

# Freezer Frig Pantry Soup!

The base is just four ingredients—whatever vegetables you have stashed in your freezer, frig, or pantry. Add some stock from a carton, which you should always keep on hand in your pantry. You can kick up the flavor and health benefits with whatever else you can scrounge up. This quick soup can literally only take 15-20 minutes to put together. Perfect for a weeknight meal.



*By Karrie Billets, Functional Nutrition Health Coach*

Serves 2-(double or triple for a family or leftovers)

## Ingredients

- 1 tablespoon avocado oil
- 1 small yellow onion, diced
- Sea salt
- 2 cups of frozen or leftover roasted or raw broccoli slaw vegetables of choice (broccoli, peas, carrots, spinach, sweet potatoes-anything you have on hand!)
- Extra greens in your frig drawer before they begin to say “I’m past prime”
- Leftover chicken (rotisserie is great), or any other leftover meat
- Vegetable broth or chicken stock to cover, about 1 carton

Optional add-ins: Beans, parsley or cilantro, other spices, lemon or lime juice, coconut milk, rice, quinoa, and many more freezer, frig, and pantry treasures.

## Directions

1. Heat a medium-sized pot over medium heat. Add avocado oil.
2. Add the onion. Let cook until golden about 3 minutes. Add any other fresh veggies and saute till tender. Add leftover or frozen vegetables and other optional ingredients of choice & any precooked meat, with just enough stock to cover. Simmer until vegetables are tender. Add greens last. Season with spices and salt to taste.



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