

# Farmers Market Soup

Imagine all the best fresh produce from your local Farmers Market combined in a delicious soup. Seared green beans, sautéed summer squash, carrots, onions, tomatoes, plenty of tarragon, and a toasted roll on the side will make this soup your new favorite.

**25** Minutes to the Table

**25** Minutes Hands On

**1 Whisk** Super-Easy

## Getting Organized

### EQUIPMENT

Large Saucepan

### FROM YOUR PANTRY

Olive Oil

Salt and Pepper

### 6 MEEZ CONTAINERS

Fresh Roll

Green Beans

Mire Poix

Grape Tomatoes

Tomato Broth

Starter

Zucchini & Squash

## Add Protein Instructions

**Integrate into recipe:** Prior to step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the soup in Step 4.

**Cook protein:** Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the: CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

## Good to Know

If you ordered the **Carb Conscious version** we sent you Tri-Color Chips instead of the Fresh Roll, reducing the **carbs per serving to 37g**.

**Health snapshot per serving** – 430 Calories, 18g Protein, 4g Fat, 86g Carbs.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Green beans, Zucchini, Yellow Squash, Fresh Roll, Tomato, Carrot, Onion, Celery, Vegetable Stock, Apple, Tarragon, White Pepper,

meezmeals

### 1. Toast the Bread

Heat a large saucepan over medium-high heat. Slice the **Fresh Roll** in half and brush with olive oil or butter. Place the roll in the saucepan cut-side-down and cook until the cut-side turns golden brown, about 1 to 2 minutes. Remove from the pan and set aside until step 4.

### 2. Cook the Veggies

Return the now-empty saucepan to the stove over medium-high heat and add 1 Tbsp olive oil. Add the **Green Beans** with a sprinkle of salt and pepper and cook, undisturbed, until they have a slight char, about 3 minutes. Remove from the pan and set aside until step 4.

Add an additional ½ Tbsp olive oil, the **Mire Poix** (carrots, onions, and celery) and a sprinkle of salt and pepper to the saucepan. Cook until the onions soften, about 2 to 3 minutes.

Transfer the **Grape Tomatoes** to a zip lock bag and squish each one. Pour the contents of the zip lock bag into the saucepan and cook until softened, about 3 minutes.

### 3. Finish the Soup Broth

Turn the heat to high and add the **Tomato Broth Starter** (the reddish liquid) and 1 cup of water. Bring to a boil, then lower the heat to medium low. Cover and continue simmering for 8 minutes. Turn the heat to medium and add the **Zucchini & Squash** and cook until they are fork tender, about 2 to 3 minutes. Remove from the heat.

### 4. Put It All Together

Add the seared green beans to the soup and serve alongside the toasted rolls. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**