

simply satisfying

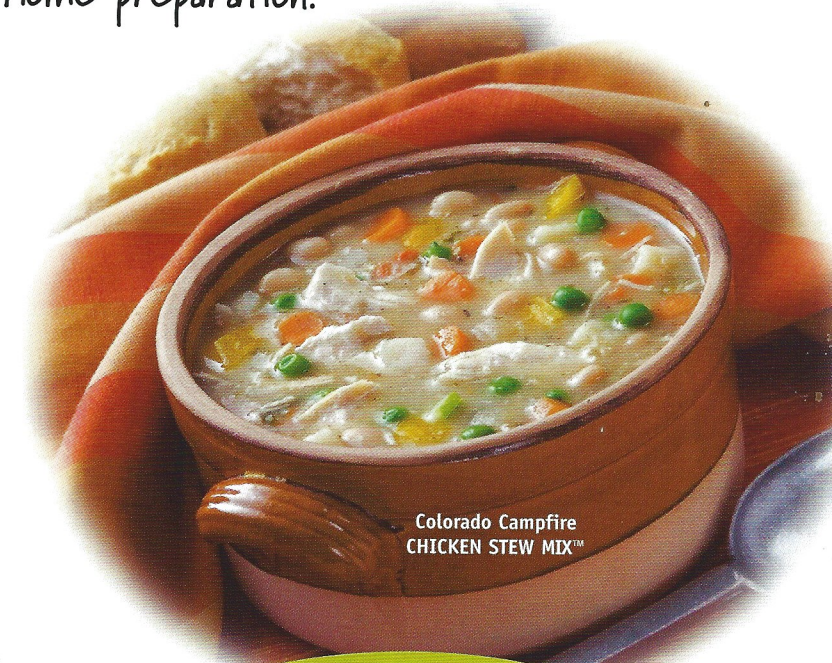
# Fundraising is... Souper Fun!

36 varieties of soups mixes made with all natural ingredients with no salt added, preservatives or MSG.

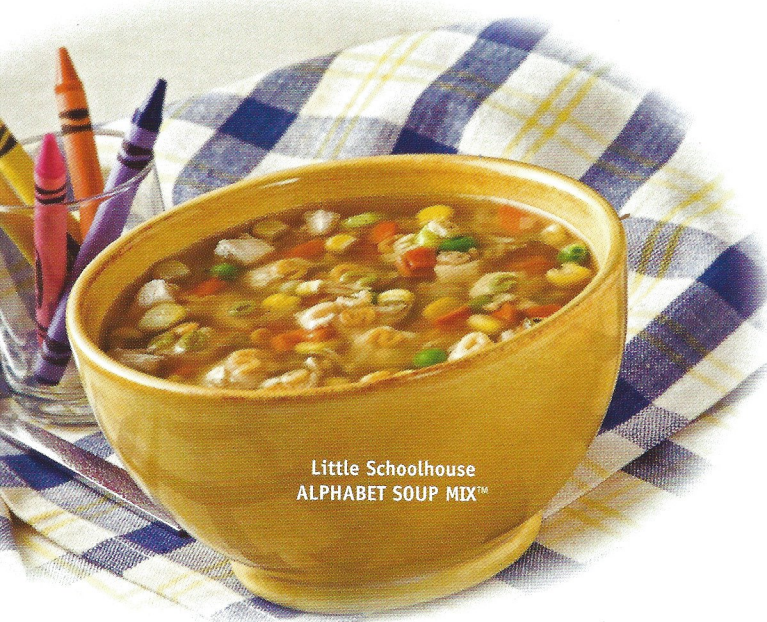
Each mix contains perfectly seasoned dry ingredients and a recipe for easy home preparation.



Little Italy  
ITALIAN WEDDING SOUP MIX™



Colorado Campfire  
CHICKEN STEW MIX™



Little Schoolhouse  
ALPHABET SOUP MIX™

"Our students, parents and staff love the variety of soups and perfect pairings mixes. Frontier Soups makes life easy and allows to fundraise for fun. Keep up the good work!"

