



La Tablee des Chefs

ACCOMPANYING GUIDE

CULINARY KITS



WHO ARE WE?

La Tablée des Chefs' mission can be summed up in two words: feed and educate. Feed today to fight food insecurity, and educate young people to develop their food autonomy. Since it was founded in 2002, La Tablée des Chefs has helped feed those in situations of food insecurity by distributing over 21 million cooked portions, and has educated over 78,000 young people through its various programs.

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INTRODUCTION TO OUR PROGRAM

COOK UP YOUR FUTURE: TOWARDS FOOD AUTONOMY

Since its launch in 2008, the Cook Up Your Future program has aimed to develop young people's culinary independence. The program has three different components:

1 THE CULINARY KITS

These are the kits you're holding in your hands. Made up of various kitchen tools, a recipe book and this guide, we hope these kits will inspire you to start cooking and take part in our culinary workshops.

2 THE CULINARY WORKSHOPS

The aim of this program is to introduce young people to cooking through four blocks of five culinary workshops each, for a total of 20 workshops. Participants must be between 15 and 25 years of age.

Are you interested in culinary workshops? Talk to your youth worker!

3 THE EMPLOYABILITY BLOCK

Launched in the fall of 2022, this third component is designed to offer those who have completed the 20 culinary workshops, the opportunity to take preparatory training for work in the food hospitality industry.

DISCOVER FOUR VIRTUAL CAPSULES IN GROCERY STORE

by using one of the following methods:

- [By visiting La Tablée des Chefs' Youtube page \(click here\)](#)
- [By scanning this QR code:](#)



INTRODUCING THE CULINARY KITS

ISOTHERMAL BAG

Convenient for carrying your groceries or lunch!

SET OF MEASURING CUPS AND SPOONS

Indispensable tools for measuring ingredients in your recipes.

KITCHEN UTENSILS

Use your wooden spoon, tongs, flexible cutting board and frying pan to better prepare your dishes!

SEASONINGS

Knorr products add flavour to your dishes. Feel free to add them to your soups, omelettes, potatoes, etc.! Just be sure to start with small amounts and taste the recipe each time before adding more!

A MAGNETIC PLANNER

A useful way of planning meals for the week, while getting into the habit of noting which ingredients to buy.

INTRODUCING OUR SO GOOD! COOKBOOK

Simple recipes, based on healthy, generally accessible foods, and a dynamic, colourful layout: everything you need for a pleasant first approach to cooking! Definitely a must-have!



INFORMATION FOR YOUTH WORKERS

ARE YOU A YOUTH WORKER? HERE'S A PAGE DEDICATED TO YOU.

Please note that this guide is primarily addressed to the youth. However, we invite you to accompany them through the various activities suggested.

Would you like to implement Cook Up Your Future workshops?

Please contact your coordinator or write to us at eduquer@tableedeschefs.org

WHO ARE THE CULINARY KITS FOR?

The kit's contents, along with the information in this guide, are designed to equip youth for independent living. These tools need to be put into context and used with the activities suggested throughout the seven modules in the guidebook. These are opportunities for you to use the contents of the culinary kit with your youth.

GROCERY SHOPPING TRIP

Some of the activities presented in this guide include a trip to the grocery store. Watch for these pictograms, and don't hesitate to pair up these ideas if you're going to the grocery store with your youth.

INDIGENOUS COMMUNITIES

We suggest including traditional foods to which your community has access, such as game meat (moose, deer, partridge), fish (trout, salmon, walleye), berries or forest herbs. We encourage you to explain to the youth the health benefits of cooking with these foods.

Don't hesitate to add a discussion period where youth can exchange on traditional foods and dishes while encouraging them to keep their culinary traditions alive!

Here are a few examples of recipes from the book *So Good!* that can be used in association with certain ingredients or traditional foods:

- Quick mixed-berry muffins
- French toast - replace household bread with bannock
- Corn chowder
- Meat spaghetti sauce - replace beef with venison or moose
- Beef and lentil shepherd's pie - replace the beef with venison or moose
- Salmon burger - replace salmon with trout or another locally caught fish
- Root vegetable fries
- Fish tacos - replace cod with trout, salmon or other locally caught fish (skinless)
- Meatballs - replace beef with venison or moose
- Mini French toast with fruit - replace slices of day-old bread with day-old bannock

MODULE 1

Budgeting

The cost of grocery can quickly become a major part of a budget, especially if you live alone. There are a number of tricks to help you save on your grocery bill.



