

TBH CARE 1.0

SOUP'S UP CARD



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EASY CHICKEN NOODLE SOUP

INGREDIENTS

1 tbsp olive oil	4 cans (10.5 ounces each) chicken stock
1 onion, chopped	¼ tsp dried thyme
2 celery sticks, sliced	2 cups cooked chicken, chopped
2 carrots, sliced	2 cups noodles

DIRECTIONS

1. Heat oil and vegetables in a stock pot over medium heat for about 10 minutes or until the onions are translucent.
2. Stir in the remaining ingredients, bring to a gentle boil and cook for another 7-10 minutes until the noodles are soft.
3. Add salt and pepper to taste, if desired.

DELICIOUS BUTTERNUT SQUASH SOUP

INGREDIENTS

1 large butternut squash (about 3 lbs.), cubed	4 garlic cloves, pressed or minced
1 tbsp olive oil	⅛ tsp ground nutmeg
1 shallot or onion, chopped	A pinch of freshly ground pepper
1 tsp salt	3-4 cups vegetable stock

DIRECTIONS

1. Heat oil and onion in a stock pot over medium heat for about 5 minutes, or until the onions are soft and translucent.
2. Stir in the remaining ingredients, bring to a gentle boil and cook until the squash is soft.
3. Blend using a blender, food processor or immersion blender.

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BEST LENTIL SOUP

INGREDIENTS

¼ cup olive oil	1 tsp curry powder	4 cups vegetable broth
1 onion, chopped	½ tsp dried thyme	2 cups water
2 carrots, peeled and chopped	1 large can (28 ounces) diced tomatoes, lightly drained	Pinch of red pepper flakes (optional)
4 garlic cloves, pressed or minced	1 cup brown or green lentils, rinsed	1 cup chopped fresh collard greens or kale, ribs removed
2 tsp ground cumin		

DIRECTIONS

1. Heat oil, onion and carrot in a stock pot over medium heat for about 5 minutes, or until the onions are soft and translucent.
2. Add garlic, cumin, curry powder and thyme and stir to combine. Pour in tomatoes and let heat for a 2-3 minutes.
3. Pour in lentils, broth and water. Add pepper flakes, if desired. Raise heat to boil, then partially cover and reduce heat to maintain a simmer. Cook for 25 - 30 minutes.
4. Option to puree in blender, food processor or with an immersion blender.
5. Add chopped greens and cook for 5 more minutes.

TASTY TOMATO SOUP

INGREDIENTS

4 tbsp olive oil	1 ½ cup water, or low sodium vegetable broth
½ large onion, chopped	½ tsp salt
1 (28 oz) can of tomatoes, whole, peeled, or crushed.	Fresh basil (optional)

DIRECTIONS

1. Heat oil and onions in a stock pot or large saucepan until onions are translucent.
2. Add water (or broth), tomatoes with their juices, and salt. Bring to a simmer. Cook uncovered for approximately 30 minutes, stirring occasionally.
3. Blend using a blender, food processor or immersion blender.
4. Add a handful of fresh basil, if using, just before blending.