

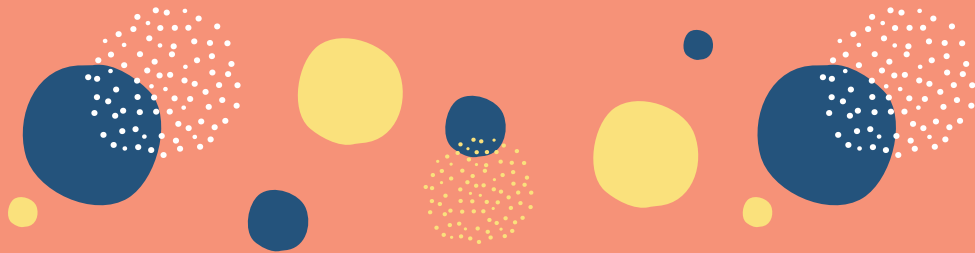
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*your name here*

*is hosting a*

# SOUP SWAP

JOIN US FOR A  
"SOUP"ER DUPER  
PARTY!



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DATE / TIME

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ADDRESS



# TIPS & TRICKS



**INSTRUCTIONS ARE FOR A PARTY OF SIX PEOPLE, INCLUDING YOURSELF.  
ADJUST ACCORDINGLY TO AMOUNT OF PEOPLE ATTENDING YOUR PARTY.**

Because there are six people (don't forget to count yourself!) included in the soup swap, please bring six quarts of frozen soup, all of one type. This will probably involve doubling your recipe since most soup recipes only make two to three quarts.



An average pot or Dutch oven is usually not big enough to hold a double batch of soup. Doubling the ingredients will require cooking two pots of soup at once or making the recipe twice in a row if you only happen to have one big soup pot.



Once your soup is completely cooled, package it in six one-quart containers, leaving a 1" head space. This will allow enough space for the soup to expand as it freezes.



Ziploc, Glad and Rubbermaid all make good quality 1-quart containers. The very best and safest containers for soup are the ones that have screw-on lids, rather than pop-on lids.



If your soup requires any special directions once it's thawed and ready to reheat (say adding a bit of cream to make it extra creamy, etc.), use a sharpie to write this on the side of each container. You can also note suggested serving ideas here, such as toppings that are good when serving the soup. Be sure to make these notations BEFORE you freeze your soup.



Clear your freezer to accommodate for the six quarts of soup to stand upright. You will be doing this not only to create room for the soup you've just made for the swap, but also for the assortment of soups you'll return home with for the freezer.



Choose a basket or heavy-duty box ahead of time for transporting your soup to the swap. Remember you will also need this for returning home with soup, as well.

**FOR MORE TIPS AND GREAT SOUP RECIPES, VISIT [WWW.KANSASLIVINGMAGAZINE.COM](http://WWW.KANSASLIVINGMAGAZINE.COM)**

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