Director/GCDF Health Science Academy,  
Athens Drive Magnet High School, Raleigh, NC

## FrontierSoups...good for you and your group!

# Homemade in Minutes<sup>®</sup> Soup Mixes

for those with taste and no time to waste

\$8.00 each

No salt added, preservatives or MSG

Mixes serve 4-5 in 30-45 minutes

Simple fresh additions complete each meal

Made with natural ingredients

20 varieties (17 Certified Gluten Free)

Our Newest  
Chili Mix!

Montana Creekside  
CLASSIC CHILI MIX



**Arizona Sunset ENCHILADA SOUP MIX™ GF, FRZ**

A Southwestern flavor profile features quick-cooking dehydrated white beans, diced peppers and sweet potato, warm chili seasonings and masa corn flour. Add chicken and salsa verde for an authentic Mexican meal.



**Chicago Bistro FRENCH ONION SOUP MIX™ FRZ**

With black beluga lentils and sliced onions in the mix, this soup has substance and nutrition not in a typical French onion soup. Rich and robust on its own or extra luscious with French bread and cheese topping.



**Connecticut Cottage CHICKEN NOODLE SOUP MIX™ GF**

Colorful peas, corn and carrots are delicately seasoned with dill and combined with gluten free corn pasta for this favorite.



**Florida Sunshine RED PEPPER CORN CHOWDER MIX™ GF**

A hint of cayenne adds a kick to this quickie version of our famous *Illinois Prairie Corn Chowder Mix*. Simply add broth and cream. Go gourmet with shrimp, scallops or other seafood.



**Idaho Outpost POTATO LEEK SOUP MIX™ GF**

A garden blend of leeks and other greens makes this potage a year round favorite. A chunky potato soup served hot or pureed and chilled in warmer weather.



**Kentucky Homestead CHICKEN & RICE SOUP MIX™ GF**

America's comfort food with Mediterranean seasonings of lemon and oregano enhance the traditional taste and texture of this jasmine rice blend soup.



**Little Schoolhouse ALPHABET SOUP MIX™**

With all numerals and letters of the alphabet in a colorful medley of organic pasta, (60% of Product Net Weight), the youngest chefs will enjoy this tasty chicken soup.



**Midwest Weekend CINCINNATI STYLE CHILI MIX™ GF, FRZ**

Unique ingredients of cinnamon and chocolate give this dark bean mix its original character. The addition of barbeque sauce with ground beef adds a sweet tang to this easy-to-prepare chili. Try with hot dogs for a chili dog!



**Mississippi Delta TOMATO BASIL SOUP MIX™ GF**

Pinwheel tomato slices highlight this basil, yellow pepper, carrot and rice blend for an easy vegetable style tomato soup. Add cream, if desired, and serve with a grilled cheese sandwich or, more elegantly, with shrimp and feta cheese.



**Montana Creekside CLASSIC CHILI MIX™ GF**

Three chili peppers, ancho, cayenne and a whole japones pepper, give sweet heat and smokey richness to this meaty Western-style chili with dehydrated pinto beans for a 30 minute meal. Arriba! Arriba!



**New Orleans Style JAMBALAYA SOUP MIX™ GF**

With classic creole seasonings this soup mix offers a contemporary take on a traditional jambalaya dish. Add ham, shrimp and dig in!



**Oregon Lakes WILD RICE AND MUSHROOM SOUP MIX™ GF**

Chopped portobello mushrooms flavor this quick cooking wild rice and vegetable soup. Add cut up chicken and serve this good-for-you supper in a bowl.



**Pacific Rim GINGERED CARROT SOUP MIX™ GF**

Exotic Indian-Thai fusion ingredients give this beautiful pureed soup its tantalizing taste and texture. Add fresh carrots and coconut milk.



