

MITCHELL'S SOUP CO. FUNDRAISER

We are excited for this new fundraiser for Terrace Peaks Gymnastics Club. This fundraising campaign gives 35% of the sales to Terrace Peaks!

Mitchell's Soup Co. is a family-owned, Canadian business that has been hand-making high quality dried soup, stew, chili and rice dish mixes since 2008. Get some amazing meals and support Terrace Peaks at the same time!

Order Online:

1. Type the URL link associated with one of our invitational athletes (see reverse).

OR

1. Use the link or QR code:
<https://tinyurl.com/3azadwf7>



2. Click "Shop" and add your items to your cart.

Order By Form:

1. Browse through the catalogue (<https://www.mitchellsoupco.com/pages/fundraiser-product-catalogue-3>). Printed copies are also available in the office
2. Pick up a paper order form from the office and fill it out.
3. Return order form together with cash or a cheque made payable to TPGC.

Orders and payments must be submitted by **Sunday, November 2, 2025**. Orders will be available for pick up at Terrace Peaks Gymnastics Club after **November 24, 2025**.

INVITATIONAL ATHLETES' URL LINKS for MITCHELL'S SOUP FUNDRAISING

Athlete's Name	URL Link	Athlete's Name	URL Link
Kaitlyn Almas	https://tinyurl.com/z2hav9np	Lexi Lefrancois	https://tinyurl.com/mrurhz9m
Charlotte Alton	https://tinyurl.com/5fhx6ctn	Julianne Lefrancois	https://tinyurl.com/yt2hpp7a
Lucas Araujo	https://tinyurl.com/4js8pp3j	Isla McCleary	https://tinyurl.com/spwzset
Sienna Chapman	https://tinyurl.com/5n6k7td5	Jordan Merritt	https://tinyurl.com/53mhtswp
Layla Conlon	https://tinyurl.com/yre294fz	Micelle Paré	https://tinyurl.com/56va2y23
Riley Conlon	https://tinyurl.com/y9jw7787	Rachel Paré	https://tinyurl.com/2v2hdvxe
Olivia Cookman	https://tinyurl.com/47uutbhd	Theodore Renwick	https://tinyurl.com/2vm47864
Bellamie Davidson-Kotowich	https://tinyurl.com/5x99br6c	Paizley Ritter	https://tinyurl.com/5n8czufs
		Emerson Ritter	https://tinyurl.com/5952hmpv
James Gascon	https://tinyurl.com/ufc8u9hu	Lauren Sam-Conlon	https://tinyurl.com/4xv2bd3f
Addison King	https://tinyurl.com/5n6cwpax	Zara Sandhals	https://tinyurl.com/57vtcyts
Chloe King	https://tinyurl.com/2p9nx72h	Bently Walsh	https://tinyurl.com/bdex9w72
Amara Kirwin	https://tinyurl.com/yc2pdp57	Abrelle Weston	https://tinyurl.com/5h7et2hw
Elora Kirwin	https://tinyurl.com/4vka3dmh	Kalli Weston	https://tinyurl.com/cvtyjcbd
Asmita Kumar	https://tinyurl.com/2p9e65k	Calliope Williamson	https://tinyurl.com/bdct5tmy
Annika Lambert	https://tinyurl.com/55ejppmz	Harper Wittowski	https://tinyurl.com/y26t5ddv

About Mitchell's Soup Co.

Mitchell's Soup Co. is a Canadian family-owned business that has been hand-making dried soup, stew, chili and rice dish mixes since 2008. Our artisan products offer easy to prepare, healthy meals that the whole family will enjoy. Our mixes even make great gifts!

Thank you so much for supporting your community by taking part in this fundraiser! We hope you will enjoy the selection we offer and maybe even find a few new favorites along the way!



