

## Ingredients List

### **Beef Barley**

Beef, beef broth (contains sugar, salt, yeast extract, celery, cornstarch, onion, garlic, caramel, natural flavours), barley, onion, carrot, celery, garlic, thyme, canned tomatoes (contains citric acid, salt, dried parsley), pepper

### **Butternut Squash & Apple V, DF, GF**

Onion, carrot, celery, vegetable both (contains carrot, celery, onion, sugar, yeast extract, cornstarch, spices, natural flavours), Coconut Milk, butternut squash, apple, nutmeg, cinnamon, salt, pepper, cayenne pepper

### **Cabbage Roll GF**

Extra lean ground beef, onion, garlic, green cabbage, beef broth (contains sugar, salt, yeast extract, celery, cornstarch, onion, garlic, caramel, natural flavours), tomato sauce, rice, bay leaves, brown sugar, salt, oregano, black pepper, lemon juice, citric acid

### **Carrot Coconut Curry V, DF, GF**

Onion, garlic, yellow curry paste, carrot, vegetable both (contains carrot, celery, onion, sugar, yeast extract, cornstarch, spices, natural flavours), coconut milk

### **Corn Chowder V, DF, GF**

Onions, sweet peppers, vegetable both (contains carrot, celery, onion, sugar, yeast extract, cornstarch, spices, natural flavours), potato, corn, creamed corn (contains corn, water, corn starch, sugar, salt), thyme, salt, pepper

### **Split Pea (ham optional) V, DF, GF**

Onion, carrot, celery, vegetable both (contains carrot, celery, onion, sugar, yeast extract, cornstarch, spices, natural flavours), dried green split peas, garlic, parsley, basil, thyme, salt, pepper, ham (optional)

## **Lentil Chili GF**

Beef broth (contains sugar, salt, yeast extract, celery, cornstarch ,onion, garlic, caramel, natural flavours), onion, carrots, celery, green pepper, garlic, canned tomatoes (contains citric acid, salt, dried parsley), lentils, tomato sauce (contains salt, citric acid, garlic, onion, spices), pineapple juice, brown sugar, cilantro, chili powder, cumin, oregano, cinnamon

## **Old Fashioned Chicken Noodle DF**

Onion, carrot, celery, chicken broth (contains sugar, salt, yeast extract, tumeric, cornstarch ,onion, garlic, natural flavours), chicken, black pepper, thyme, poultry seasoning, sage, egg noodles (contains durum wheat semolina)

## **Roasted Red Pepper GF**

Beef broth (contains sugar, salt, yeast extract, celery, cornstarch ,onion, garlic, caramel, natural flavours), onion, carrot, celery, garlic, oregano, canned tomatoes (contains citric acid, salt, dried parsley), red peppers

## **Sausage, Potato & Spinach DF, GF**

Sausage (casing removed), garlic, onion, carrot, chicken broth (contains sugar, salt, yeast extract, tumeric, cornstarch ,onion, garlic, natural flavours), potato, spinach, salt, pepper, thyme

## **Chicken with Rice DF, GF**

Onion, carrot, celery, chicken broth (contains sugar, salt, yeast extract, tumeric, cornstarch ,onion, garlic, natural flavours), chicken, black pepper, thyme, poultry seasoning, sage, rice

## **Broccoli Cheddar GF**

Vegetable broth (contains carrot, celery, onion, sugar, yeast extract, cornstarch, spices, natural flavours), broccoli, onion, coconut milk, cheddar cheese, garlic, salt, pepper

**GF = gluten free V = vegetarian DF = dairy free**

Cheerful Spoon is a not-for-profit ministry of WMB Church's Barnabas Missions, offering employees skills training and employable hours. Contact WMB Church for more information:

WMB Church  
245 Lexington Road, Waterloo, ON N2K 2E1  
519.885.5330 | office@wmbchurch.ca  
**wmbchurch.ca**