Here are eight tips to help you save money on groceries and eat well at the same time.

USE TECHNOLOGY

You can turn to apps like Flipp or reebee to help you shop for specials in many grocery stores.

You can also use apps like FoodHero to find discounted groceries.

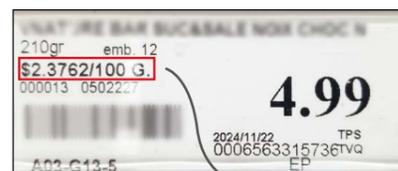
This type of app tells consumers which stores and/or grocery shops offer surplus food at reduced prices. This saves you money while reducing waste.

PREPARE A GROCERY LIST

This list should reflect what you plan to eat throughout the week, while also considering the ingredients you already have at home. Creating a grocery list will help you stay focused on purchasing only the items you actually need!

COMPARE PRODUCTS

Items available in large or family sizes may be cheaper than smaller ones. However, buying the larger sizes requires more storage space at home. If you have roommates or live alone, you could do your grocery shopping with a friend and divide the bill and the quantities of food in half: it makes grocery shopping more pleasant, saves money and reduces the risk of waste!



TIP!

How do I compare product prices?

The price labels on the shelf often show the cost of the product per 100 grams or per 100 milliliters. This makes it easier to compare the prices of similar products that are not sold in the same formats.

VARY YOUR PROTEINS

Plant proteins, such as legumes (chickpeas, lentils, beans, etc.) and tofu, are often cheaper than animal proteins. By replacing some meat with plant-based proteins, you could reduce your food costs.

The *So Good!* cookbook offers a number of vegetarian recipes to help you make more room for plant proteins on your plate.

FOOD IN BULK

Often cheaper than pre-packaged foods, food in bulk also offers the advantage of being able to choose how much you buy. It also helps to reduce plastic waste, as there's no packaging. Don't forget to bring your reusable containers with you when you go shopping!

PRIORITIZE STORE BRANDS

These are more economical than the brand names items. Home brand products, such as Compliments at IGA/Sobey's, are often less expensive and are just as good quality.

LOOK FOR DISCOUNT SECTIONS

Many grocery stores have carts or sections with products that are approaching their sell-by date (such as bakery or meat products) or items considered "ugly" (like fruit and vegetables). These products are just as good as the others and can cost up to 50% less!

COOKING

Basic foods are not taxed! So instead of buying ready-to-eat or processed foods, preparing meals with staples will save you money. While they are convenient, pre-cut fruit and vegetables, as well as pre-grated cheese, are significantly more expensive.

Cutting or grating them yourself is another way of reducing the cost of groceries.

First suggested ACTIVITY

Do your grocery shopping with a web app!

Simulate grocery shopping using applications such as reebee or Flipp, or online flyers (available directly from grocery store websites or applications).

- 1 - Choose a recipe from the *So Good!* cookbook
 - What do you think the budget for this recipe would be?
- 2 - Use one of the applications suggested to find the best deals available for the items you need.
 - What total price did you get?
 - Does the amount surprise you? Why?

Second suggested ACTIVITY



To illustrate the price difference between brands name items and home brand items we invite you to make a price comparison the next time you visit a grocery store.

By comparing the price per 100g of pasta from a brand-name company with that of a home brand across different sizes, it's clear that each product is less expensive than the other. The table shows that the home brand provides a significantly more affordable option than the brand-name pasta.

	MAJOR BRAND	MAJOR BRAND	HOME BRAND
FORMAT	500g	900g	900g
PRICE	\$2.69	\$4.99	\$3.19
PRICE/100G	\$0.54	\$0.55	\$0.35

MODULE 2

Meal Planning

Here are the benefits of good meal planning:

- Makes meal preparation easier
- Saves time
- Saves money

BEFORE GROCERY SHOPPING:

1. TAKE INVENTORY

Start by looking in your fridge, freezer and pantry to make note of the food that needs to be eaten in the next few days to avoid wasting and buying twice.

2. CHECK FOR DISCOUNTS

Consult grocery store flyers, whether in print, on the store website or on an app.

At first, it can be hard to spot a good discount. The more you look through the flyers, the easier it will be to identify good deals. Here's a tip: the best discounts are often found on the front page of flyers

What to look for:

- Fruit and vegetables on sale for snacks and meals throughout the week;
- Other great deals to round out your menu.

3. CHOOSE RECIPES

Based on the foods you've found in the flyers, you can choose recipes you'd like to prepare for the week.