Old Fashioned Beef Barley Soup Mix

The heart of comfort food, our beef and barley soup is loaded with fibre-rich barley—a mildly nutty grain that'll remind you of brown rice—making this meal as hearty as it is comforting. Rid your fridge of leftover roast beef, or fry up fresh ground beef, and tame even the hungriest tummies.

Ingredients: Beans (navy, adzuki), Barley, Lentils (French, red), Soup base (salt, corn syrup solids, dextrose, wheat flour, sugar, canola oil, corn starch, onion powder, beef extract, guar gum, spices, herbs, disodium guanylate, disodium inosinate, natural flavours, turmeric, caramel), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Onion, Garlic, Herbs, Spices (mustard). May Contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Oats, Sulphites.



The 'Fog' Pea Soup Mix

You either loved it or hated it as a kid: Pea soup. Our "thick as fog" pea soup has been known to change minds (we think it's the bacon). One of our simplest soups to make, just fry up bacon or ham while the soup simmers. Garnish with croutons or chives and try not to change your mind.

Ingredients: Split peas (yellow, green), Lentils (French, green, red), Soup base (salt, corn syrup solids, dextrose, wheat flour, sugar, canola oil, corn starch, onion powder, beef extract, guar gum, spices, herbs, disodium guanylate, disodium inosinate, natural flavours, turmeric, caramel), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices (mustard). May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Barley, Oats, Sulphites.



Classic Chicken & Herb Soup Mix

Our take on chicken noodle soup—a staple on cold days, sick days, and every day in between, nourishing the body and soul. Hearten the broth with celery, carrots and chicken. And if you're anything like us, a side of hot, buttered buns or saltines (or both) is a must.

Ingredients: Pasta (durum wheat semolina), Brown rice, Barley, Wheat berry (wheat), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Oats, Sulphites.



Fully Loaded Potato Soup Mix

What says comfort food like a fully loaded baked potato? We captured the creamy, carb-y comfort in a soup. Thick and savoury, our potato soup is loaded with garlic, onion and herbs. Garnish with baked potato must-haves: Sour cream and chives—and, if you're anything like us, crispy, chopped bacon.

Not Vegan - contains dairy

Ingredients: White rice, Dried potato (potato, mono and diglycerides, disodium diphosphate, citric acid, sulphites), Soup base (modified corn starch, wheat flour, salt, modified milk ingredients, corn syrup solids, corn starch, canola oil, yeast extract, dextrose, torula yeast, sugar, xanthan gum, disodium guanylate, disodium inosinate, turmeric, natural flavour), Quinoa, Dried bell pepper, Onion, Garlic, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Sesame, Mustard, Barley, Oats.



Mexican Tortilla Soup Mix

For anyone who couldn't wait for make-your-own-tacos night as a kid, this one's for you. Inspired by Mexican cuisine, our tortilla soup is one of our most-loved mixes (and not too hot!). Opt for beef or chicken—chef's choice—and garnish with sour cream and shredded cheese.

Ingredients: Beans (adzuki, pinto, red, Great Northern), Chickpeas, Green split peas, Lentils (French, red), Soup base (salt, corn syrup solids, dextrose, wheat flour, sugar, canola oil, corn starch, onion powder, beef extract, guar gum, spices, herbs, disodium guanylate, disodium inosinate, natural flavours, turmeric, caramel), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices (mustard). May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Barley, Oats, Sulphites.



Country Chicken Chowder Mix

A thicker, richer spin on classic chicken noodle soup, our chicken chowder is creamy and hearty with chunks of chicken, corn, celery and carrot. Rid your fridge of leftover chicken or shred up a rotisserie chicken in a pinch. With a dash of dill, this chowder pairs well with bacon—but, then, what doesn't?

Not Vegan - contains dairy

Ingredients: White rice, Soup base (corn syrup solids, salt, wheat flour, modified corn starch, corn starch, modified milk ingredients, sugar, canola oil, dextrose, guar gum, yeast extract, torula yeast, xanthan gum, disodium guanylate, disodium inosinate, spices, parsley, turmeric, natural flavour), Dried potato (potato, mono and diglycerides, disodium diphosphate, citric acid, sulphites), Dried corn, Dried carrot, Dried pea, Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Sesame, Mustard, Barley, Oats.



