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Parker Feierbach Panera has a cult following around their soups and especially their autumn squash soup. Our copycat version has pumpkin, pumpkin, carrot and shallots for a sweet and totally autumnal taste. Topped with spicy pepitas this soup is great as an appetizer or filling enough to be the main course. Want more soup ideas? We have plenty of autumn soups to try on! Advertising - Continue reading below harvests: 6 servings Prep Time: 0 hours 20 minutes Total time: 1 hour 0 minutes 2 tablespoons. 1 (2 pounds) courgettes, peeled and sown, and cut into 1 cubes 2 medium carrots, peeled and chopped 2 freshly ground black pepper 2 1 tablespoon 2 tsp 1 teaspoon 4 tsp. low sodium vegetable stock 1 c. 1 c. 1/2 c. 2 tablespoons. For the filling 1 tablespoon 1/2 c. 1/2 teaspoon. This ingredient purchase module is created and maintained by a third party and is imported to this page. You can find more information about this and similar content on your website. For the soup In a large saucepan over medium heat, warm the oil. Add the courgettes, carrots and shallots and season with salt and pepper. Cook, stirring, until softened, about 5 minutes. Stir in the garlic, sugar, ginger and curry powder, and cook until the vegetables begin to caramelize, about 2 minutes more. Pour in the broth, apple juice and water. Bring to a boil, then reduce to a boil and cook until the vegetables are soft, about 10 minutes. Meanwhile, in a small bowl, whisk together the pumpkin puree and cream cheese until incorporated. Pour the pumpkin mixture into the pan and stir to combine. Using a dipping blender, mash the soup until smooth. Season with salt and pepper and stir in the right amount of heavy cream, when using. Serve the soup with pepitas. Preheat the oven to 350 degrees for the filling. On a medium baking sheet, toss the pepitas with butter and chilli powder and season with salt. Bake, shaking the pan halfway through until the pepitas are crisp and golden, about 10 minutes. Allow to cool completely. This content is imported from a embedded name. You can find the same content in a different format, or you may be able to find more information on your website. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io Advertising - Continue reading below the Panera/Christine Salaki Grain Bowls are one of the simplest and tastiest dishes out there. On the one hand, they have carbohydrates and you can essentially load them with protein and vegetables and sauce and any other delicious things you like. While I'm sure you're making a killer grain bowl yourself, Panera has just added a grain bowl to your menu, they just can make you change your dinner plans. First of all, it's Bach. It consists of cilantro-lime long grain brown rice, a mixture of red and golden quinoa, grilled chicken pepper (there is also a meat-free option!), black beans and corn salsa, salsa verde, red grape tomatoes, avocado, feta crumbles, and whole milk Greek yogurt. Panera/Kristin Salaky Next up is a Mediterranean bowl, consists of cilantro-lime long grain brown rice, a mixture of red and gold quinoa on a bed of arugula, citrus chicken pepper (or no meat), red grape tomatoes, Kalamata olives, diced cucumbers, hummus, lemon dressing, tahini, feta and whole milk. I have a chance to try both cereal bowls before they are released, and let me tell you, they don't disappoint. I'm a true blue Fan of Panera (it was basically the only healthy option next to me growing up) and although I was a longtime devotee of Caesar salad, they've become my new favorites. This content is imported from a embedded name. You can find the same content in a different format, or you may be able to find more information on your website. The bowl of Baja is fresh and a little sweet, thanks to the delicious salsa in it. It gets a bit of great creaminess thanks to Greek yogurt and just makes you feel healthy after you've eaten it. The Mediterranean bowl is also amazing, especially for people who love tahini... which is everything. Hummus makes it feel a little more filling and satisfying, but arugula has added some crunch as well. If I had to choose, I would go with Baja (my taste testing partner agreed), but it's all down to preference. Grain bowls are now available all over the country, and overall, I can't recommend these enough, especially when you're trying to find something healthy and tasty in a hurry. This is it. You are welcome. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io If you like a good menu hack as we do, get excited: Here are 7 great tips on how to make the most of your next trip to Panera Bread, courtesy of our friends at Spoon University. Seven months of work on the other side of the counter at Panera Bread taught me two things: to be grateful for being spared the cold of Chicago in winter, and how to turn a normal Panera Bread experience into one that is positively mind-blowing. So I've put together seven Panera hacks that will make your time there even better than usual: 1. When buying drinks, always get small. Panera Bread In addition to smoothies, lemonade, green iced tea, hot chocolate and custom espresso drinks, all drinks come with free dressings. If you are resting from a difficult week with a warm cup of tea or loading on caffeine for your night, don't waste money on buying big sizes. Instead, buy the smallest cup size and top up the contents of your heart. 2. If they are they your order is wrong, you are entitled to treatment. The sign is small and hidden on the counter, but Panera's policy states that if your order is wrong, you can request free fun. Most of the time they will give you a chocolate chip cookie, but they care so much about their customers that they often give you another dough if you ask. #SpoonTip: Panera tends to bake its pastries all day. If you see a baking rack around with cookies on it, ask for freshly baked. It's going to blow your mind. 3. You can replace meat with avocado for free. Panera Bread Say you are in the mood for a vegetarian salad or avocado sandwich on it (because who can say no to avocado?). Instead of ordering a vegetarian version of what you want and adding an avocado to it (which will cost an extra \$1.59), order a meat version and replace the avocado for free. This will almost always set you back less. 4. There are many ingredients that you can add to your dish at no extra cost For you vegetable lovers out there, there are plenty of vegetables on the menu that you can add to your salad, sandwich or panini for free. Some of the more exotic ones are a slight boost, but you can definitely get in your full 5 day worth without damaging your wallet. Check out the other three hacks at Spoon University. Follow Delish on Instagram. This content is created and supported by a third party and is imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io With cozy seats all around and the smell of baking baguettes wafting through the air, Panera Bread practically begs you to pull up a chair, grab the dough, and get comfortable. In such a soothing atmosphere, it's easy to end up with a more hefty meal than you intended (we're looking at you, 980-calorie mac and cheese!), but some healthy, everyday options are hiding in plain sight. We have enlisted 5 nutritionists to tell us what they choose from the extensive menu of this cafe. Here are their top picks: One of my go-tos is a half-chicken Cobb salad with avocado and vegetarian soup (such as their seasonal autumn squash or garden vegetable with pesto). And I get the apple option on the side. -Anne Mauney, MPH, RD, creator of Fannetastic Food Blog RELATED: 12 Superfoods That Warm You Up With Calories right on the menu, Panera makes it easier to choose lighter items right at the point of purchase. I like to get a Greek salad with chicken or Asian chicken sesame salad. I really love the kids' meal, which comes with a normal size fried cheese (like the one you'd make at home) and a yogurt squeezer by Stoneyfield. They even serve organic milk! Delicious twists on classic dinners I like to see you choose two with black bean soup and classic salad, but instead of dressing I ask for avocado and fresh lemon which I mash up to coat the greens and vegetables like sauce. - Cynthia Sasse, MPH, RD, Health Nutrition Editor Between Hummus and Chicken, Power Chicken Hummus Bowl is packed with healthy protein, and portion size is substantial without being too big. It's a great lunch or dinner option! RELATED: 11 Fitness Products to Help You Get In Shape Faster Do You Want More Options From windows Start Menu? Despite its name, Start Menu 7 works with Windows 2000, 2003, XP and Vista, not just Windows 7 - and for power users, it's a useful upgrade for any of them. It replaces the start menu with new ones, which provides faster access to files, programs, and folders. When you start the Start 7 menu, click Start and see the program. It displays a large, translucent flyaway menu, sorted by category, and then in each subcategory category. This way you can quickly get to the program, document or resource. There's more as well, including quick access to power management, and the possibility of re-sized menus. Starting Menu 7 won't be for everyone's taste. This is much more cluttered than the usual Start menu, and so those who prefer simple interfaces will not be happy. But if you're looking for an alternative to the Start menu, it's worth a try.-Preston Gralla Note: When you buy something after clicking links in our articles, we can earn a small commission. Read our policy affiliate links for more details. Details. panera soup menu today. panera soup menu tuesday. panera soup menu thursday. panera soup menu wednesday. panera soup menu friday. panera soup menu saturday. panera soup menu monday. panera soup menu sunday

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