At this stage, it may be a good idea to choose recipes that allow you to make several portions, which you can then eat the next day or freeze for later.

4. MAKE A LIST

Write down the ingredients you need to make the recipes you've chosen. To help you practice, we've included a magnetic recipe planner in your kit. Don't forget to take a photo of it before you go shopping!

5. EAT BEFORE LEAVING

To avoid buying on a whim (or on an empty stomach!), it's a good idea to eat a snack before going shopping.

AFTER GROCERY SHOPPING:

1. POST THE GROCERY LIST IN A PLACE WHERE YOU CAN SEE IT

That way, you can easily remember which recipes to cook.

2. PREPARE IN ADVANCE

It can be useful to do a few steps of a recipe in advance. This practice, also known as meal prep, involves taking a moment to prepare complete meals or cut up a variety of foods in advance that you can keep for the rest of the week.

Here are some advantages of meal prepping:

- Reduces time spent cooking every day
- Saves money by spending less in restaurants
- Reduces the stress of deciding and preparing meals every day

Here are some examples of meal prep that can be stored in airtight containers in the refrigerator:

- Wash and cut fruit and vegetables in advance
- Prepare meal bowls (combining cooked grains, proteins and vegetables)
- Prepare overnight oats or pancakes
- Prepare salads in airtight containers
- Cook a protein (chicken, beef, tofu, etc.)
- Prepare soups, chili or stews and divide into individual portions
- Prepare hard-boiled eggs
- Cook a grain (rice, quinoa, barley, etc.)



First suggested ACTIVITY

Use your **Knorr** magnetic planner

Before you begin, take a look at the foods you already have.

Grocery list	Meal planning
1. Consult the grocery store flyer of your choice.	5. Using the foods you've chosen, find a recipe in your <i>So Good!</i> cookbook that you could prepare for the week.
2. Find fruits and vegetables on sale.	6. What different recipe could you make with the same ingredients?
3. Choose an animal or vegetable protein that's on sale.	7. Plan recipes that can be prepared in advance and frozen.
4. Look for other great bargains to round out your menu.	

The planner will be useful every week, so keep it nearby — whether on your fridge or your counter!

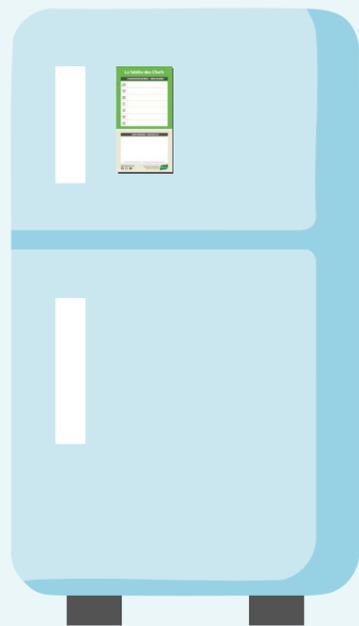


MODULE 3



VIRTUAL
CAPSULE 1

How to Find your Way Around the Grocery Store and Organize your Fridge



BASIC FOOD IDEAS TO HAVE ON HAND

Here's an example of a list of ingredients that could help you prepare unplanned meals.

IN YOUR FRIDGE (fresh and perishable food)

- Fresh fruits
- Fresh vegetables
- Milk or enriched plant-based drink
- Eggs
- Butter or margarine
- Condiments (mustard, ketchup, mayonnaise, hot sauce, etc.)
- Tofu
- Yogurt
- Meat (beef, pork, etc.) and poultry (chicken, turkey)
- Cheese (mozzarella, cheddar, brie, etc.)

IN YOUR PANTRY (non-perishable food)

- Pasta, rice and couscous
- Canned legumes (chickpeas, beans, lentils, etc.)
- Canned tomatoes and tomato paste
- Chicken or vegetable stock
- Peanut butter
- Nuts and seeds (almonds, walnuts, chia seeds, etc.)
- Vegetable oil (olive oil, sunflower oil, etc.)
- Sugar (white sugar, brown sugar, honey or maple syrup)
- Salt and pepper
- Unbleached all-purpose or whole-wheat flour

IN YOUR FREEZER

- Frozen fruit and vegetables (such as peas, corn, spinach and frozen fruit)
- Bread and bagels
- Meat and poultry
- Fish and seafood

TIP!

On your planner, make a note of the ingredients as they run out.

