

SUMMER HARVEST SOUP & BISCUITS



Prep: 20 minutes

Cook: 30 minutes

Yield: 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

1. Preheat oven to 425 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.

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.

Fresh Harvest Kits are a collaboration between HDFFA and hunger relief agencies. Each kit contains fresh vegetables & staple ingredients from this agency. When using this kit you'll get fresh ideas for creating healthy meals! Visit our website to learn more & to see the full list of partners.