Soup School

Devon's Kitchen
LEARN · NOURISH · HEAL

Time for Soup School

Instead of strict diets, abusive exercise plans, and resolutionist extremism, I propose we all go easy and just eat more soup! This winter I think the best path to wellness is through veggie loaded, hydrating soup…AND learning to make soup!

Join Devon's Kitchen for a 3-week soup extravaganza that involves a lot a tastebud joy, a wee bit of motivation, and barely any planning. Does that sound about right for this pandemic winter and how you are feeling? I will take care of the hard work and heavy lifting. You will take care of you (and maybe those loved ones of yours - that's up to you)!

Week 1: Each day (Mon-Fri) swing by my porch, and pick up a bag that has 2 jars of homemade soup for you to savor. **Homework:** Eat both jars and revel in how all that veggie goodness makes you feel each day! Jan 25-29; $200

Week 2: Each day (Mon-Fri) fly by (you will be feeling great), and pick up a bag that has all of the prepped ingredients and the recipe for a pot of soup. **Homework:** Make a pot of soup each day! Feb. 1-5; $200

Week 3: Join me online for 2 Zoom Cooking classes to make more new soups together! I provide grocery lists and demo, and you get the ingredients, the knowledge, and the soup. Feb.9, 10-11:30 or 7:00-8:30 and Feb.11, 10-11:30 or 7-8:30; $50

*Reach out to register for one week or all three!

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