Chuckwagon Chili Mix

For a hearty, stick-to-your-bones meal, try our Chuckwagon Chili Mix—a blend of traditional beef chili beans, dried vegetables, and spices you can make your own with more veggies (like canned corn) or more meat (like sausage—or our personal favourite, bacon bits!)

Ingredients: Beans (pinto, small red, black, Great Northern), Cornmeal, Soup base (salt, dextrose, wheat flour, canola oil, corn syrup solids, onion powder, sugar, beef extract, disodium guanylate, disodium inosinate, natural flavour, caramel, spices), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Spices (mustard), Herbs. May contain: Tree nuts, Peanuts, Soy, Egg, Milk, Sesame, Barley, Oats, Sulphites.



Thai Coconut Prawn Soup Mix

A lightly creamy soup inspired by Thai cuisine, our coconut prawn soup is bursting with flavour and vegetables, like bok choy and bell pepper. Cook it with chicken or prawns, or go vegan-friendly with tofu. Garnish with fresh cilantro—and don't forget a squeeze of lime!

Ingredients: Brown rice, Beans (mung, adzuki), Coconut (coconut, sulphites), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried red & green bell pepper, Garlic, Onion, Tomato powder, Lemon peel, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats.



Rustic Italian Soup Mix

Just like mom's spaghetti, our Rustic Italian Soup Mix is made with an aromatic blend of Italian herbs—sub meat sauce for crispy bacon. And like all good Italian dishes, this one is best garnished with parmesan cheese. Crusty bread, warm from the oven optional, but recommended.

Ingredients: Beans (small red, Great Northern, navy), Pasta (durum wheat semolina), Dried carrot, Soup base (salt, dextrose, wheat flour, canola oil, corn syrup solids, onion powder, sugar, beef extract, disodium guanylate, disodium inosinate, natural flavour, caramel, spices), Dried pea, Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Sulphites, Eggs, Milk, Sesame, Mustard, Barley, Oats.



Westcoast Seafood Chowder Mix

Whether you hail from the West Coast like us, or you just love a good seafood dish, our seafood chowder is a crowd-pleaser. Thick and creamy with plenty of veggies, this chowder can be made with your favourite seafood and shellfish—prawns, clams, scallops, crab or fish, you name it!

Not Vegan - contains dairy

Ingredients: White rice, Navy beans, Dried potato (potato, mono and diglycerides, disodium diphosphate, citric acid, sulphites), Soup base (modified corn starch, wheat flour, salt, modified milk ingredients, corn syrup solids, corn starch, canola oil, yeast extract, dextrose, torula yeast, sugar, xanthan gum, disodium guanylate, disodium inosinate, turmeric, natural flavour), Dried carrot, Onion, Garlic, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Sesame, Mustard, Barley, Oats.



Irish Beef Stew Mix

Remember the stick-to-your-bones, meat-and-potatoes meals of childhood? This is one of them, thick and hearty with beef, potato and parsnip. And in Irish fashion, we recommend you have stout beer on hand for this recipe. Optional? Yes. Delicious? Yes. All of the flavour, none of the alcohol.

Ingredients: Brown rice, Dried potato (potato, sulphites), Cornmeal, Soup base (salt, dextrose, wheat flour, canola oil, corn syrup solids, onion powder, sugar, beef extract, disodium guanylate, disodium inosinate, natural flavour, caramel, spices), Dried carrot, Dried bell pepper, Garlic, Dried pea, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats.



Rockin' Moroccan Soup Mix

Inspired by Middle Eastern cuisine, our Moroccan soup is bursting with flavour. Made with apple, orange, sweet potato and honey, this vegetarian dish is both sweet and savoury, thanks to our most complex spice blend with hints of saffron and rose petal.