**Pennsylvania Woodlands MUSHROOM BARLEY SOUP MIX™**

A Shiitake mushroom, barley, veggie blend makes the base for this classic. Add a handful of fresh mushrooms and sherry, if desired.



**San Francisco Thai GOLDEN PEANUT SOUP MIX™ GF**

This Thai inspired peanut soup has just the right amount of heat. Add peanut butter and chicken and serve as a main course or appetizer soup. (Package contains no peanuts.)



**South of the Border TORTILLA SOUP MIX™ GF, FRZ**

Zesty Mexican spices, quick cooking dehydrated black beans, peppers and NON GMO sweet corn are the base for this Southwestern specialty. Add chicken, salsa, and tortilla chips to finish. Our top seller and NASFT SOFI Award winner. Soup so delicious, you'll want to host a party.



**Southwestern SAUSAGE & CHICKPEA STEW MIX™ GF**

Saffron seasoned rice, cumin, tumeric and Hungarian paprika enrich this hearty tomato-based stew with dehydrated chickpeas for quick cooking. Home cooks add chorizo or Italian sausage for spicy heat.



**Virginia Blue Ridge BROCCOLI CHEDDAR SOUP MIX™ GF**

Broccoli florets along with a hint of curry make this classic a lovely appetizer or dinner soup. Add shredded cheddar and cream.



**West Coast KALE & QUINOA VEGETABLE SOUP MIX™ GF**

Super foods kale and quinoa with savory seasonings give this new vegetarian mix substance and nutrition. Add diced squash and tomatoes for an easy-to-prepare soup meal in any season.



**Wyoming Fireside BEEF GOULASH MIX™ GF, FRZ**

Pepper, lentils, potatoes, and carrots combine with ground beef for a quick version of an old fashioned goulash. Serve in a bowl or on top of egg noodles. Makes a rustic meal in 45 minutes.

GLUTEN FREE: GF FREEZES WELL: FRZ

Quick & easy soups for  
BUSY SINGLES,  
COUPLES OR FAMILIES!

# Hearty Meals Soup Mixes

shortcuts to real homemade

\$8.00 each

No salt added, preservatives or MSG

Soups, stews, chilis, and chowders prepared with simple fresh additions to complete each recipe

Robust meals serve 6 to 12

15 varieties (13 Certified Gluten Free)

12 bean-based soups for maximum health benefits of high fiber, complex carbs, anti-oxidants and other nutrients

Slow cooker recipes available online



## California Gold Rush WHITE BEAN CHILI MIX™ GF, FRZ

This mild chili mix combines sweet potatoes and peppers with added artichoke hearts and optional ground turkey for a savory meal.



## Colorado Campfire CHICKEN STEW MIX™ GF, FRZ

Add chicken to this all natural mix of peas, carrots, potatoes, and white beans with just the right seasoning for a soup as thick and rich as the inside of a chicken pot pie.



## Dakota Territory BEEF BARLEY BEAN STEW MIX™ FRZ

An old-fashioned bean stew with Shiitake mushrooms, leeks and lentils. Add cubed beef or oxtails to prepare this rustic, hearty meal.



## Illinois Prairie CORN CHOWDER MIX™ GF

Bright yellow super sweet (and non GMO) corn, red peppers and rice, combine with diced potato and cream additions for this top selling and versatile soup.



**SOFI**  
BEST IN SHOW  
WINNER!



## Indiana Harvest SAUSAGE LENTIL SOUP MIX™ GF

Italian seasonings of oregano and basil combine with red and green lentils to give this hearty soup its great flavor and high fiber content. Add Italian sausage and red wine for a full-bodied meal.



## Little Italy ITALIAN WEDDING SOUP MIX™

Tiny meatballs made with our whole grains seasoning mix, a blend of Italian herbs and vegetables, and pastini make this favorite soup a treat for weddings or everyday meals.



## Louisiana RED BEAN GUMBO MIX™ GF, FRZ

A deep South specialty with filé powder and red beans and rice, this rich and hearty meal calls for sausage and chicken, or can be prepared vegetarian.



