



# Fundraiser CATALOGUE



## About Mitchell's Soup Co.

Mitchell's Soup Co. is a Canadian family-owned business that has been hand-making dried soup, stew, chili and rice dish mixes since 2008. Our artisan products offer easy to prepare, healthy meals that the whole family will enjoy. Our mixes even make great gifts!

Thank you so much for supporting your community by taking part in this fundraiser!

We hope you will enjoy the selection of mixes we offer and maybe even find a new favorite family meal or two along the way!



Vegan/Vegetarian  
Friendly



Vegetarian Friendly  
(contains dairy)



Stovetop & Instant Pot  
Cooking Recipes



### Old Fashioned Beef Barley Soup Mix



The heart of comfort food, our beef and barley soup is loaded with fibre-rich barley—a mildly nutty grain that'll remind you of brown rice—making this meal as hearty as it is comforting. Rid your fridge of leftover roast beef, or fry up fresh ground beef, and tame even the hungriest tummies.

Ingredients: Beans (navy, adzuki), Barley, Lentils (French, red), Soup base (salt, corn syrup solids, dextrose, wheat flour, sugar, canola oil, corn starch, onion powder, beef extract, guar gum, spices, herbs, disodium guanylate, disodium inosinate, natural flavours, turmeric, caramel), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Onion, Garlic, Herbs, Spices (mustard). May Contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Oats, Sulphites.



### Classic Chicken & Herb Soup Mix



Our take on chicken noodle soup—a staple on cold days, sick days, and every day in between, nourishing the body and soul. Hearten the broth with celery, carrots and chicken. And if you're anything like us, a side of hot, buttered buns or saltines (or both!) is a must.

Ingredients: Pasta (durum wheat semolina), Brown rice, Barley, Wheat berry (wheat), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Oats, Sulphites.



### Mexican Tortilla Soup Mix



For anyone who couldn't wait for make-your-own-tacos night as a kid, this one's for you. Inspired by Mexican cuisine, our tortilla soup is one of our most-loved mixes (and not too hot!). Opt for beef or chicken—chef's choice—and garnish with sour cream and shredded cheese.

Ingredients: Beans (adzuki, pinto, red, Great Northern), Chickpeas, Green split peas, Lentils (French, red), Soup base (salt, corn syrup solids, dextrose, wheat flour, sugar, canola oil, corn starch, onion powder, beef extract, guar gum, spices, herbs, disodium guanylate, disodium inosinate, natural flavours, turmeric, caramel), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices (mustard). May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Barley, Oats, Sulphites.





## The 'Fog' Pea Soup Mix



You either loved it or hated it as a kid: Pea soup. Our “thick as fog” pea soup has been known to change minds (we think it’s the bacon). One of our simplest soups to make, just fry up bacon or ham while the soup simmers. Garnish with croutons or chives and try not to change your mind.

Ingredients: Split peas (yellow, green), Lentils (French, green, red), Soup base (salt, corn syrup solids, dextrose, wheat flour, sugar, canola oil, corn starch, onion powder, beef extract, guar gum, spices, herbs, disodium guanylate, disodium inosinate, natural flavours, turmeric, caramel), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices (mustard). May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Barley, Oats, Sulphites.



## Fully Loaded Potato Soup Mix



What says comfort food like a fully loaded baked potato? We captured the creamy, carb-y comfort in a soup. Thick and savoury, our potato soup is loaded with garlic, onion and herbs. Garnish with baked potato must-haves: Sour cream and chives—and, if you’re anything like us, crispy, chopped bacon.

Ingredients: White rice, Dried potato (potato, mono and diglycerides, disodium diphosphate, citric acid, sulphites), Soup base (modified corn starch, wheat flour, salt, modified milk ingredients, corn syrup solids, corn starch, canola oil, yeast extract, dextrose, torula yeast, sugar, xanthan gum, disodium guanylate, disodium inosinate, turmeric, natural flavour), Quinoa, Dried bell pepper, Onion, Garlic, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Sesame, Mustard, Barley, Oats.



## Country Chicken Chowder Mix



A thicker, richer spin on classic chicken noodle soup, our chicken chowder is creamy and hearty with chunks of chicken, corn, celery and carrot. Rid your fridge of leftover chicken or shred up a rotisserie chicken in a pinch. With a dash of dill, this chowder pairs well with bacon—but, then, what doesn’t?

Ingredients: White rice, Soup base (corn syrup solids, salt, wheat flour, modified corn starch, corn starch, modified milk ingredients, sugar, canola oil, dextrose, guar gum, yeast extract, torula yeast, xanthan gum, disodium guanylate, disodium inosinate, spices, parsley, turmeric, natural flavour), Dried potato (potato, mono and diglycerides, disodium diphosphate, citric acid, sulphites), Dried corn, Dried carrot, Dried pea, Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Sesame, Mustard, Barley, Oats.



