, 43 g Glucides (15 g Fibres, 6 g Sucres), 15 g Protéines, 430 mg Sodium.			
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup			