

# **FREEZER SOUP PREP BAGS**

**Just dump the ingredients in a freezer Ziplock & freeze.  
Then pull them out for the crockpot later.**



# Harvest Comfort Delight



## Ingredients :

- 1 cup butternut squash, peeled and diced
- 1 cup kale, stems removed and chopped
- 1 cup sweet corn kernels
- 1 cup potatoes, peeled and diced
- 1 cup onions, chopped
- 3 cloves garlic, minced
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon dried thyme
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon red pepper flakes (adjust to your preferred spice level)
- Salt and pepper to taste

## Cooking Instructions :

When you're ready to savor the comforting flavors of fall, remove the freezer soup bag from the freezer and let it thaw slightly. Empty the contents into a crockpot or a large pot on the stove. Add enough vegetable or chicken broth to cover the ingredients.

**Optional Protein Addition:** You can add protein to this delightful soup by incorporating cooked and shredded chicken, spicy sausage, or vegetarian options like white beans or chickpeas.

Cook on low heat for 6-8 hours in the crockpot or simmer on the stove for 30-40 minutes until the vegetables are tender and the flavors have melded together.

## How To Make :

**Prep the Vegetables:** Peel and dice the butternut squash and potatoes. Chop the onions, kale, and fresh parsley. Mince the garlic and set aside.

**Combine the Ingredients:** In a large mixing bowl, add the diced butternut squash, chopped kale, sweet corn kernels, diced potatoes, chopped onions, and minced garlic.

**Add the Flavor Enhancers:** Sprinkle the dried thyme, ground nutmeg, red pepper flakes, salt, and pepper over the vegetable mixture. Toss everything together until all the flavors are evenly distributed.

**Pack the Freezer Soup Bag:** Label a gallon-sized Ziplock freezer bag with the name "Harvest Comfort Delight" and the date. Carefully transfer the vegetable mix into the bag, ensuring it's well-sealed and airtight to maintain freshness.

**Freeze and Store:** Lay the packed freezer soup bag flat in the freezer for easy storage. The soup bag can stay frozen for up to three months.



# Mediterranean Harvest Melody



## Ingredients :

- 2 cups eggplant, diced
- 2 cups tomatoes, diced (use ripe and flavorful tomatoes)
- 1 cup bell peppers (a mix of colors), chopped
- 1 cup zucchini, diced
- 1 cup onions, chopped
- 3 cloves garlic, minced
- 1 can (15 oz) chickpeas (garbanzo beans), drained and rinsed
- 2 tablespoons fresh basil leaves, chopped
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon dried oregano
- 1/2 teaspoon crushed red pepper flakes (adjust to your preferred spice level)
- 1/4 cup extra-virgin olive oil
- Salt and pepper to taste

## Cooking Instructions :

When you're ready to enjoy the Mediterranean-inspired flavors of "Mediterranean Harvest Melody," remove the freezer soup bag from the freezer and let it thaw slightly. Empty the contents into a large pot and add 4 cups of vegetable broth.

**Optional Protein Addition:** For added protein and heartiness, consider adding cooked and sliced chicken, or tofu for a vegetarian option.

Simmer the soup on medium heat for 25-30 minutes, or until the vegetables are tender and infused with the rich blend of herbs and spices.

## How To Make :

**Prep the Vegetables:** Dice the eggplant, tomatoes, zucchini, and bell peppers. Chop the onions and mince the garlic. Also, prepare the fresh basil and parsley for later use.

**Combine the Ingredients:** In a large mixing bowl, add the diced eggplant, tomatoes, zucchini, chopped bell peppers, onions, and minced garlic.

**Add the Chickpeas and Herbs:** Mix in the drained and rinsed chickpeas, chopped fresh basil, and chopped parsley.

**Drizzle with Olive Oil:** Pour the extra-virgin olive oil over the vegetable mix. Add the dried oregano and crushed red pepper flakes. Toss everything together until the vegetables are well-coated in the flavorful olive oil and herbs.

**Pack the Freezer Soup Bag:** Label a gallon-sized Ziplock freezer bag with the name "Mediterranean Harvest Melody" and the date. Carefully transfer the vegetable mix into the bag, ensuring it's well-sealed and airtight to preserve the flavors.

**Freeze and Store:** Lay the packed freezer soup bag flat in the freezer for easy storage. The soup bag can stay frozen for up to three months.

