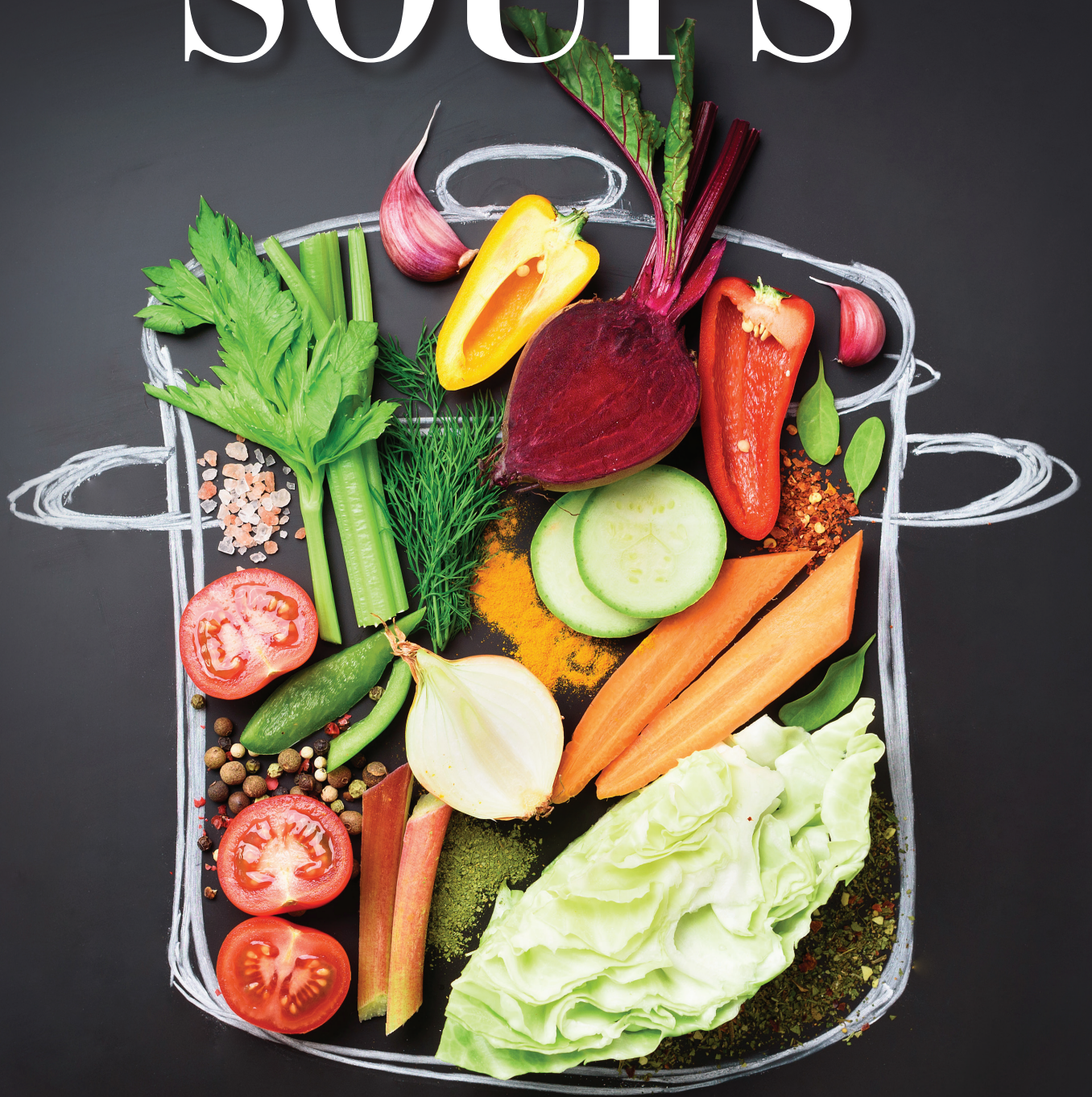


savory
SOUPS



Menu

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*easy to make
healthy & delicious soups*
19 UNIQUE FLAVOURS



Classic Chicken and Herb Soup
Hearty and comforting this family favourite is bursting with home-cooked flavour. Add some chicken & fresh veggies then serve with hot buttered buns for the perfect classic meal.