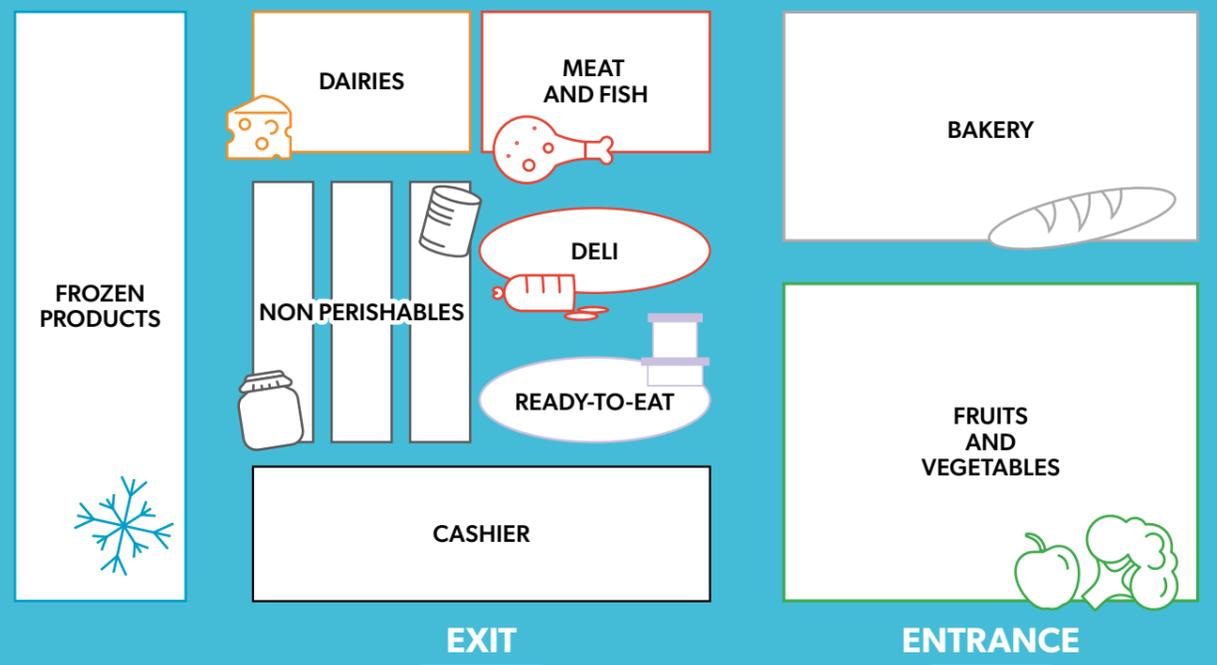


GET FAMILIAR WITH THE LAYOUT OF PRODUCTS IN GROCERY STORES

Here's an overview of the layout generally found in supermarkets.

The sections along the walls of a grocery store usually contain fresh and perishable foods. It's best to start your visit in this section.

The center of the grocery store is made up of numerous aisles of non-perishable goods. To avoid unplanned purchases, it's best to venture into the middle rows only to buy specific foods from your grocery list.



First suggested **ACTIVITY**



A trip to the grocery store is of course the best way to see and understand the layout.

If you have the chance, why not visit your local store so you can observe the different sections as illustrated above.

Want an extra challenge? Ask yourself what you would buy if you had a budget of \$50.