Ingredients: Lentils (green, red), Chickpeas, Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Raisins (raisins, sunflower oil), Candied ginger (sugar, ginger, citric acid, sulphites), Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats.



Mulligatawny Soup Mix

The warm spices of Indian cuisine will permeate your home with our mulligatawny or "curry soup"—a fusion of Anglo-Indian cuisines. This vegan-friendly dish can be made with chicken or yam, while tart apple and creamy coconut make it as vibrant in flavour as it is in colour.

Ingredients: Rice (brown, white), Yellow split peas, Red lentils, Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Adzuki beans, Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Cashews, Garlic, Onion, Salt, Herbs, Spices. May contain: Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Other tree nuts, Oats, Sulphites.



Southwest Chipotle Chili Mix

If you love Southern cooking as much as we do, you'll love this white-bean chili. With a smoky, chipotle flavour and sweet corn, it'll warm your belly and your soul. Garnish with shredded cheddar cheese and fresh cilantro, and serve with a side of cornbread—optional, but delicious.

Ingredients: Beans (navy, small red, Great Northern, pinto), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices. May contain: Peanuts, Soy, Sulphites, Egg, Milk, Sesame, Mustard, Barley, Oats, Tree nuts.



Curried Chickpea Stew Mix

The warmth of a curry with the heart of a stew, our chickpea stew is inspired by Indian cuisine. This vegetarian-friendly dish can be made with or without chicken or prawns because yams and butter steal the show. Thanks to mild madras curry, this stew has all the flavour and none of the heat.

Ingredients: Chickpeas, Beans (black eye, black), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Green split peas, Millet or quinoa, Red lentils, Brown rice, Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Salt, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats, Sulphites.



Ginger Coconut Dahl Mix

A staple in Indian cuisine, dahl is known for its warming spices, like cinnamon, coriander and cumin—ours is no exception. Layer on a bed of rice and garnish with mango or banana. For an authentic experience, serve with a side of naan to sop up every last drop.

Ingredients: Yellow peas, Red lentils, Candied ginger (sugar, ginger, citric acid, sulphites), Coconut (coconut, sulphites), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats.



Mama's Creole Gumbo Mix

If you love Southern cooking as much as we do, you'll love this Creole-inspired stew. Authentic creole spice gives this thick dish a kick—and it masks the taste of nutritious greens (for the pickier eaters in your family—not limited to kids!). Load it up with chicken, sausage or seafood (or all three!)

Ingredients: Beans (small red, Great Northern), Brown rice, Green and yellow split peas, Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Sulphites, Oats.



Mango Butter Chicken Mix

Our take on butter chicken, this Indian-inspired dish features classic curry spices, like madras curry, cumin and turmeric, and dried mango for a sweet and savoury culinary experience. Serve with a side of naan to sop up every last drop.

(This mix was formerly known as Apricot Butter Chicken. New name, new mango/pineapple twist, same delicious flavour!)

Ingredients: Rice (brown, white), Red lentils, Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried mango, Dried pineapple, Garlic, Onion, Salt, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats, Sulphites.



Lemon Chicken & Orzo Soup

When the weather turns chilly, nothing beats a steaming bowl of homemade soup. Introducing our Lemon Chicken & Orzo Soup – a delightful blend of tender chicken, fresh vegetables, and zesty lemon that will nourish both your body and your spirit. Crafted with care using only the finest, wholesome ingredients, this soup is the perfect antidote to cold winter days.

Ingredients: Orzo (durum wheat semolina), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried carrot, Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Dried tomato, Dried celery, Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Sulphites, Eggs, Milk, Sesame, Mustard, Barley, Oats.



Prairie Tomato Lentil Soup

Get ready to savour the comfort in a bowl with Prairie Tomato Lentil Soup! Imagine the aroma of sautéed onions mingling with the earthy goodness of lentils and the tantalizing richness of crushed tomatoes. It's a symphony of flavours that will warm your soul and nourish your body.