## Chuckwagon Chili Mix



For a hearty, stick-to-your-bones meal, try our Chuckwagon Chili Mix—a blend of traditional beef chili beans, dried vegetables, and spices you can make your own with more veggies (like canned corn) or more meat (like sausage—or our personal favourite, bacon bits!)

Ingredients: Beans (pinto, small red, black, Great Northern), Cornmeal, Soup base (salt, dextrose, wheat flour, canola oil, corn syrup solids, onion powder, sugar, beef extract, disodium guanylate, disodium inosinate, natural flavour, caramel, spices), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Spices (mustard), Herbs. May contain: Tree nuts, Peanuts, Soy, Egg, Milk, Sesame, Barley, Oats, Sulphites.



## Rustic Italian Soup Mix



Just like mom's spaghetti, our Rustic Italian Soup Mix is made with an aromatic blend of Italian herbs—sub meat sauce for crispy bacon. And like all good Italian dishes, this one is best garnished with parmesan cheese. Crusty bread, warm from the oven optional, but recommended.

Ingredients: Beans (small red, Great Northern, navy), Pasta (durum wheat semolina), Dried carrot, Soup base (salt, dextrose, wheat flour, canola oil, corn syrup solids, onion powder, sugar, beef extract, disodium guanylate, disodium inosinate, natural flavour, caramel, spices), Dried pea, Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Sulphites, Eggs, Milk, Sesame, Mustard, Barley, Oats.



## Irish Beef Stew Mix



Remember the stick-to-your-bones, meat-and-potatoes meals of childhood? This is one of them, thick and hearty with beef, potato and parsnip. And in Irish fashion, we recommend you have stout beer on hand for this recipe. Optional? Yes. Delicious? Yes. All of the flavour, none of the alcohol.

Ingredients: Brown rice, Dried potato (potato, sulphites), Cornmeal, Soup base (salt, dextrose, wheat flour, canola oil, corn syrup solids, onion powder, sugar, beef extract, disodium guanylate, disodium inosinate, natural flavour, caramel, spices), Dried carrot, Dried bell pepper, Garlic, Dried pea, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats.



## Mulligatawny Soup Mix



The warm spices of Indian cuisine will permeate your home with our mulligatawny or “curry soup”—a fusion of Anglo-Indian cuisines. This vegan-friendly dish can be made with chicken or yam, while tart apple and creamy coconut make it as vibrant in flavour as it is in colour.

Ingredients: Rice (brown, white), Yellow split peas, Red lentils, Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Adzuki beans, Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Cashews, Garlic, Onion, Salt, Herbs, Spices. May contain: Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Other tree nuts, Oats, Sulphites.



## Curried Chickpea Stew Mix



The warmth of a curry with the heart of a stew, our chickpea stew is inspired by Indian cuisine. This vegetarian-friendly dish can be made with or without chicken or prawns because yams and butter steal the show. Thanks to mild madras curry, this stew has all the flavour and none of the heat.

Ingredients: Chickpeas, Beans (black eye, black), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Green split peas, Millet or quinoa, Red lentils, Brown rice, Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Salt, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats, Sulphites.





## Mama's Creole Gumbo Mix



If you love Southern cooking as much as we do, you'll love this Creole-inspired stew. Authentic creole spice gives this thick dish a kick—and it masks the taste of nutritious greens (for the pickier eaters in your family—not limited to kids!). Load it up with chicken, sausage or seafood (or all three!)

Ingredients: Beans (small red, Great Northern), Brown rice, Green and yellow split peas, Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Sulphites, Oats.



## Thai Coconut Prawn Soup Mix



A lightly creamy soup inspired by Thai cuisine, our coconut prawn soup is bursting with flavour and vegetables, like bok choy and bell pepper. Cook it with chicken or prawns, or go vegan-friendly with tofu. Garnish with fresh cilantro—and don't forget a squeeze of lime!

Ingredients: Brown rice, Beans (mung, adzuki), Coconut (coconut, sulphites), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried red & green bell pepper, Garlic, Onion, Tomato powder, Lemon peel, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats.



## Westcoast Seafood Chowder Mix



Whether you hail from the West Coast like us, or you just love a good seafood dish, our seafood chowder is a crowd-pleaser. Thick and creamy with plenty of veggies, this chowder can be made with your favourite seafood and shellfish—prawns, clams, scallops, crab or fish, you name it!

Ingredients: White rice, Navy beans, Dried potato (potato, mono and diglycerides, disodium diphosphate, citric acid, sulphites), Soup base (modified corn starch, wheat flour, salt, modified milk ingredients, corn syrup solids, corn starch, canola oil, yeast extract, dextrose, torula yeast, sugar, xanthan gum, disodium guanylate, disodium inosinate, turmeric, natural flavour), Dried carrot, Onion, Garlic, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Sesame, Mustard, Barley, Oats.