# Zesty Garden Fiesta Make-Ahead Soup



## Ingredients :

- 1 cup zucchini, diced
- 1 cup sweet corn kernels
- 1 cup bell peppers (a mix of colors), chopped
- 1 cup cherry tomatoes, halved
- 1 cup black beans, cooked and cooled
- 1 tablespoon fresh cilantro, chopped
- 1 tablespoon fresh lime juice
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Salt and pepper to taste

## Cooking Instructions :

When you're ready to enjoy the flavors of summer, remove the freezer soup bag from the freezer and let it thaw slightly. Empty the contents into a crockpot or a large pot on the stove. Add your preferred protein and enough vegetable broth to cover the ingredients. Cook on low heat for 6-8 hours in the crockpot or simmer on the stove for 30-40 minutes until the vegetables are tender and the flavors have melded together.

## How To Make :

**Prep the Vegetables:** Wash and chop the zucchini, bell peppers, and cherry tomatoes into bite-sized pieces. Pat dry to remove any excess moisture.

**Combine the Ingredients:** In a large mixing bowl, add the diced zucchini, sweet corn kernels, chopped bell peppers, halved cherry tomatoes, and cooked black beans.

**Add the Flavor Boosters:** Sprinkle the fresh cilantro, lime juice, ground cumin, chili powder, garlic powder, onion powder, salt, and pepper over the vegetable mixture. Toss everything together until well combined.

**Pack the Freezer Soup Bag:** Label a gallon-sized Ziplock freezer bag with the name "Zesty Garden Fiesta" and the date. Carefully transfer the vegetable mix into the bag, ensuring it's well-sealed and airtight to avoid freezer burn.

**Protein Addition:** Now comes the fun part! You can customize your Zesty Garden Fiesta by adding your preferred protein later. Options include cooked shredded chicken, ground turkey, or vegan alternatives like tofu or plant-based crumbles. Simply add your desired protein to the bag when you're ready to cook the soup.

**Freeze and Store:** Lay the packed freezer soup bag flat in the freezer for easy storage. The soup bag can stay frozen for up to three months.

# Farmstead Potato Patch



## Ingredients :

- 2 cups potatoes, peeled and diced (a mix of red and sweet potatoes for color and flavor)
- 1 cup carrots, peeled and chopped
- 1 cup celery, chopped
- 1 cup onions, chopped
- 1 cup green beans, trimmed and cut into bite-sized pieces
- 3 cloves garlic, minced
- 1 tablespoon fresh thyme leaves
- 1 tablespoon fresh rosemary, chopped
- 1 bay leaf
- 1 teaspoon smoked paprika (for a subtle smoky flavor)
- 1/2 teaspoon ground turmeric (for a hint of warmth and color)
- Salt and pepper to taste
- 4 cups vegetable or chicken broth (for cooking)

## Cooking Instructions :

When you're ready to enjoy the comforting goodness of "Farmstead Potato Patch," remove the freezer soup bag from the freezer and let it thaw slightly. Empty the contents into a large pot and add 4 cups of vegetable or chicken broth.

**Optional Protein Addition:** For added protein and heartiness, consider including pre-cooked diced chicken, turkey, or smoked sausage. Vegetarian options like tofu or plant-based sausage are equally delicious.

Simmer the soup on medium-low heat for 30-40 minutes, or until the potatoes and vegetables are tender and infused with the aromatic herbs and spices.

## How To Make :

**Prep the Vegetables:** Peel and dice the potatoes, chop the carrots, celery, and onions, and trim and cut the green beans. Mince the garlic and set aside. Also, prepare the fresh thyme leaves and chopped rosemary for later use.

**Combine the Ingredients:** In a large mixing bowl, add the diced potatoes, chopped carrots, celery, onions, and green beans. Mix in the minced garlic, fresh thyme leaves, and chopped rosemary.

**Add the Flavor Enhancers:** Sprinkle the smoked paprika, ground turmeric, salt, and pepper over the vegetable mix. Toss everything together until the seasonings are evenly distributed.

**Pack the Freezer Soup Bag:** Label a gallon-sized Ziplock freezer bag with the name "Farmstead Potato Patch" and the date. Carefully transfer the vegetable mix into the bag, ensuring it's well-sealed and airtight to preserve the flavors.

**Freeze and Store:** Lay the packed freezer soup bag flat in the freezer for easy storage. The soup bag can stay frozen for up to three months.

