

TIPS & TRICKS:

- To save time, vegetables should be prepped before the start of the call.
- It's also wise to get spices measured and ready beforehand.
- After cooking (and optionally eating for your own dinner), remaining soup should cool before placing in quart containers. Freezer/microwave-safe containers can be ordered from Amazon or webstaurantstore.com or purchased locally. Costco sells easy to store rectangular 38-oz containers, 25 count, for \$6.99.
- Soup recipes are forgiving and substitutions can be made! For example, kale instead of spinach; any type of tomato; etc. Don't have garam masala in your spice rack? Make your own with cardamom, cinnamon, cumin, cloves, pepper, and nutmeg!
- Soups should be labeled and frozen. If you lack freezer space, refrigerate and plan on delivering soup the day after cooking.

Labeling should look as follows:

Soup Name (vegan or vegetarian)(contains cheese, if appropriate)

KindSoups – Har Shalom – First Name, Last INITIAL – Date

As an example:

Indian Lentil & Spinach Soup (vegan)

KindSoups – Har Shalom – Marjorie K – 1/10/21

Questions? Contact Marjorie at msklein424@aol.com