



## ***Chef Shake Salt Free Seasoning***

An all purpose salt free blend to zest up your meals!

Bring great flavor to your dish without the salt. Blends take the guesswork out of seasoning. It's a healthy way to add flavor to foods without adding extra fat, calories or salt. Use it for not only proteins, but also veggies, potatoes, eggs, pasta, and salads.



### **HARVEST VEGETABLE SOUP**

#### **Ingredients**

2 cups sliced carrots  
2 cups peeled & cubed potatoes  
2 cups peeled & cubed yams  
1 1/2 cups diced onion  
1/2 cup diced red bell pepper  
3 cups fresh green beans  
6 cups vegetable broth  
1 (14.5 oz.) can crushed tomatoes  
1 (15 oz.) can white beans, undrained  
1 tbsp. chef shake

#### **Preparation**

Combine all ingredients in a slow cooker. Cover and cook for 4 hours on high or 8 hours on low. Season to taste with additional chef shake if desired.



**683105 6/18 oz.**