Ingredients: Lentils (red, French), Ditali pasta (durum wheat semolina), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried bell pepper, Dried potato (potato, sulphites), Garlic, Dried celery, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats.





"Marry Me" Tuscan Chicken Soup

Inspired by the sun-soaked flavors of Tuscany, this creamy, dreamy soup is full of comforting charm and just the right touch of elegance. With tender chicken, savory spices, and a medley of hearty ingredients, it simmers into a rich, velvety bowl of love. Garnish with parmesan and serve with crusty bread—it's comfort food with a romantic twist that just might win hearts at the table.

Ingredients: Great Northern beans, Orzo (durum wheat semolina), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried potato, Dried tomato, Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats, Sulphites.



Howie's Cowboy Soup

Hearty, smoky, and full of frontier flavor—this rugged soup mix is built for big appetites and long days. Start by browning sausage or beef with onions, then toss in fresh veggies and our bold Cowboy spice blend. After a slow simmer, finish with a splash of BBQ sauce and brown sugar for that perfect balance of savory and sweet. It's a stick-to-your-ribs, home-on-the-range kind of meal that'll have everyone coming back for seconds.

Ingredients: Peas (black eye, yellow split), Soup base (salt, corn syrup solids, dextrose, wheat flour, sugar, canola oil, corn starch, onion powder, beef extract, guar gum, spices, herbs, disodium guanylate, disodium inosinate, natural flavours, turmeric, caramel), Dried bell pepper, Dried corn, Dried pea, Garlic, Onion, Herbs, Spices (mustard). May contain: Tree nuts, Peanuts, Soy, Eggs, Sesame, Milk, Oats, Barley, Sulphites.



Bacon Corn Chowder

Rich, creamy, and loaded with homestyle comfort, this chowder is a true crowd-pleaser. Crisp up a batch of smoky bacon, then simmer it into a velvety blend of sweet corn, tender potatoes, and cozy spices. It all comes together as a down-to-earth meal that's both rustic and indulgent—perfect for cool nights, cozy gatherings, or anytime you're craving something truly satisfying.

Ingredients: Dried corn, Soup base (corn syrup solids, salt, wheat flour, modified corn starch, corn starch, modified milk ingredients, sugar, canola oil, dextrose, guar gum, yeast extract, torula yeast, xanthan gum, disodium guanylate, disodium inosinate, spices, parsley, turmeric, natural flavour), Dried potato, Dried carrot, Dried bell pepper, Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Sesame, Mustard, Oats, Barley, Sulphites.



Apple Cranberry Crumble Mix

Just like grandma's, our apple crumble is lightly sweet, crunchy and melt-in-your-mouth buttery all at once. No time to chop apples? Bake with ready-to-eat fresh or frozen fruit (like berries), and serve warm from the oven with a scoop of vanilla ice cream. Heaven sent.

Ingredients: Oats, Sugars (brown sugar), Wheat flour, Sweetened dried cranberries (cranberries, sugar, sunflower oil), Cashews, Spices. May contain: Peanuts, Soy, Sulphites, Egg, Milk, Sesame, Mustard, Barley, Other tree nuts.

Seasonal Products

In addition to our regular product catalogue, we will from time to time be able to offer some seasonal products. Seasonal products are made in limited quantities and are typically only made once per year and are available only while quantities last.



Turkey & Cranberry Soup Mix

The festive turkey dinner we all savour isn't just for holidays. Rid your fridge of turkey leftovers, or fry up fresh ground turkey for a taste of turkey dinner year-round (family gathering optional!). Slice and dice in the stuffing classics, like celery, carrot and onion, and savour the cranberry we mix in.

Ingredients: Rice (brown, wild), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried cranberry (cranberry, sugar, sunflower oil), Quinoa, Dried carrot, Garlic, Onion, Herbs, Spice.

