



FALL 2017 MAKE-AHEAD WEEKLY MENU



FRIDAY

PIZZA SOUP

PREP 10 min COOK 20 min SERVES 4

- 1 tbsp Longo's 100% Pure Canola Oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 pkg (227 g) Longo's Sliced Cremini Mushrooms
- 1/4 tsp each salt and pepper
- 1 jar (473 mL) Longo's Signature Pizza Sauce
- 2 1/2 cups vegetable broth
- 2/3 cup shredded Italian blend cheese
- 2 Longo's Whole Wheat Pita Pockets

HEAT oil in soup pot over medium heat; cook onion, garlic, mushrooms, salt and pepper for about 6 minutes or until golden.

STIR in pizza sauce and broth; bring to a simmer.

SIMMER for about 10 minutes for flavours to marry.

SPRINKLE cheese over pitas and bake in preheated 400°F oven for 5 minutes or until cheese melts. Cut each into 4 wedges.

LADLE soup into bowls and top each with 2 wedges of cheese pita.

SERVE with a green salad.

PER SERVING: 204 calories; 9 g protein; 10 g fat; 24 g carbohydrates; 3 g fibre; 8 g sugars; 918 mg sodium.