

Old Fashioned
Honey
Ham & Pea



GLUTEN
FREE
DAIRY
FREE

We've come a long way from the modest farmers market where our jars of soup first found a place. Soup du Jar creates delectable artisan soups. We value natural ingredients, local BC produce and mountain water. It's about comfort and love, one ladle at a time.

Nutrition Facts Valeur nutritive

Per 250 mL / par 250 mL (1 cup/tasse)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 143	
Fat / Lipides 2g	3%
Saturated / saturés 0.5 g + Trans / trans 0 g	3%
Cholesterol / Cholestérol 8 mg	
Sodium / Sodium 240 mg	12%
Carbohydrate / Glucides 25 g	8%
Fibre / Fibres 5 g	29%
Sugars / Sucres 4 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine	46 %
Vitamin C / Vitamine C	8%
Calcium / Calcium	4%
Iron / Fer	8%

soupdujar.ca

MADE WITH REAL FOOD. BY REAL PEOPLE.

Ingredients: Stock (water, ham bone, carrot, celery, onion, leek, herbs, garlic, salt, pepper), split peas, carrot, celery, onion, ham (maple syrup, spices, salt- naturally cured) garlic, sea salt, rosemary, thyme, black pepper.

Ingrédients: Bouillon de potage aux légumes (l'eau, os de jambon, carotte, céleri, oignon, poireau, herbes, ail, sel, poivre), pois fendus, carotte, céleri, oignon, ail de jambon (sirop d'érable, épices, sel, naturellement guéri), sel de mer, romarin, thym, poivre noir

Cooking instructions: cut open package, empty contents into a pot, heat over medium-high heat, stirring frequently until hot... enjoy!

Instructions de cuisson: ouvrez le sachet, videz le contenu dans une casserole, chauffez à feu moyen-fort, en remuant fréquemment jusqu'à ce que la soupe soit.

real handcrafted soup: heat. eat. repeat.

Keep frozen until cooked
Gardez congelé jusqu'à la cuisson



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Manufactured in
Beautiful BC by:
Soup du Jar
New Denver, BC
VOG-150
CANADA