# Cornucopia Chowder



## Ingredients :

- 2 cups sweet corn kernels (fresh or frozen)
- 1 cup potatoes, peeled and diced
- 1 cup carrots, peeled and chopped
- 1 cup celery, chopped
- 1 cup onions, chopped
- 3 cloves garlic, minced
- 1 cup diced bell peppers (a mix of colors)
- 1 tablespoon fresh thyme leaves
- 1 tablespoon fresh chives, chopped
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon ground nutmeg (for a touch of warmth)
- 1/4 teaspoon cayenne pepper (optional, for a hint of spice)
- 4 cups vegetable or chicken broth (for cooking)
- 1 cup heavy cream (add later, before serving)

## Cooking Instructions :

When you're ready to indulge in the creamy goodness of "Cornucopia Chowder," remove the freezer soup bag from the freezer and let it thaw slightly. Empty the contents into a large pot and add 4 cups of vegetable or chicken broth.

Simmer the soup on medium heat for 25-30 minutes, or until the vegetables are tender and infused with the aromatic herbs and spices.

**Final Touch:** Stir in 1 cup of heavy cream to create a lusciously creamy chowder just before serving.

## How To Make :

**Prep the Vegetables:** If using fresh corn, remove the kernels from the cobs. Peel and dice the potatoes, chop the carrots, celery, onions, bell peppers, and chives. Mince the garlic and set aside. Also, prepare the fresh thyme leaves for later use.

**Combine the Ingredients:** In a large mixing bowl, add the sweet corn kernels, diced potatoes, chopped carrots, celery, onions, bell peppers, and minced garlic.

**Add the Flavor Enhancers:** Sprinkle the fresh thyme leaves, chopped chives, smoked paprika, ground nutmeg, and cayenne pepper (if using) over the vegetable mix. Toss everything together to ensure the flavors are evenly distributed.

**Pack the Freezer Soup Bag:** Label a gallon-sized Ziplock freezer bag with the name "Cornucopia Chowder" and the date. Carefully transfer the vegetable mix into the bag, ensuring it's well-sealed and airtight to preserve the flavors.

**Freeze and Store:** Lay the packed freezer soup bag flat in the freezer for easy storage. The soup bag can stay frozen for up to three months.



# Freezer Soup Recipes



## Linda Grant:

Corn, kohlrabi, turnips, carrots, cabbage, onion, zucchini, and summer squash. I like to put the zucchini and summer squash in a Ziploc sandwich bag to add it later in the cooking process.

I'll add beef short ribs, herbs, green beans, celery, potatoes and water, plus I'll freeze some tomatoes separately to add to the pot. My veggie soup is so naturally sweet you would think I added sugar.

## Tara Baranowski:

For all of us who planted sun cherries and are now swimming in them....I do this every year. Roast on parchment in a 400 degree oven for 30 minutes. Cool, bag, and freeze. Great base for a flavor-packed tomato soup come fall.

I like to season mine with salt, pepper, dried dill and garlic, give it a spin in the food processor, add a bit of cream and throw in dried tortellini to simmer. Yum!



## Alyssa Baker:

Boneless skinless chicken thighs (because that's what I had in the freezer)

1 1/2 cans fire roasted tomatoes

1/2 cup chicken broth

1 can black beans, rinsed & drained

A heaping cup of frozen corn (can use SLF, but we ate all of ours from last week)

Cumin, chili powder, paprika, salt

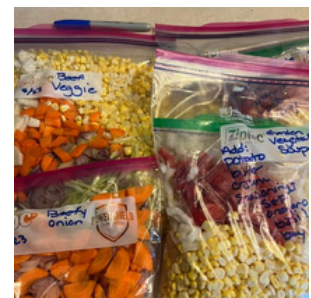
Chopped SLF garlic, tropea onions, Swiss chard and stems, carrots, banana peppers, jalapeño pepper & poblano pepper from SLF starts

I will add broth and a block of cream cheese when I put in crockpot.

And now my fridge is ready for tonight's pickup.

## Beth Phlegar:

Finally prepping some freezer soup bags with more to come! Two bags have corn, onion and tomatoes (bagged separately for adding part way through the cooking process) and will become the garden vegetable soup I posted about earlier this week. Another bag has cabbage, onion, carrot, turnips, and corn and will become a beef veggie soup with the addition of beef broth, stew meat, tomato juice and green beans. Small bag is for beefy onion barley soup so only contains onion and carrots. No real recipe for any of these.... I just make it up as I go along!