Second suggested **ACTIVITY**

THE EMPTY-THE-FRIDGE CHALLENGE

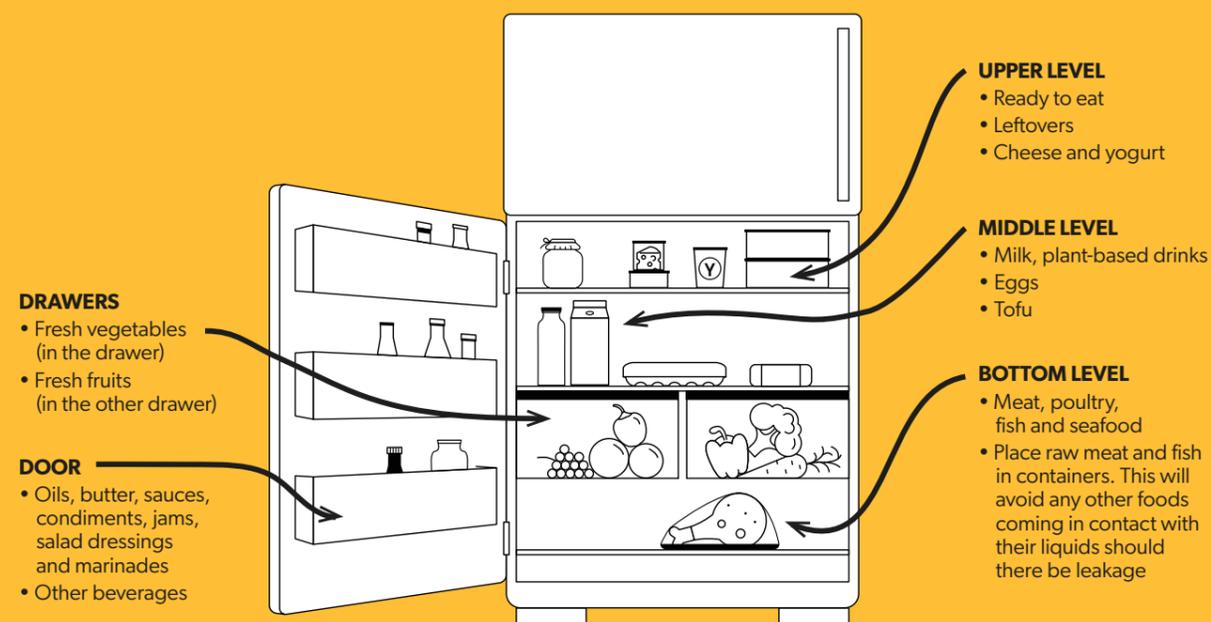
Another way to save on your grocery bill is to try the empty-the-fridge challenge.

This involves using what you already have in your fridge or pantry instead of buying new items at the store.

The aim is to be as creative as possible and cook all the food you have on hand before buying more. For example, what empty-the-fridge meal can you cook with leftover roast chicken, cooked rice, a cucumber and frozen corn?

TIP!

You rarely need all the ingredients to make a recipe a success! For example, broccoli can be replaced by cauliflower. Cooking also means using foods that you like, that are on sale or that you have in your fridge this week! Feel free to improvise and be creative!



PUT YOUR FOOD AWAY AS SOON AS YOU GET HOME

Here are a few tips to help you organize your fridge:

TIP!

Don't forget to put your older items at the front of the shelf and your newer products at the back.

The refrigerator temperature should be between 0 and 4°C and the freezer at -18°C or below.

Source : Fondation Olo (2021)

MODULE 4



VIRTUAL CAPSULE 2

The Basics

Depending on our life circumstances, food is not always a priority. But eating is still a basic need if we are to feel good and have the energy we need to accomplish our daily activities. Knowing this, how should we eat?

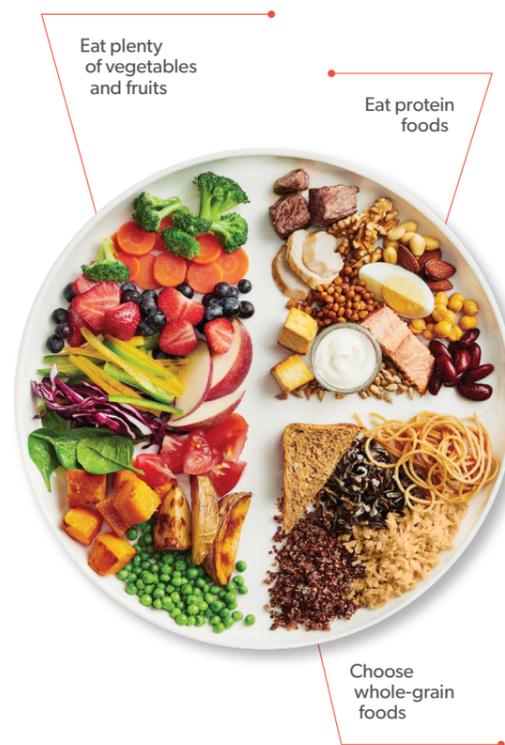


1. A BALANCED DIET

To develop healthy eating habits and stay in good health, we recommend eating foods of high nutritional value every day:

- fruit and vegetables
- whole grains
- protein foods, focusing on plant-based (legumes, tofu, nuts, etc.)

Source: Government of Canada (2024)



TIP!

We should develop the habit of seeing vegetables as the star of our plate, and then complementing them with whole-grain and protein foods.

To quench your thirst after a meal, water is the drink of choice.



2. A VARIED DIET

Eating a varied diet means not only trying to eat vegetables, fruits, whole grains and protein foods every day, but also making sure that the foods on your plate are varied.

