

Thai  
Carrot  
Ginger



VEGAN  
GLUTEN  
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
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<b>Calories / Calories</b> 170	
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<b>Fat / Lipides</b> 9 g	<b>14%</b>
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Saturated / saturés 6.0 g	<b>30%</b>
+ Trans / trans 0 g	

<b>Cholesterol / Cholestérol</b> 0 mg	
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<b>Sodium / Sodium</b> 200 mg	<b>8%</b>
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<b>Carbohydrate / Glucides</b> 20 g	<b>7%</b>
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Fibre / Fibres 5 g	<b>29%</b>
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Sugars / Sucres 10 g	
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<b>Protein / Protéines</b> 3 g	
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Vitamin A / Vitamine	90%
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Vitamin C / Vitamine C	20%
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Calcium / Calcium	6%
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Iron / Fer	10%
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## MADE WITH REAL FOOD. BY REAL PEOPLE.

**Ingredients:** Vegetable stock (water, onion, carrot, celery, leek, apples, garlic, bay leaves, spices), carrot, coconut milk, onion, lemongrass, kaffir lime leaves, red curry paste (dried red chilli, garlic, lemongrass, salt, shallot, galangal, kaffir lime, pepper), ginger, vegetable oil, sea salt, and spices.

**Ingrédients:** bouillon de légumes (eau, oignon, carotte, céleri, poireau, pommes, ail, feuilles de laurier, épices), carotte, lait de noix de coco, oignon, citronnelle, feuilles de citron vert, pâte de cari (piments rouge, ail, citronnelle, sel, shallot, galangal, feuilles de citron vert, poivre), gingembre, huile végétale, sel de mer, épices.

**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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Beautiful BC by:  
**Soup du Jar**  
New Denver, BC  
V0G-1S0  
CANADA



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