

SOUPS
&
SALADS

HOPE Begins with a box

Curry Carrot Soup w/ Croutons

Serves 6

This hearty soup is a great meal for those cool autumn nights!



Ingredients:

2 Tbs	Olive Oil
2 Tbs	Butter
1	Onion, Chopped,
1 ½ lbs	Baby Carrots
6 Cups	Chicken Broth
1 Tbs	Curry Paste or 1 ½ Tbs Curry Powder
¼ - ½ tsp	Ground Cayenne
To taste	Salt
2 Cups	Bread, cubed and left out to dry out
1/6 Cup	Olive Oil
¼ tsp	Garlic Powder
¼ tsp	Sea Salt

Directions:

1. Sauté Olive Oil, butter, onions, & carrots for 5 minutes
2. Add 4 cups of chicken stock, curry & cayenne & salt
3. Bring to boil, cover & cook 15 minutes until carrots are very tender
4. Working in batches, process soup in blender or food processor until smooth & carrots are fully pureed.
5. Transfer back to pot & thin with more broth if desired.
6. Make Croutons – Preheat oven to 375
7. In a large bowl, combine spices and add cubed bread. Drizzle Olive oil over all & stir well.
8. Spread cubes on baking sheet, do not crowd.
9. Bake for 10 mins or until golden brown

Enjoy soup with croutons sprinkled on top.

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Tuna Salad

Serves 2



Tuna Salad is super easy to make and the perfect healthy light lunch.

Ingredients:

1 can	Tuna Drained well
1/4 cup	1/4 cup celery, diced
1 Tbs	Onion, finely chopped
1 Tbs	Parsley chopped or 1 tsp dried Parsley
1 whole	Ripe avocado, cut into small chunks
1 Tbs	Fresh cilantro, chopped
2/3 Cup	Mayo
2 tsp	Dijon Mustard
2 tsp	Fresh lemon juice
	Salt and black pepper, to taste

Directions:

1. Open the can of tuna and drain well. *To ensure that all the liquid is drained, you can dump the tuna in a colander and drain over a large bowl for a few minutes while you chop the vegetables.*
2. Chop the onion, celery, parsley and avocado.
3. Add the drained tuna, chopped veggies, mayo, mustard, fresh Lemon juice, salt and black pepper to a large bowl and use a fork or spoon to toss and combine.
4. Taste and adjust seasonings by adding more salt, pepper, and Dijon mustard to taste.
5. You can eat it straight out of the bowl or chill in the fridge for at least 1 hour.
6. Cover with plastic wrap or store in an airtight container with a lid and refrigerate for 1 hour or up to 3 days.
7. Serve over a salad, in lettuce wraps or stuffed in avocados for a Whole30, Paleo or Low Carb version.

FOR THOSE THAT DO NOT HAVE DIETARY CONCERNS: You can also make tuna salad sandwiches or tuna melts using your favorite bread or keto bread.

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Southern Apple Tuna Salad

Serves 4

A light and crisp tuna salad, perfectly packable for a lunchtime treat!

Ingredients:

2, 5oz cans	Tuna, drained
1 Tbs	Olive Oil
1 Tbs	Mayo
1	Apple, peeled, cored & chopped
¼	Onion chopped
1 tsp	Sweet Pickle Relish
½ tsp	Dill Weed
To taste	Salt & Pepper

Directions:

1. Stir all ingredients in bowl until evenly mixed. Season with salt & pepper.
2. You can serve immediately, but flavor improves if it marinates for a few hours.
3. Option: add toasted, chopped nuts for more crunch!
4. Serve on bread with crushed potato chips

