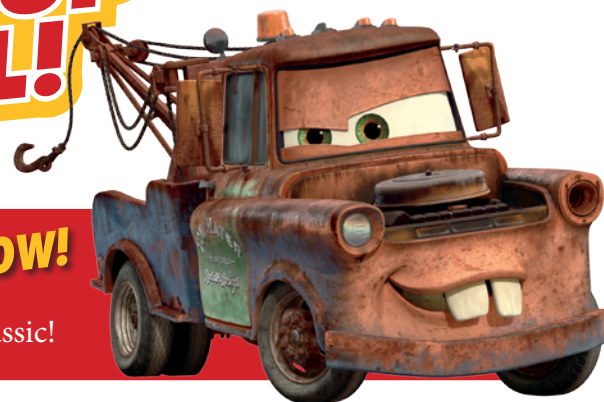




# 'SOUPED UP' SPECIAL!

with KA-CHOW!



## MATER'S 'TOW-MATO' SOUP with KA-CHOW!

Start your engines with Mater's souped-up take on a lunchtime classic!



**What is Sauté and Roux?**  
Sauté means to fry in a small amount of oil.  
Roux is a simple thickener made of butter and flour.

### Mater's Tow-Mato Soup Original Recipe (Serves 6)

- 5 cups chopped tomatoes
- 1 tablespoon olive oil
- 3 cloves minced garlic
- 1 teaspoon dry oregano
- 1/2 cup finely chopped onion
- 2 cups vegetable broth
- 2 tablespoons salted butter
- 2 tablespoons all purpose flour
- 1 teaspoon sugar, to taste

**Adult supervision is required to prepare this recipe.**

**Step 1** » Heat olive oil in a large sauce pan over med-high heat.

**Step 2** » Sauté garlic and onion until tender and golden brown.

**Step 3** » Add tomatoes, broth and spices and cook for 20 minutes, stirring frequently.

**Step 4** » Make a roux in a separate pan: melt butter over medium heat and stir in your flour until smooth. Cook until medium brown.

**Step 5** » Stir your roux into the soup, simmer for 10 minutes.

**Serve with your favorite Ka-chow!**

# KA-CHOW!

Rev-up your favorite soup by adding a little Ka-chow!  
Try these tasty and healthy topping ideas:



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# HOLLEY'S HEALTHY TRAVEL SNACKS

Eating right while on the go!



## ZOOM WRAPS

Try these delicious, nutritious, car-friendly wrap ideas.



### STRAWBERRY SPEEDWAY WRAP

#### INGREDIENTS:

- 2 tablespoons cream cheese
- 1 tablespoon whole fruit strawberry jam
- 1 large four tortilla

#### PREPARE:

- Step 1** » Smear cream cheese over one side of the tortilla leaving 1 inch around the outside uncoated.
- Step 2** » Apply jam on top of the cream cheese.
- Step 3** » Fold according to the diagram.



### P-B-H WORLD RACER WRAP

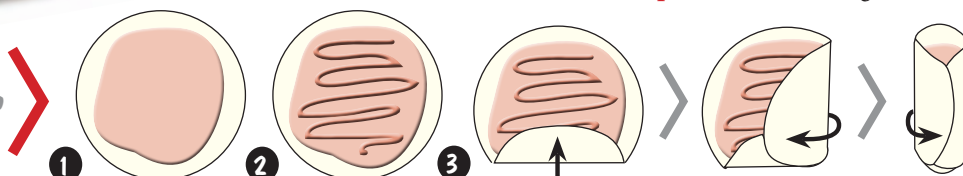
#### INGREDIENTS:

- 2 tablespoons peanut butter or sunflower seed butter
- 2 teaspoons honey
- 1 large four tortilla

#### PREPARE:

- Step 1** » Smear peanut butter over one side of the tortilla leaving 1 inch around the outside uncoated.
- Step 2** » Coat the peanut butter evenly with honey.
- Step 3** » Fold according to the diagram.

Follow these directions to wrap them up right:



Wrap bottom neatly in aluminum foil to prevent leaking.

## SPEEDY SNACK MIXES

Customize a car-friendly mix of your favorite dried fruit, nuts and pretzels.

### ROCKY ROADSTER MIX

- INGREDIENTS:
- Dried Blueberries
  - Oat O's Cereal
  - Sunflower Seeds
  - Banana Chips



#### TO PREPARE:

Combine a 1/4 cup of each ingredient in bowl and mix thoroughly.



### SNACK MECHANIC MIX

- INGREDIENTS:
- Apple Chips
  - Dried Cranberries
  - Almonds
  - Cashews



**TIP:** Avoid accidental spills by using 'snack cups' that fit in your car's drink holders.

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