TOP 5 LEAST EXPENSIVE FOODS IN EACH CATEGORY

Whole grains	Protein foods	Vegetables and fruit
<ul style="list-style-type: none"> • Whole wheat couscous • Whole wheat pasta • Millet • Brown rice • Barley 	<ul style="list-style-type: none"> • Canned salmon • Canned legumes • Firm tofu • Eggs • Dried legumes 	<ul style="list-style-type: none"> • In season fruits and vegetables • Discounted fruits and vegetables

AS PER CANADA'S FOOD GUIDE, EATING WELL IS ALSO TO:

- Take the time to listen to your hunger and satiety signals, i.e. when you are no longer hungry
- Cook with unprocessed products
- Take the time to enjoy your food
- Enjoy meals in good company

Suggested ACTIVITY

To put your new knowledge to the test, create a fictional balanced meal.

Step 1: Take the recipe for chicken drumsticks (on page 124 of *So Good!*) and use it to create a complete, balanced meal in line with the recommendations in Canada's Food Guide.

Step 2: Create a balanced meal using the vegetable recipe (on page 141 of *So Good!*).



MODULE 5



VIRTUAL CAPSULE 4

Nutritional Labeling



HOW TO READ A LABEL?

Knowing how to read food labels helps you make informed choices. When hesitating between 2 products in the grocery store, we suggest that you compare their nutrition labels in order to choose the most nutritious and the least processed.

SAUCE A

**Valeur nutritive
Nutrition Facts**
pour 1/2 tasse (125 mL)
Per 1/2 cup (125 mL)

Calories 80	% valeur quotidienne* % Daily Value*
Lipides / Fat 2,5 g	4 %
saturés / Saturated 1 g + trans / Trans 0 g	4 %
Glucides / Carbohydrate 11 g	
Fibres / Fibre 1 g	4 %
Sucres / Sugars 6 g	6 %
Protéines / Protein 4 g	
Cholestérol / Cholesterol 15 mg	
Sodium 570 mg	24 %
Potassium 250 mg	5 %
Calcium 20 mg	2 %
Fer / Iron 1.4 mg	8 %

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**
*5% or less is a **little**, 15% or more is a **lot**

or

SAUCE B

**Valeur nutritive
Nutrition Facts**
pour 1/2 tasse (125 mL)
Per 1/2 cup (125 mL)

Calories 120	% valeur quotidienne* % Daily Value*
Lipides / Fat 6 g	8 %
saturés / Saturated 2.5 g + trans / Trans 0.1 g	13 %
Glucides / Carbohydrate 6 g	
Fibres / Fibre 1 g	4 %
Sucres / Sugars 3 g	3 %
Protéines / Protein 8 g	
Cholestérol / Cholesterol 25 mg	
Sodium 350 mg	15 %
Potassium 300 mg	7 %
Calcium 40 mg	3 %
Fer / Iron 1.5 mg	8 %

*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**
*5% or less is a **little**, 15% or more is a **lot**

Ingredients : Water, Tomato puree, Pork, Carrots, Sugar, Salt, Dehydrated onions, Beef, Modified cornstarch, Textured soy protein, Citric acid, Spices, Hydrolyzed corn, wheat and soy protein, Garlic powder, Autolysed yeast extract, Garlic powder, Hydrolyzed yeast, Hydrogenated soybean oil.

Ingredients : Tomatoes, Beef, Pork, Veal, Onion, Carrot, Celery, Olive oil, Salt, Modified cornstarch, Garlic, Spices, Citric acid.

LIST OF INGREDIENTS

Memory Aid:

Ingredients are listed in descending order of importance (by weight). Therefore, we look for:

- Products with the most fresh, minimally processed ingredients at the top of the list
- A short list
- As few complex and unfamiliar words as possible

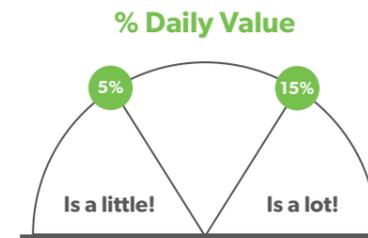
NUTRITION FACTS TABLE

Memory Aid:

The weight in grams (**g**) or milligrams (**mg**) of a nutrient indicates the net quantity present in the reference portion.

The % Daily Value provides a quick overview of a food's nutritional profile. **5% or less is a little, 15% or more is a lot!**

Source: Health Canada (2024)



Suggested ACTIVITY

Look for at least two store-bought products; these can be pre-packaged snacks, for example.

Compare the nutritional values and the list of ingredients on each one.

