

### **Broccoli Cheddar Soup**

#### **Ingredients:**

- Butter/Oil
- Flour
- Onion
- Broccoli
- Basil
- Oregano
- Salt
- Pepper
- Cheese
- ½ & ½
- Whole milk

### **Corn Chowder**

#### **Ingredients:**

- Butter/Oil
- Flour
- Onion
- Green pepper
- Red pepper
- Corn
- Tomato
- Basil
- Oregano
- Salt
- Pepper
- Cheese
- ½ & ½
- Whole milk

### **Chili**

#### **Ingredients:**

- Oil
- Flour
- Corn meal
- Onion
- Bell pepper
- Ground beef
- Tomato & Tomato paste
- Garlic
- Paprika
- Chili powder
- Cayenne pepper
- Parsley
- Basil
- Oregano
- Salt
- Pepper
- Kidney beans

### **Black Bean Soup**

#### **Ingredients:**

- Olive oil
- Onion
- Celery
- Carrot
- Garlic
- Chili powder
- Cumin
- Pepper
- Vegetable broth
- Black beans
- Corn
- Tomato