## Michigan Ski Country CHILI MIX™ GF, FRZ

Two red Santaka peppers and classic chili seasonings heat up this authentic red bean chili mix. Add ground beef and pork for a blaze-of-glory family favorite.



## Minnesota Heartland ELEVEN BEAN SOUP MIX™ GF, FRZ

An eleven-legume mix of beans, peas, and lentils combine with kielbasa sausage and chicken to make this our #1 selling bean soup. A long simmering soup and worth the wait!

No need to stock up your pantry  
with lots of unique spices...  
**ALL THE SEASONINGS ARE IN THE MIX!**



## Nebraska Barnraising SPLIT PEA SOUP MIX™ GF, FRZ

Basil seasoning and a carrot vegetable mixture complement the green peas and bacon or ham additions for a classic thick split pea soup.



## New York Corner Cafe MINESTRONE SOUP MIX™ GF

A blend of Italian seasonings, elbow macaroni, and cranberry beans makes this classic preparation a feast for La Familia. Add Brussels sprouts and bacon. Gluten free with corn pasta.



## Ohio Valley VEGETABLE SOUP MIX™ GF

Zucchini, green beans, peas, carrots, leeks and corn make a bountiful medley of summer produce in a pot. Start the preparation with fresh garlic and finish with pea pods for this year round vegetable favorite. Great for using leftover Thanksgiving turkey in the fall. Gluten free with corn pasta.



## Texas Wrangler BLACK BEAN SOUP MIX™ GF, FRZ

A rich pureed and meatless soup, add purple onions and orange juice for a flavorful tang and satisfying meal.



## Vermont Farmhouse APPLE SAUSAGE & BEAN SOUP MIX™ GF, FRZ

A colorful mix of beans and a hint of curry among the seasonings give this soup its festive presentation. Add chicken sausage, spinach, and diced apple, and call family and friends to the table.

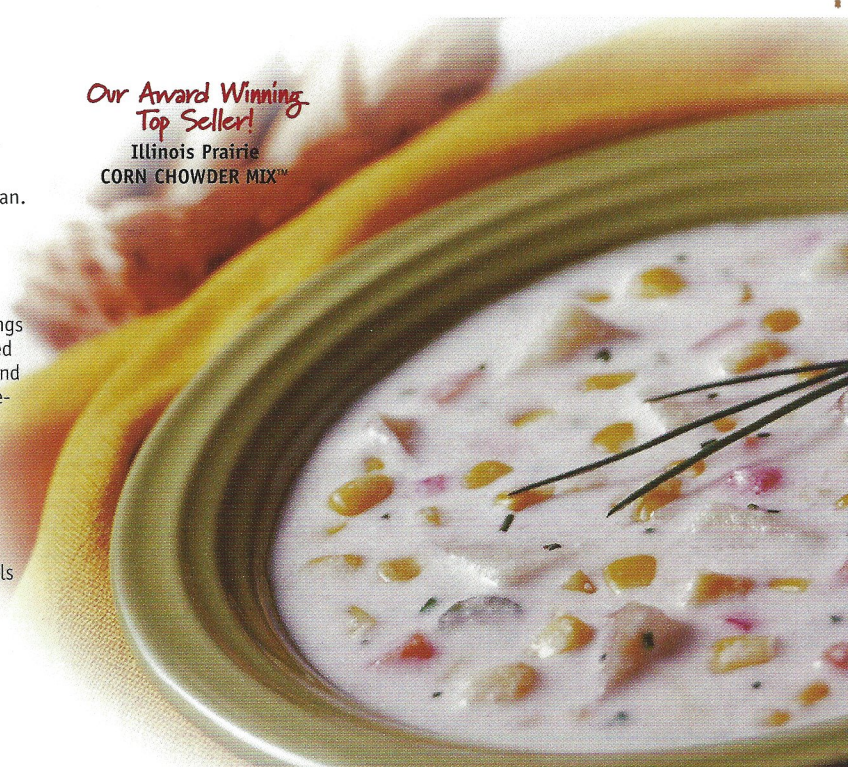


## Wisconsin Lakeshore WILD RICE SOUP MIX™ GF

Exquisite long grain wild rice, gluten free corn pasta shells, and delicate seasonings combine with fresh chicken and asparagus, for an elegant chicken soup celebration.