May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Barley, Sulphites, Oats, Mustard.



Curried Coconut Squash Soup Mix

Indulge in the warm, comforting flavours of our Curried Coconut Squash Soup. This nourishing recipe combines roasted butternut squash, sautéed onions and apples, and a blend of aromatic spices for a truly satisfying experience. Simmered to perfection, the soup is then enhanced with creamy coconut milk, creating a velvety texture to delight your senses.

Ingredients: Lentils (French, red), Bulgur (wheat), White rice, Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried carrot, Coconut (coconut, sulphites), Cashews, Garlic, Onion, Salt, Herbs, Spices.

May contain: Other tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats.

Mini Trios

Mini Trios are smaller versions of our full-size mixes that are perfect for smaller families, seniors and singles! Each mix makes 5-6 servings. There are 3 boxed versions available.



Mini Trio #1

- The Fog Pea Soup Mix
- Classic Chicken & Herb Soup Mix
- Old Fashioned Beef Barley Soup Mix

The Fog Pea Soup Mix

Ingredients: Peas (yellow, green), Lentils (French, red), Soup base (salt, corn syrup solids, dextrose, wheat flour, sugar, canola oil, corn starch, onion powder, beef extract, guar gum, spices, herbs, disodium guanylate, disodium inosinate, natural flavours, turmeric, caramel), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices (mustard).

May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Barley, Oats, Sulphites.

Classic Chicken & Herb Soup Mix

Ingredients: Pasta (durum wheat semolina), Brown rice, Barley, Wheat berry, corn syrup solids, dextrose, wheat flour, sugar, canola oil, corn starch, onion powder, beef extract, guar gum, spices, herbs, disodium guanylate, disodium inosinate, natural flavours, turmeric, caramel), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices.

May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Sulphites, Oats.

Old Fashioned Beef Barley Soup Mix

Ingredients: Barley, Beans (navy, adzuki, mung), Red lentils, Soup base (salt, corn syrup solids, dextrose, wheat flour, sugar, canola oil, corn starch, onion powder, beef extract, guar gum, spices, herbs, disodium guanylate, disodium inosinate, natural flavours, turmeric, caramel), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Onion, Garlic, Herbs, Spices (mustard).

May Contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Oats, Sulphites.



Mini Trio #2

- Irish Beef Stew Mix
- Country Chicken Chowder Mix
- Fully Loaded Potato Soup Mix

Irish Beef Stew Mix

Ingredients: Brown rice, Dried potato (potato, sulphites), Cornmeal, Dried carrot, Dried bell pepper, Soup base (salt, dextrose, wheat flour, canola oil, corn syrup solids, onion powder, sugar, beef extract, disodium guanylate, disodium inosinate, natural flavour, caramel, spices), Dried pea, Garlic, Onion, Herbs, Spices.

May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats.

Country Chicken Chowder Mix

Ingredients: White rice, Dried potato (potato, mono and diglycerides, disodium diphosphate, citric acid, sulphites), Dried carrot, Soup base (corn syrup solids, salt, wheat flour, modified corn starch, corn starch, modified milk ingredients, sugar, canola oil, dextrose, guar gum, yeast extract, torula yeast, xanthan gum, disodium guanylate, disodium inosinate, spices, parsley, turmeric, natural flavour), Dried corn, Dried pea, Garlic, Onion, Herbs, Spices.

May contain: Tree nuts, Peanuts, Soy, Eggs, Sesame, Mustard, Barley, Oats.

Fully Loaded Potato Soup

Ingredients: Dried potato (potato, mono and diglycerides, disodium diphosphate, citric acid, sulphites), Quinoa, White rice, Dried bell pepper, Soup base (modified corn starch, wheat flour, salt, modified milk ingredients, corn syrup solids, corn starch, canola oil, yeast extract, dextrose, torula yeast, sugar, xanthan gum, disodium guanylate, disodium inosinate, turmeric, natural flavour), Garlic, Onion, Herbs, Spices.

