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## Glenlochar Kitchens - 604-317-8933

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Hillcrest Village RPO, Box 36033

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**Regions Supplied:** All of BC

**Company Notes:**

Glenlochar Kitchens is a manufacturer and distributor of healthy and convenient dry soups, chili's, rice dishes and casseroles with no added MSG or Trans Fats.

**Products Available:**

### Lentil - Year Round

Our dry Lentil

### Country Vegetable Chowder Soup Mix - 150g - Year Round

Our dry Chowder Soup Mix provides a base to make corn, potato, celery, carrot, mushroom or even clam chowder. You only have to add milk and the veggie of your choice, (and the clams if you want a clam chowder). It has dried veggies, and the seasoning/thickener package. It makes 10 cups of soup. Country Vegetable Chowder has a preparation time of approximately 5 minutes (depending how creative you are) and a cooking time of approximately 20 - 25 minutes. The Country Chowder works great with non-fat milk. Freeze the leftovers for some great meals later.

### Beef - Year Round

Our dry Beef and Barley Soup Mix is a hands down winner! This simple to make soup mix will satisfy most any appetite. Our Beef and Barley soup mix contains barley, dehydrated veggies, and our special seasoning mix which gives it a rich beefy taste. All that needs to be added is the beef

### Black Bean Soup and Chili Mix - 250g - Year Round

Our dry Black Bean Chili Mix gives a new twist on traditional chili and livens things up. Our Black Bean Chili Mix contains pre-soaked black beans, seasoning, and dehydrated vegetables. This is a very versatile box of possibilities and can be made as a soup, chili, or a wonderful dip (Check out the recipe section of our web page for the recipes). The Black Bean Chili Mix is very low in fat, a very high source of fibre (7 g per serving), low in sodium, a good source of vitamin C, a good source of iron and cholesterol free. Freeze your cooked soup, chili or dip for another day.

### Dill Pea Soup Mix - 350g - Year Round

Our dry Dill Pea Soup Mix contains lentils, yellow

### Minestrone Soup Mix - 150g - Year Round

Our Minestrone Soup Base contains Italian spices, veggies, and orzo pasta to make a 10 cup pot of soup. You just add tomato juice or canned tomatoes, pre-cooked beans or lentils of your choice and, perhaps Italian sausage to jazz it up. This product takes

approximately 5 minutes to prepare and a 1/2 hour to cook.

### **Spanish Bean - Year Round**

Our dry Spanish Bean

### **Stonehouse Soup Mix - 400g - Year Round**

Our dry Stonehouse Soup Mix is a healthy, hearty medley of lentils, navy beans, kidney beans, pinto beans, green and yellow split peas, along with our special spice pack and dehydrated vegetables. Our Stonehouse Soup Mix makes up 10-12 cups of a traditional ham

### **Texas Tortilla Soup Mix - 300g - Year Round**

Our dry Texas Tortilla Soup Mix is a great opening act for a barbecue, or your Mexican inspired meals or a meal in itself. Our Texas Tortilla Soup Mix contains pre-soaked red Mexican style beans, mildly spicy Tex-Mex seasoning