Ask yourself which would be the most nutritious option in this case.

Then look in a cookbook or on the web for a homemade recipe that could be an alternative to buying the prepackaged food.



MODULE 6



VIRTUAL CAPSULE 3

Food Marketing

What is food marketing?
It's a set of strategies developed by companies to get you to spend more!

For example, to maximize impulse purchases and give the impression of a sale, grocery stores strategically position displays in certain key locations, such as at the end of the aisles or near the checkouts counters.

But don't worry, here are a few tips to keep in mind to help you avoid falling for it!

- Always have a game plan (make yourself a grocery list)
- Eat before you shop
- Avoid ready-to-eat foods
- Ask yourself: is it on my list and do I really need it?
- Don't just look at the shelves at eye level. Look up and down - some foods might be cheaper at the bottom



On top of that, food marketing is also present on the packaging of various grocery products. Here's how to spot it:

- **Pay particular attention to packaging colours**
Bright colours are used above all to attract the eye, as is the use of familiar people on packaging. In addition, colours (such as green) and images representing health can give the impression that the product is healthier, but this is not always the case.
- **Note the use of words such as "100% natural", "authentic", "no added sugar" and others.**
Even if these claims are true, you should still be cautious, as they may be incentives to buy these products.
- **Be wary of expressions such as "low in salt", "rich in calcium" or others.**
Keep in mind that they do not represent the entire product, but only a part of it.

Source: Fondation Olo (2018)

“**LOW IN SALT!**”



“**100% NATURAL!**”

First suggested **ACTIVITY**

Take a look at some of the packaging you have on hand.

Alone or in a group, analyze the design elements, colours, lettering, images, slogans, and discuss how these elements could influence your perception of the product.

Second suggested **ACTIVITY**



If you get the chance, visit your local grocery store.

Take a close look at the way the shelves are organized, the presentation of products, the special offers, and think about how these marketing strategies could influence your choices.

MODULE 7

Food Processing

GROCERIES: ULTRA-PROCESSED FOODS AND HOMEMADE ALTERNATIVES

The Canada Food Guide recommends limiting your intake of ultra-processed foods. Foods high in sodium (salt), sugar and saturated fat increase the risk of a number of chronic diseases.

Here are a few examples of ultra-processed foods:

- Sugary drinks (e.g. fizzy drinks, energy drinks)
- Salty snacks (e.g. chips, crackers)
- Breakfast cereals
- Deli meats (e.g. ham, pepperoni)
- Frozen meals
- Prepared sauces

Of course, the idea is not to encourage you to completely exclude ultra-processed foods from your diet! Enjoying them from time to time is fine, the key is to avoid making it a habit or overdoing it. One of the best ways of achieving this is to give priority to fresh, minimally processed foods at the grocery store and to cook your own meals with these ingredients.

FOOD CLASSIFICATION		
Consume more often	Consume moderately	Consume less often
Plain nuts	Salted nuts	Chips
Plain yogurt	Flavored yogurt	Store-bought ice cream
Fresh fruits	Fruit jam	Fruit-based sweets or drinks
Fresh piece of meat or poultry	Frozen meat or poultry already seasoned	Breaded commercial meat or poultry
Slice of whole-wheat bread	Slice of white bread	Commercial Viennoiseries (croissants, brioches)
Fresh vegetables	Seasoned canned vegetables	Fried vegetables

The activities beside are designed to put this tip into practice.

First suggested **ACTIVITY**

Place the following foods in one of the columns in the table below. The answers can be found in the following QR code:



- Pieces of cheese
- Hot dog sausage
- Flavoured iced coffee in a bottle or from the restaurant
- Vegetable pizza on pita bread
- Macaroni and cheese (in a box)
- Water
- Ground meat
- Seasoned cheese spread
- Breaded cheese sticks
- Homemade oatmeal
- Sweet cornflakes cereals
- Homemade macaroni and cheese
- Store-bought bags of flavoured oatmeal
- Macaroni with grocery store cheese sauce
- Store-bought vegetable pizza
- Frozen or restaurant all dressed pizza
- Coffee with milk and ice
- Italian sausage

FOOD CLASSIFICATION		
Consume more often	Consume moderately	Consume less often

Second suggested **ACTIVITY**

By using different basic ingredients and cooking techniques, you can easily create healthier and often more affordable homemade versions of your favourite classic dishes!

Here are 12 simple, tasty recipes from the book *So Good!* that will help you make new versions of your favourite dishes.