May contain: Tree nuts, Peanuts, Soy, Eggs, Sesame, Mustard, Barley, Oats. May Contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Oats, Sulphites.



Mini Trio #3

- Thai Coconut Prawn Soup Mix
- Mulligatawny Soup Mix
- Mexican Tortilla Soup Mix

Thai Coconut Prawn Soup Mix

Ingredients: Brown rice, Adzuki beans, Coconut (coconut, sulphites), Dried red & green bell pepper, Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried vegetables (carrot, onion, Tomato powder, Lemon peel, Herbs, Spices).

May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats.

Mulligatawny Soup Mix

Ingredients: Rice (brown, white), Yellow split peas, Red lentils, Mung beans, Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Cashews, Garlic, Onion, Salt, Herbs, Spices.

May contain: Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Other tree nuts, Oats, Sulphites.

Mexican Tortilla Soup Mix

Ingredients: Beans (pinto, red, Great Northern), Lentils (French, red), Soup base (salt, corn syrup solids, dextrose, wheat flour, sugar, canola oil, corn starch, onion powder, beef extract, guar gum, spices, herbs, disodium guanylate, disodium inosinate, natural flavours, turmeric, caramel), Green split peas, Chickpeas, Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices (mustard).

May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Barley, Oats, Sulphites. May Contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Oats, Sulphites.

Frequently Asked Questions



I'm not familiar with Mitchell's meals, how do they work?

- 1** Choose your meal
We have a wide range of mixes from soups, chilis, chowders and stews to rice dishes and Dahl. We even have dessert! All offer healthy, hearty easy-to-make options that your family will love!
- 2** Choose your fresh ingredients
While our mixes can be prepared with water only, we offer lots of suggestions for fresh veggies, meat and/ or seafood to add. You can find ingredient information on each package as well as alongside each product on our website.
- 3** Choose your cooking method
Each package has a stovetop cooking recipe on it's label. You can find these recipes as well as Instant Pot conversion recipes on our website alongside each product.

What is the shelf life of Mitchell's mixes?

Mitchell's soup mixes have a shelf life of 12- 14 months depending on the specific product.

The 'Best Before' date is located on the back label of your mix. This date lets you know when the ingredients and spices are at their finest in terms of freshness. After that spices may start to lose their flavour and beans may become difficult to fully cook.

Do you have any vegetarian and/or vegan products?

Mitchell's Soup Co. has a whole selection of products that do not have any added animal products. Some of the suggested recipes may need to be altered with some simple substitutions, but can easily be made into a very nourishing vegan/vegetarian meal. You can find icons alongside each mix to indicate which mixes are vegan and/or vegetarian. Substitution ideas can be found on our website!



vegetarian and/or vegan- friendly options

(Some mixes contain dairy so are vegetarian-only. We always recommend reviewing ingredient lists and product details when ordering to confirm which mixes are right for you.)

Do you have any gluten-free products?

At this time we do not have any products we claim as gluten free. As suppliers and ingredients do change from time to time, we always recommend that you refer to the label of each item you are interested in to determine if there is anything in the mix that concerns you. You can also find this information alongside each product on our website.

Should I be aware of any allergens in your mixes?

We list allergens in accordance with Canadian labelling laws. You can find this information on each package label and alongside each product on our website.

Mitchells Soup Co. does not make any product that we declare as nut free. As ingredients and suppliers do change we recommend that you check your product label for the most accurate information at the time of purchase.

Nut Allergens- Note about our product 'May Contain' information:

While we have not added nuts to many of our products we do store and process all of our products and ingredients in the same facility where nuts are stored and used. We are unable to guarantee that traces of nuts are not in any of our other products and so to keep customers safe we have listed them on our 'May Contain' warning.

* As suppliers and ingredients do change from time to time, we always recommend that you refer to the label of each item you are interested in purchasing.

