

Co-op Basics Budget-Friendly Recipe



Farmhouse Bean Soup

Serves 6. Prep time: 15 minutes active; 30 minutes total.

Ingredients

2 tablespoons olive oil
1 yellow onion, diced
1 large carrot, peeled and diced
3 parsnips, peeled and diced
3 cloves garlic, peeled and minced
1 15-ounce can diced tomatoes
4 cups vegetable broth
2 teaspoons dried rosemary
2 teaspoons dried thyme
1 15-ounce can white beans, rinsed and drained
1 15-ounce can pinto beans, rinsed and drained
1 15-ounce can kidney beans, rinsed and drained
5 cups fresh spinach, chopped
Salt and black pepper to taste

Method

In a large pot, heat the oil over medium-high heat. Add the onion, carrots, parsnips and garlic and sauté 5 to 7 minutes. Add the tomatoes, broth, and herbs and bring to a boil. Add the beans, reduce heat to simmer and cook 20 to 30 minutes until vegetables are tender. Stir in the spinach and season with salt and pepper to taste. Serve warm.

Serving suggestion

Thanks to convenient and nutritious canned beans, this soup is a fast and tasty weeknight main dish. Just add a side salad and a plate of corn tortillas.

Nutritional information per serving*

300 calories	49 g. carbohydrates
6 g. fat	18 g. fiber
0 mg. cholesterol	13 g. protein
200 mg. sodium	

*The nutritional values and information are approximations.

Recipe by 

Find more delicious recipes
online at hungermountain.coop.

Become a member-owner for \$15 per fiscal year. Want to join but need help making a payment?

Ask us about our
equity-assistance program.
Through this program,
anyone in the community
can apply for a grant to
help with their membership
payment. Applications
are available at the
customer service desk.



623 Stone Cutters Way
Montpelier, VT 05602

802.223.8000

hungermountain.coop
info@hungermountain.coop

Open 8am–8pm daily.

Co-op Cares

Increasing access to healthy, local, and organic food.



623 Stone Cutters Way
Montpelier, VT 05602

802.223.8000
hungermountain.coop
info@hungermountain.coop

Open 8am–8pm daily.

Co-op Cares Application

About Co-op Cares

Shopping on a Budget

Date: _____ Member number: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

I would like to be informed about Co-op sales, news, and events via email.

Please send my approval letter via: mail email

(initial) I understand that this discount may not be applied retroactively or combined with other discounts.

(initial) I understand that this discount is not to be shared with other customers and member-owners.

(initial) I have shown my proof of benefits — certification end date must be listed — to the customer service desk.

I am a member-owner in good standing and I meet the terms of the Co-op Cares program:

Signature: _____

Co-op Use Only:

Member has provided their current WIC program verification of certification, notice of decision from DCF for 3SquaresVT, supplemental security income award letter, or community partner verification letter:

Yes No

Date received: _____ By: _____

Eligibility end date: _____

Date letter sent: _____

Date discount on: _____

Date discount to be renewed: _____

Date reminder made: _____ via: _____

Member-owners of Hunger Mountain Co-op who are currently recipients of 3SquaresVT benefits, supplemental security income (SSI), are participating in the WIC program, or have completed a community partner verification letter, may apply for a 10 percent discount on their purchases.

How to Apply

Submit completed application and show proof of eligibility to a staff member at the customer service desk. You may show a current WIC program verification of certification, SSI award letter, notice of decision from 3SquaresVT benefits, or a community partner verification letter. If you need help filling out your application, let us know.

What's Next

- Your application will be reviewed. Please allow approximately two weeks for processing. Member-owner services will notify you of application and discount status.
- Once approved, you will begin receiving a 10 percent discount on your purchases for up to a six-month period.
- You will be reminded about your discount end date a month before it ends. You may reapply by filling out a new Co-op Cares application and showing us your updated verification. If your proof of eligibility hasn't expired, the Co-op will automatically renew your discount and send you a notice of your renewal.

Things to Know

- You must be a Co-op member to apply for the Co-op Cares discount. It is \$15 to join and you may be eligible for a grant to help with your payment. Apply at the customer service desk.
- The Co-op Cares discount may not be combined with any other member or employee discounts such as council, working member, work optional, staff, or senior discount.
- The Co-op Cares discount does not apply to alcohol, stamps, newspapers, Co-op branded merchandise, gift cards, magazines, or equity payments.

Questions?

Please contact member-owner services at 223.8000 or email info@hungermountain.coop.

If you are not currently a member of the Co-op, you can join today for \$15!

Your information will be used for Co-op membership and the Co-op Cares program only. We will contact you when it is time to renew your Co-op membership or Co-op Cares discount and share Co-op information and deals. Your information is confidential and will not be sold to marketers.

Sign up to receive our biweekly **eNews** with all the latest ways to save.

See our **Deals Flyers** for savings on fresh, local, and natural products.

Access **Member-only sales**, including biweekly member coupons, monthly member specials, and Member-Owner Appreciation Days.

Look for the purple **Co+op Basics** tags. These are affordable staples for everyone everyday.

Receive 10 percent off on vitamins and supplements in our wellness department on **Vitamin Wednesdays**.

Buy a pinch or a pound in our **bulk department**, and save by purchasing just what you need.

Check the orange box on the sales tags to **compare prices** by unit.

Order in large quantities! **Special ordering by the case** saves money when shopping for your favorite items.

Save on deeply discounted items at our **Truckload Sales** every spring and fall.

Learn more at hungermountain.coop



Did You Know?

The Co-op donates 5 cents to the Montpelier Food Pantry for every reusable bag used at our registers.