## Rockin' Moroccan Soup Mix



Inspired by Middle Eastern cuisine, our Moroccan soup is bursting with flavour. Made with apple, orange, sweet potato and honey, this vegetarian dish is both sweet and savoury, thanks to our most complex spice blend with hints of saffron and rose petal.

Ingredients: Lentils (green, red), Chickpeas, Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Raisins (raisins, sunflower oil), Candied ginger (sugar, ginger, citric acid, sulphites), Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats.



## Southwest Chipotle Chili Mix



If you love Southern cooking as much as we do, you'll love this white-bean chili. With a smoky, chipotle flavour and sweet corn, it'll warm your belly and your soul. Garnish with shredded cheddar cheese and fresh cilantro, and serve with a side of cornbread—optional, but delicious.

Ingredients: Beans (navy, small red, Great Northern, pinto), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, flavour), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices. May Contain: Peanuts, Soy, Sulphites, Egg, Milk, Sesame, Mustard, Barley, Oats, Tree nuts.



## Ginger Coconut Dahl Mix



A staple in Indian cuisine, dahl is known for its warming spices, like cinnamon, coriander and cumin—ours is no exception. Layer on a bed of rice and garnish with mango or banana. For an authentic experience, serve with a side of naan to sop up every last drop.

Ingredients: Yellow peas, Red lentils, Candied ginger (sugar, ginger, citric acid, sulphites), Coconut (coconut, sulphites), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats.



## Mango Butter Chicken Mix



Our take on butter chicken, this Indian-inspired dish features classic curry spices, like madras curry, cumin and turmeric, and dried mango for a sweet and savoury culinary experience. Serve with a side of naan to sop up every last drop.

(This mix was formerly known as Apricot Butter Chicken. New name, new mango/pineapple twist, same delicious flavour!)

Ingredients: Rice (brown, white), Red lentils, Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried pineapple, Garlic, Onion, Salt, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats, Sulphites.



## Apple Cranberry Crumble Mix



Just like grandma's, our apple crumble is lightly sweet, crunchy and melt-in-your-mouth buttery all at once. No time to chop apples? Bake with ready-to-eat fresh or frozen fruit (like berries), and serve warm from the oven with a scoop of vanilla ice cream. Heaven sent.

Ingredients: Oats, Sugars (brown sugar), Wheat flour, Sweetened dried cranberries (cranberries, sugar, sunflower oil), Cashews, Spices. May contain: Peanuts, Soy, Sulphites, Egg, Milk, Sesame, Mustard, Barley, Other tree nuts.



# Frequently Asked Questions

## *I'm not familiar with Mitchell's meals, how do they work?*

- 1** Choose your meal  
We have a wide range of mixes from soups, chilis, chowders and stews to rice dishes and Dahl. We even have dessert! All offer healthy, hearty easy-to-make options that your family will love!
- 2** Choose your fresh ingredients  
While our mixes can be prepared with water only, we offer lots of suggestions for fresh veggies, meat and/ or seafood to add. You can find ingredient information on each package as well as alongside each product on our website.
- 3** Choose your cooking method  
Each package has a stovetop cooking recipe on it's label. You can find these recipes as well as Instant Pot conversion recipes on our website alongside each product.

## *What is the shelf life of Mitchell's mixes?*

Mitchell's soup mixes have a shelf life of 8- 16 months depending on the specific product.

The 'Best Before' date is located on the back label of your mix. This date lets you know when the ingredients and spices are at their finest in terms of freshness. After that spices may start to lose their flavour and beans may become difficult to fully cook.

## *Do you have any gluten-free products?*

At this time we do not have any products we claim as gluten free. As suppliers and ingredients do change from time to time, we always recommend that you refer to the label of each item you are interested in to determine if there is anything in the mix that concerns you. You can also find this information alongside each product on our website.

## *Do you have any vegan or vegetarian products?*

Mitchell's Soup Co. has a whole selection of products that do not have any added animal by-products. Some of the suggested recipes may need to be altered with some simple substitutions, but can easily be made into a very nourishing vegan/vegetarian meal. You can find icons alongside each mix to indicate which mixes are vegan and/or vegetarian ( see the legend at the beginning of this catalogue). Substitution ideas can be found on our website!

## *Should I be aware of any allergens in your mixes? Are your mixes nut-free?*

We list allergens in accordance with Canadian labelling laws. You can find this information on each package label and alongside each product on our website.

Mitchells Soup Co. does not make any product that we declare as nut free. As ingredients and suppliers do change we recommend that you check your product label for the most accurate information at the time of purchase.

Nut Allergens- Note about our product 'May Contain' information:

While we have not added nuts to many of our products we do store and process all of our products and ingredients in the same facility where nuts are stored and used. We are unable to guarantee that traces of nuts are not in any of our other products and so to keep customers safe we have listed them on our 'May Contain' warning.

\* As suppliers and ingredients do change from time to time, we always recommend that you refer to the label of each item you are interested in purchasing.

Please visit our online FAQ if you have additional questions.