Ginger Coconut Dahl

Warming and aromatic, dahl (daal or dal) is a staple dish in Indian cuisine and is absolutely divine served over rice with some naan bread. For the finishing touch, garnish with mango or banana.

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yummy

Our version of the delicious curried rice dish ‘butter chicken’ is made with chicken, tomatoes and onion (also terrific as a vegetarian dish by excluding the chicken!).
Wonderful garnished with fresh peaches or mango.

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Hearty and thick this traditional beef stew is a real stick-to-your-bones meat and potatoes meal! It even calls for the (optional) addition of dark stout beer - a great way to support your local brewery!

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This traditional beef chili mix makes a thick, hearty flavourful meal with very little to add. Just like most of our mixes this one is easily made on the stove-top, in a slow cooker or in the Instant Pot.

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Authentic creole spice gives this rich and thick southern dish some kick. Load it up with your choice of chicken, sausage, seafood... or all of the above!

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Mulligatawny Soup

With origins in Indian cuisine this traditional curried soup is deliciously fragrant and flavourful. Made with chicken, fresh veggies and apples it's extra mouth-watering when you add a can of coconut milk!



simple real ingredients

Rockin' Moroccan Soup

Made with apple, orange, sweet potato, and honey this vegetarian dish is flavored with hands-down our most complex spice blend. Saffron and rose petals are just a couple of the over a dozen ingredients that might just pique your curiosity!

Old Fashioned Beef and Barley Soup

Beefy, hearty, and satisfying this beef barley soup truly is comfort food at its finest. Add hamburger, some veggies, cook, and serve with some cracked pepper. It's just that easy! A great one to use up leftover beef in too!

Rustic Italian Soup

Filled to the brim with noodles, beans, and veggies this healthy, hearty soup is perfectly seasoned with just the right blend of Italian herbs! Garnish with shaved or grated parmesan cheese and pair with some warm crusty bread.

Loaded Potato Soup

Thick & savory, our potato soup is positively loaded up with our special blend of herbs, onion and garlic. add a package of cooked, chopped bacon and garnish with freshly cracked black pepper and some grated cheddar cheese.



unique combinations

Thai Prawn Coconut Soup

Made with prawns or chicken and a few fresh veggies our Thai spice blend adds a mouth-watering explosion of flavor to this lightly creamy soup. Garnish your tasty creation with cilantro and lime.

Turkey Cranberry Soup

This seasonal favorite is all about familiar holiday flavors and the welcoming aroma of a home-cooked meal. this soup is so easy to make and is even a great way to use up some of those turkey leftovers during the holidays.

Fog Pea Soup

Our 'thick as fog' split pea soup mix makes it so easy to cook & serve this classic comfort food. Just add bacon or ham and this rich, savory soup will have you coming back again & again. Garnish with croutons, chives, and some crispy bacon.

Westcoast Seafood Chowder

Creamy, rich, and thick this chowder is a delicious way to enjoy all of your favourite seafood and shellfish. Scallops, clams, prawns, crab and whitefish along with some fresh veggies and potato make for a real coastal treat wherever you live.

Mexican Tortilla Soup

Our Mexican-style taco soup has proven to be one of our most popular mixes. The spice blend offers an authentic burst of flavor without being too hot. Great garnished with a dollop of sour cream and tortilla chips.



*mouth
watering
good*

Harvest Pumpkin Lentil Soup

This bisque style vegetarian pumpkin soup is perfectly flavoured with our warm and rich autumn-inspired spice blend.

For a sweet twist try adding mandarin oranges, peaches or diced apple.



Curried Chickpea Stew Soup

The warmth of a curry with the heart of a stew, our chickpea stew is inspired by Indian cuisine. This vegetarian-friendly dish can be made with or without chicken or prawns because yams and butter steal the show.

Thanks to mild madras curry, this stew has all the flavour and none of the heat.



Country Chicken Chowder

With just a dash of dill, our creamy and delicious chicken corn chowder makes a meal the whole family will enjoy again and again. Terrific garnished with grated cheddar and bacon bits!

