

# ~ Sandy's Healthy Gourmet Pantry ~

## Crock Pot Soup Mixes

Our robust crock pot soup mixes are very easy to make -- everything you need is in the mix. Just add the mix to water and broth and cook in a crockpot until done (stovetop directions are on the package). The mixes make approximately 12 cups of soup. *All natural, no preservatives, MSG, sugar, or salt added. Vegetarian. \$7.50*

### Moroccan Split Pea and Rice

A delightful blend of split peas, long grain rice, onions, garlic and aromatic spices.

### Santa Fe Three Bean

A chili-style soup blend of beans, spices; dehydrated onions, garlic, carrots, tomatoes, celery, peas, parsley, bell peppers.

### Malabar Coast Curried Lentil

A mild curry blend of lentils, rice, spices; dehydrated onions, garlic, carrots, tomatoes, celery, peas, parsley, bell peppers.

### Golden Lentil and Barley

A hearty blend of red lentils, pearl barley, potatoes, onions, garlic and spices.

### Barbados Black Bean & Lentil

A lively island blend of beans, lentils, dehydrated onions, bell peppers, garlic, carrots, tomatoes, celery, peas, parsley, and spices.

### Red Beans & Rice\*

A traditional Southern cuisine favorite. Blend of red beans, rice, dehydrated onions, garlic, bell peppers, celery seed, cayenne pepper, crushed red flakes, sugar, spices.

*\*Contains some added sugar and salt*

## Quick and Easy Soup Mixes

Healthy fast food! These hearty soups help you create a delicious family meal in minutes. Enjoy with a green salad and crusty bread or tortilla chips for a nutritious, well balanced meal. Created from the finest ingredients. (\* = Vegetarian)

Country Corn Chowder\* (\$7.50)

Enchilada Stew\* (\$7.50)

Tortilla Soup\* (\$7.50)

Green Chile Chicken (\$6.95)

Smokin' Chipotle Potato\* (\$6.95)

## Savory Dip Mixes

Full of flavor and fresh-tasting vegetarian dip mixes (the "bacon" is organic soy bits). Delicious with chips, crackers, or vegetables. Each package makes 2 cups of dip when added to mayonnaise, sour cream, cottage cheese or yogurt. **\$4.00** (\* = No Added Salt)

Parmesan Sesame Garlic

Bacon Horseradish

Spicy Salsa

Vegetable Garden Medley\*

Cheese'n Bacon

Garlic & Herb

Dilly\*

## Chile Con Queso Dip Mix

A zesty blend of Mexican spices, tomatoes, garlic, onions and herbs. For a great party dip, add mix to a good melting cheese (such as cheddar, jack or Velveeta) and serve with tortilla chips. Or serve as a sauce for baked potatoes, steamed cauliflower or broccoli. Also delicious mixed with cream cheese for a savory cracker spread. *No preservatives, MSG, sugar, or salt added. Vegetarian. \$4.00*

## Specialty Foods ~ Culinary Herbs, Spices, Vegetables, Beans, Lentils, Rices, Whole Grains, and Pastas

(Prices are based on current commodity prices and subject to change.)

**Habanero Spread & Baste, 8 oz. \$7.50**

**Seven Pepper Jelly, 8 oz. \$7.50**

### Herb Blends:

Herbes de Provence, Salt Free, 1.27 oz. \$7.50

Herbs of Tuscany, Salt Free, .90 oz. \$7.50

Pesto Herb Blend, Salt Free, 2.08 oz. \$7.50

**Spices:** Bangkok Thai Blend, Salt Free, 2 oz. \$7.50

Smoked Spanish Paprika, Salt Free, 2 oz. \$7.50

Madras Curry Powder, Salt Free, 2 oz. \$7.50

**Beans:** Adzuki Beans, Organic, O/S

Anasazi Beans, Organic, 1 lb. \$6.00

Black-Eyed Peas, Organic, 1 lb. \$5.50

Black Turtle Beans, Organic, 1 lb. \$5.50

Cannellini Beans, Organic, 1 lb. \$6.50

Christmas Lima Beans, 1 lb. \$6.00

Cranberry (Borlotti) Beans, 1 lb. \$6.75

Fava Beans, Peeled, 12 oz. \$6.25

Flageolet Beans, 1 lb. \$6.85

Garbanzo Beans, Organic, 1 lb. \$5.50

Giant Peruvian Lima Bean, 1 lb. \$6.50

Marrow Beans, 1 lb. \$6.50

Mung Beans, Organic, 1 lb. \$6.25

Navy Beans, Organic, O/S

Pinquito Beans, 1 lb. \$6.00

Pinto Beans, Organic, 1.5 lb. \$5.75

Scarlet Runner Beans, 12 oz. \$6.25

**Pasta:** Maestri Artisan, Salerno, Italy, 1.1 lb. \$4.50

**Bean Blends:** Bean Harvest Blend, 1 lb. \$5.95

Calico Soup Blend, 1 lb. \$5.95

**Lentils:** Autumn Blend Lentils, 1 lb. \$6.75

Black Beluga Lentils, Organic 1 lb. \$9.25

French Green Lentils, Organic, 1 lb. \$6.50

Petite Golden Lentils, Organic, O/S

Red Lentils, Organic, 1 lb. \$6.50

Spanish Pardina Lentils, 1 lb. \$6.00

**Rice:** Bamboo, 1 lb. \$8.50

Black Japonica, 12 oz. \$7.50

Brown Arborio, 1 lb. \$7.00

Brown Basmati, Organic, 1 lb. \$4.50

Brown Kalijira, O/S

Chinese Black (Forbidden), 1 lb. \$8.75

French Red Camargue, 1 lb. \$8.75

Thai Jasmine, 1 lb. \$3.50

**Couscous:** Israeli, 1 lb. \$6.50; Fregula Sarda, 1 lb. \$9.00;

Whole Wheat, 1 lb. \$6.75; Flavored (Tomato,

Spinach, or Mediterranean Spice), 1 lb. \$6.75

**Organic Quinoa:** Golden, 1 lb. \$6.75; Black, 1 lb. 9.25;

Combo, 1 lb. 9.25; Inca Red, 1 lb. \$10.50

**Organic Grains:** Barley, 1 lb. \$5.75; Millet, 1 lb. \$5.25;

Kamut, 1 lb. \$6.00; Buckwheat, Raw, 1 lb. \$5.50;

Farro, 1 lb. \$8.00; Amaranth, 1 lb. \$5.75;

Farro & Wild Rice Pilaf Mix, 12 oz. \$7.50;

Popping Corn, 1 lb. \$4.50

Wheat Berries, 1 lb. \$6.50

## Good For You Gourmet Office & Mail Order Desk:

Sandy Brown, Owner

P. O. Box 2342, Valley Center, CA 92082

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## Farmers' Market Locations:

Vista, SD County Court House Parking Lot on Melrose, Saturday 7:45-12:00 noon

Hillcrest, Normal & Lincoln St., Sunday 9:00 a.m.-2:00 p.m.

Leucadia, Paul Ecke Elementary, Vulcan & Union, Sunday, 10:00 a.m.-2:00 p.m.

(I'm at Hillcrest & Leucadia every other week; please call ahead for schedule.)