



# SAVOURY SOUP KIT

This comforting soup meal kit includes seasonal ingredients from our garden and other local farmers. It's simple to make, using only one pot and ready in just 40 minutes. A delicious, nourishing dish with fresh bread, making for an easy glamping meal.

1 onion\*\*  
1 bunch lovage\*\*  
4 garlic cloves, minced\*\*  
1 kabocha squash\*\*  
1 bunch thyme sprigs\*\*  
1 package italian sausage (*make it vegetarian, substitute with 1 can white beans*)  
1 bunch collards\*\*  
2 chicken bouillon cubes (*or vegetable*)  
1 carton cream  
1 Parmesan cheese  
1 bunch sage leaves\*\*  
1 small loaf of bread  
1 condiment kit\*

**GLAMPING TIP:** If you love cream in your coffee, this kit pairs well with our Coffee Kit. You will have leftover cream to enjoy from this soup recipe.

## RECIPE

### Ingredients:

2 Tbsp. extra-virgin olive oil  
1 onion  
1 bunch lovage  
4 garlic cloves, minced  
½ tsp. chili flakes  
1 kabocha squash  
1 bunch thyme sprigs  
1 package sausage (or 1 can white beans)  
1 bunch collards  
6 cups water  
2 chicken (or vegetable) bouillon cubes  
¾ tsp. paprika  
1 tsp. kosher salt  
½ tsp. black pepper  
1/3 cup whipping cream (optional)  
1/3 cup grated Parmesan cheese (optional)  
1 bunch sage leaves

Heat oil in a large pot over medium. Once hot, add chopped onion and lovage; cook 8 minutes, until soft. Stir in minced garlic, chili flakes, cubed squash, and thyme sprigs; cook 4 to 5 minutes, until aromatic.

Add sausage or white beans, collards, bouillon, water, smoked paprika, salt, and pepper; increase heat to bring soup to a boil. Reduce heat to medium-low and simmer, uncovered, for 25 minutes, or until squash is tender.

Remove thyme sprigs, and stir in whipping cream, Parmesan (optional), and sage. Taste and adjust seasonings as needed. Ladle soup into bowls and serve with thick slices of fresh bread!

*Please put any organic waste and recyclables in the proper bins provided.*

\* Condiment kits include bottle of olive oil, selections of spices, salt, pepper. Please return to office at checkout.

\*\* Indicates ingredients grown right here at Bear Spring Eco Retreat