*Our Award Winning  
Top Seller!*

**Illinois Prairie  
CORN CHOWDER MIX™**



**GLUTEN FREE: GF FREEZES WELL: FRZ**

# Perfect Pairings

for soup or other main course dishes!

The same art of seasoning that goes into our soup mixes gives bold flavor to our Party Starter Dip and Meal Maker Mixes!

## Party Starter™ Dip Mixes

\$3.00 each

Seasoning packets for delicious appetizers and meal ideas.



**Autumn Pumpkin  
SOUP & NUT  
SPICE MIX**



**Pesto Tomato  
PASTA SEASONING  
& DIP MIX**



**Southwestern  
CHIPOTLE FAJITA &  
DIP MIX**



**Roasted Garlic  
SPINACH DIP MIX**



**Green Onion  
CHICKEN BAKE &  
DIP MIX**



**Tex Mex  
TACO DIP MIX**



**Lemony Dill  
FISH BAKE &  
DIP MIX**



## Combreads & Polenta Mixes

\$5.00 each

Delicious compliments to our soups, stews and chilis.



**Appalachian Trail  
CORNBREAD MIX**  
This "world class" version of an American favorite complements soup for supper or serve with syrup for breakfast



**Sante Fe Trail  
CORNBREAD MIX**  
Red Ancho and green chilies give a kick of heat to this southwestern combread.

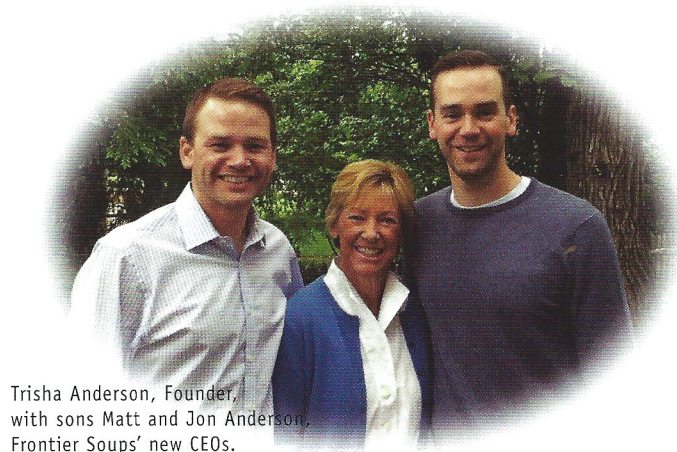


**Roasted White Corn  
POLENTA A LA ROMA MIX**  
Our white corn meal grits are firm and cheesy. Serve on the side with any meat.

"I am impressed with your prompt customer service and the friendly staff that was attentive and genuinely concerned with our needs."

4th Grade Teacher  
Nezperce Elementary, Nezperce, ID

Thank you for supporting  
this organization!



Trisha Anderson, Founder,  
with sons Matt and Jon Anderson,  
Frontier Soups' new CEOs.

## Soup has always been part of family life for the Andersons

Growing up, company founder Trisha Anderson was intrigued by her Mom's ability to create delicious pots of soup from odds and ends left over from the week's meals. Trisha transformed her love for culinary adventure into a career as a caterer and cooking school instructor, developing her own innovative recipes. At a friend's suggestion, she packaged the dry ingredients for her popular 11-bean soup mix to sell at a holiday market. The soup's immediate success was the catalyst for Frontier Soups, which — 30 years later — is an established name in the specialty food industry with 36 soup mixes sold throughout the U.S. and Canada.



