

Summer Harvest Soup & Biscuits



Prep: 20 minutes **Cook:** 30 minutes **Yields:** 4 servings

- 1 medium to large summer squash (like zucchini or yellow squash)
- 2 stalks kale or chard
- 1 onion or 3 green onions
- other chopped vegetables
- 1 can soup
- 1 can beans
- 1 teaspoon herbs
- 1 cup stock or water
- 1 cup pancake mix
- 1/2 stick butter
- 1/2 cup water



Optional

- 1 can green beans or corn
- extra cooked noodles
- extra cooked chicken

Chef's Notes: Add extra additions if you'd like & enjoy with a side of crackers, bread or biscuits. For a more "minestrone" type soup, add a can of crushed tomatoes.

1. Preheat oven to 425° F degrees.
2. Put 1 cup of pancake mix into a bowl, cut 1/2 stick of butter into pieces.
3. Using a fork or a knife, "cut" butter into the 1 cup of pancake mix until they are "pea-sized" pieces of butter mixed in with the flour.
4. Add 1/2 cup of water and mix until the dough comes together.
5. Turn the dough out onto a floured surface and pat to about 1/2 inch thickness.
6. Using a cup or mason jar lid, cut "circles" out of the dough, place on a greased baking sheet and bake for 15 minutes or until golden brown.
7. While biscuits are baking, dice vegetables & saute over medium heat for 4-6 minutes.
8. Open can of soup & heat in a medium pot.
9. Add beans, sauteed vegetables, optional ingredients, and 1 cup of water or stock.
10. Stir in 1 teaspoon herbs & stir until heated to desired temperature.

Fresh Harvest Kits are a collaboration between HDFFA and hunger relief agencies.

Each kit contains fresh vegetables and staple ingredients from this agency. When using this kit you'll get fresh ideas for creating healthy meals! Visit our website to learn more and to see the full list of partners.