

C6 Soups

Menu Item	FODMAP Ingredients to be Aware of
Bean & 7 Grain (Vegan)	Multi-bean 7 grain Celery Onion
Beef Barley	Beef stock, powdered Barley Onion Celery
Beef Vegetable w/ Rice	Beef stock, powdered Onion Celery
Brown Bean & Barley	Vegetable stock, powdered Berley Kidney beans Onion Celery
Cabbage Borscht (Vegan)	Vegetable stock, powdered Celery Onion
Carrot Bisque	Cream soup mix Onion Celery Cream
Chicken Gumbo	Chicken stock, powdered Celery Onion
Chicken Noodle	Chicken stock, powdered Celery Onion Egg noodles
Chicken Vegetable	Chicken stock, powdered

Celery
Onion

Chunky Chili Soup Beef stock, powdered
Mushrooms
Celery
Onion
Kidney beans

Corn Chowder Cream soup mix
Corn
Onion
Celery
Cream

Country Vegetable (Vegan) Vegetable stock, powdered
Beans
Onion
Celery

Cream of Asparagus Cream soup base
Asparagus
Onion
Celery
Cream

Cream of Broccoli w/ Cheese Cream soup mix
Broccoli
Celery
Onion
Cream

Cream of Cauliflower Cream soup mix
Cauliflower
Celery
Onion
Cream

Cream of Chicken w/ Rice Chicken stock, powdered
Cream soup mix
Onion
Celery

Cream

Cream of Corn & Chicken Chowder
Cream soup mix
Corn
Mushroom
Celery
Onion
Cream

Cream of Leek
Cream soup mix
Leeks
Onion
Celery
Cream

Cream of Leek & Potato
Cream soup mix
Leeks
Onion
Celery
Cream

Cream of Mushroom
Cream soup mix
Sliced mushrooms
Onion
Celery
Cream
Mushroom base

Cream of Tomato
Cream soup mix
Onion
Celery
Cream

Filipino Chicken Rice
Chicken stock, powdered
Onion
Sweet potato

French Canadian Pea
Chicken stock, powdered
Dried yellow peas
Onion
Celery

Garden Vegetable (Vegan) Vegetable stock, powdered
Barley
Celery
Onion

German Potato Chicken stock, powdered
Onion
Celery

Ginger Butternut Squash Cream soup mix
Butternut squash
Onion
Celery
Cream

Green Pea Split green pea
Onion
Celery
Leek

Lentil Sausage Vegetable stock, powdered
Sausage
Celery
Onion

Louisiana Chicken Gumbo Chicken stock, powdered
Onion
Celery

Manhattan Clam Chowder Cream soup base
Mushrooms
Celery
Onion
Cream

Minestrone (Vegan) Vegetable stock, powdered
Kidney beans
Onion
Celery

Multi-Bean (Vegan) Vegetable stock, powdered
7 bean

Celery
Onion

New England Clam Chowder
Cream soup mix
Mushrooms
Celery
Cream
Onion

Seafood Bisque
Cream soup mix
Celery
Onion
Cream

Southwest Black Bean
Vegetable stock, powdered
Black beans
Celery
Onion

Sweet Potato
Cream soup mix
Sweet potato
Onion
Celery
Cream

Thai Coconut (Vegan)
Vegetable stock, powdered
Chickpeas
Onion

Tomato Lentil (Vegan)
Vegetable stock, powdered
Celery
Onion

Tomato Barley (Vegan)
Vegetable stock, powdered
Barley
Celery
Onion

Tomato Florentine
Vegetable stock, powdered
Celery
Onion

Tomato Mushroom w/ Rice Vegetable stock, powdered
Mushroom
Celery
Onion

Tomato Vegetable (Vegan) Vegetable stock, powdered
Celery
Onion

Turkey Noodle Chicken stock, powdered
Celery
Onion
Egg noodles

Vegetable (Vegan) Vegetable stock, powdered
Celery
Onion

White Navy Bean Vegetable stock, powdered
White navy beans
Onion
Celery