On the go! Breakfast sandwiches (p. 42)	Tuna pasta with bechamel sauce (p. 112)
Breakfast burritos (p. 48)	Honey-mustard chicken drumsticks (p. 131)
Caesar salad (p. 68)	Pulled pork burgers (p. 148)
Easy ramen soup (p. 70)	Oven-baked breaded chicken (p. 150)
Chicken noodle soup (p. 74)	Chocolate cake (p. 162)
Bacon mac and cheese (p. 102)	Zucchini muffins (p. 164)

EVALUATION

An evaluation of the culinary kits and the accompanying guide is essential to ensure that the objectives have been achieved and to adjust where necessary.

We welcome your comments and suggestions! Please click here or scan the QR code to fill in the short evaluation questionnaire.

[ONLINE QUESTIONNAIRE, CLICK HERE](#)



REFERENCES

Fondation Olo. (2018). *Mieux comprendre le marketing alimentaire pour faire de bons choix à l'épicerie*. Fondation Olo. <https://fondationolo.ca/fr/articles/mieux-comprendre-le-marketing-alimentaire-pour-faire-de-bons-choix-a-l-epicerie/>

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Government of Canada. (2024). *Canada Food Guide*. Government of Canada. <https://food-guide.canada.ca/en/>

TURN A KNORR SOUP INTO A COMPLETE MEAL



USING THE PACKAGE OF VEGETABLE SOUP:

INGREDIENTS

- 1 package of Knorr Vegetable Soup
- 6 cups of water
- 3 carrots, cut into thin slices
- 1 cup turnip, peeled and diced (OR celery, cauliflower, frozen vegetables, etc.)
- 1/2 cup rice (OR small pasta, barley, etc.)
- 2-3 cups canned chickpeas, rinsed and drained (OR lentils, cooked chicken, etc.)
- 2 cups baby spinach

PREPARATION

- 1. In a large saucepan, combine water and Knorr soup package.
- 2. Add the carrots, turnip and rice and bring to a boil.
- 3. Simmer and cook for around 15 minutes, until the rice is cooked.
- 4. Add the chickpeas and spinach, then simmer for another 3 minutes.
- 5. It's ready! Enjoy!



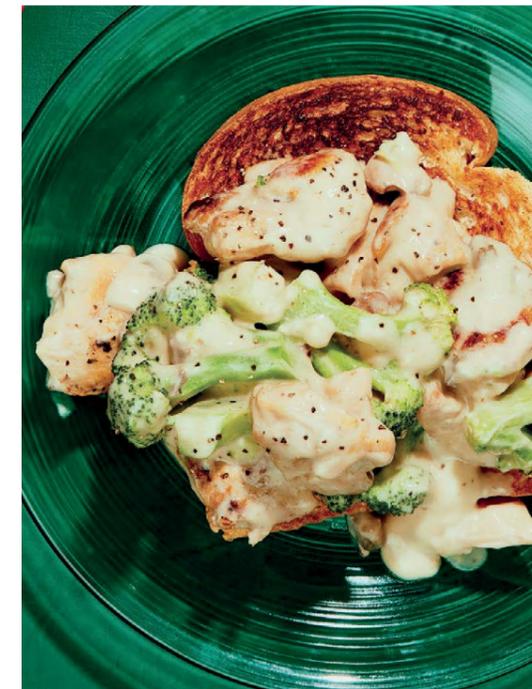
USING THE PACKAGE OF CREAM OF LEEK: **EXTRA!**

INGREDIENTS

- 1 package of Knorr Cream of Leek
- 1 cup (250 ml) of water
- 1 cup (250 ml) of milk
- 2 tbsp (30 ml) of vegetable oil
- 8 boneless chicken thighs cut in cubes (or 600 g ground turkey or 1 package of cubed tofu)
- 1 broccoli, cut into small florets
- 1 cup (250 ml) of shredded cheese
- 4-6 slices of toasted bread

PREPARATION

- 1. In a large saucepan, whisk together the package of Knorr Cream of Leek, water and milk. Bring to a boil for 5 minutes, whisking constantly.
- 2. Heat oil in a skillet and add chicken. Brown chicken for 8 to 10 minutes, or until cooked.
- 3. Add the cooked chicken and broccoli to the pan containing the cream of leek soup. Cook over medium heat for 5 minutes. Add water if necessary.
- 4. Add cheese to the pan and stir to melt.
- 5. Serve over a slice of toast.



4-6 servings



30 minutes



4-6 servings



30 minutes

Thank you to our generous partners!



La Table des Chefs