

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

Vegetable Broth

Zucchini & Squash

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 **Vegetable Broth** 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