# Freezer Soup Recipes



## Jay and Terri Molter:

Tomatoes from our SLF starts, cabbage, carrots, onions, banana peppers, squash, corn, dried parsley from a few weeks ago. Beans and pasta going in at end of cooking. Will add veggie broth, salt and pepper

## Alyssa Baker:

I made stuffed cabbage soup for supper and since it only used 1/2 the head of cabbage, I doubled all my chopping and made a soup starter bag for later. I'm glad I did, because most of my family complimented the soup—and since it is very rare for everyone to love something, I'll take most as a win.

All veggies SLF:

1/2 head cabbage

bell pepper

Onion

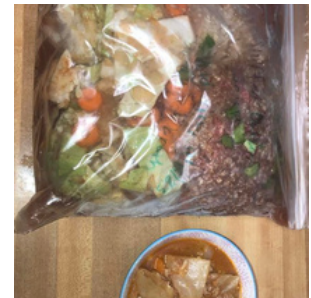
2 carrots

1 lb ground beef

Paprika, salt, Worcestershire sauce, bay leaf

A cup or so tomato juice

I will add rice, diced tomatoes and broth when cooking. In today's cooked soup, I chopped fresh SLF tomatoes, either from share or starts.



## Stefanie Bennington:

There was a lot of zucchini and yellow squash cut this evening. The first is easy cheesy zucchini bake, then some shredded zucchini for zucchini bread. The last went into my freezer bag along with SLF tropia onions, carrots, chard stems and leaves and Bench's corn.

## Julie Minderman Rosiar:

My soup starter bag just went into the freezer. Included in the bag are pork sausage, carrots, those long purple onions, swiss chard stalks, banana pepper, summer squash, and a salad turnip.

When it's time to make the soup, I'll probably add tomato juice, a can of hominy, and the chopped beet greens that I froze a couple weeks ago.





# Freezer Soup Recipes



## Laura and Mary Genalo:

Today we made our Veggie Soup Starter bags:

- Summer squash
- Zucchini
- Cabbage
- Carrots
- Diced tomatoes
- Chicken broth

## Alyssa Baker:

I had a ton of dinosaur kale in my garden from SLF starts that needed to be used and since I already made a lot of green cubes, I put together a Zuppa Toscana soup starter bag!

It includes:

1.25 lbs Italian sausage

A few slices chopped bacon

2 cups broth

Pinch of salt

Chopped SLF tropea onions, garlic, carrots, and dino kale

I will add potatoes and broth to slow cooker, then cream at the end of cooking.



## Cindy Dibert Butler:

Three soup bags filled this morning. First time making these. I have always individually froze the veggies and then pull them together when I cook so every time it is something different. These now are intentional dinners for us this winter. for snow days in the crockpot!

Chard, tomatoes (from garden), onions, carrots, corn, and zucchini. Will add potatoes, white beans and broth when it is time.

## Julie Minderman Rosiar:

My soup starter bag just went into the freezer. Included in the bag are pork sausage, carrots, those long purple onions, swiss chard stalks, banana pepper, summer squash, and a salad turnip.

When it's time to make the soup, I'll probably add tomato juice, a can of hominy, and the chopped beet greens that I froze a couple weeks ago.



# Freezer Soup Recipes

---



## Karen Ayers:

I normally freeze veggies separately so I can put them together in different ways. But I made 2 freezer soup bags this afternoon using cabbage, carrots, red and yellow onions, Hakurie turnips, garlic scapes (hiding in the bottom of the hydrator drawer), fresh tomatoes, canned tomatoes, fresh parsley and broth. I'll add more broth when I cook it and maybe some cannellini beans.

## Alyssa Baker:

We keep going out of town and I don't want to waste our beautiful veggies so I put together one more soup bag. I found a recipe for zucchini soup and tweaked a few veggies to fit what I had.

This one has:

- 1 1/2 SLF zucchini
- 2 SLF carrots
- 1/2 red onion
- 3 SLF garlic cloves
- 1 large SLF kohlrabi
- 1 can white beans, rinsed and drained
- Celery salt
- 2 bay leaves
- SLF dill
- A cup or so chicken broth



## Karen Ayers:

I normally freeze veggies separately so I can put them together in different ways. But I made 2 freezer soup bags this afternoon using cabbage, carrots, red and yellow onions, Hakurie turnips, garlic scapes (hiding in the bottom of the hydrator drawer), fresh tomatoes, canned tomatoes, fresh parsley and broth. I'll add more broth when I cook it and maybe some cannellini beans.