

About Mitchell's Soup Co.

Mitchell's Soup Co. is a Canadian family-owned business that has been hand-making dried soup, stew, chili and rice dish mixes since 2008. Our artisan products offer easy to prepare, healthy meals that the whole family will enjoy. Our mixes even make great gifts!

Thank you so much for supporting your community by taking part in this fundraiser! We hope you will enjoy the selection we offer and maybe even find a few new favorites along the way!



Apple Cranberry Crumble Mix

Just like grandma's, our apple crumble is lightly sweet, crunchy and melt-in-your-mouth buttery all at once. No time to chop apples? Bake with ready-to-eat fresh or frozen fruit (like berries), and serve warm from the oven with a scoop of vanilla ice cream. Heaven sent.

Ingredients: Oats, Sugars (brown sugar), Wheat flour, Sweetened dried cranberries (cranberries, sugar, sunflower oil), Cashews, Spices. May contain: Peanuts, Soy, Sulphites, Egg, Milk, Sesame, Mustard, Barley, Other tree nuts.



Bacon Corn Chowder

Rich, creamy, and loaded with homestyle comfort, this chowder is a true crowd-pleaser. Crisp up a batch of smoky bacon, then simmer it into a velvety blend of sweet corn, tender potatoes, and cozy spices. It all comes together as a down-to-earth meal that's both rustic and indulgent—perfect for cool nights, cozy gatherings, or anytime you're craving something truly satisfying.

Ingredients: Dried corn, Soup base (corn syrup solids, salt, wheat flour, modified corn starch, corn starch, modified milk ingredients, sugar, canola oil, dextrose, guar gum, yeast extract, torula yeast, xanthan gum, disodium guanylate, disodium inosinate, spices, parsley, turmeric, natural flavour), Dried potato, Dried carrot, Dried bell pepper, Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Sesame, Mustard, Oats, Barley, Sulphites.



Chuckwagon Chili Mix

For a hearty, stick-to-your-bones meal, try our Chuckwagon Chili Mix—a blend of traditional beef chili beans, dried vegetables, and spices you can make your own with more veggies (like canned corn) or more meat (like sausage—or our personal favourite, bacon bits!)

Ingredients: Beans (pinto, small red, black, Great Northern), Cornmeal, Soup base (salt, dextrose, wheat flour, canola oil, corn syrup solids, onion powder, sugar, beef extract, disodium guanylate, disodium inosinate, natural flavour, caramel, spices), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Spices (mustard), Herbs. May contain: Tree nuts, Peanuts, Soy, Egg, Milk, Sesame, Barley, Oats, Sulphites.



Classic Chicken & Herb Soup Mix

Our take on chicken noodle soup—a staple on cold days, sick days, and every day in between, nourishing the body and soul. Hearten the broth with celery, carrots and chicken. And if you're anything like us, a side of hot, buttered buns or saltines (or both!) is a must.

Ingredients: Pasta (durum wheat semolina), Brown rice, Barley, Wheat berry (wheat), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Oats, Sulphites.



Country Chicken Chowder Mix

A thicker, richer spin on classic chicken noodle soup, our chicken chowder is creamy and hearty with chunks of chicken, corn, celery and carrot. Rid your fridge of leftover chicken or shred up a rotisserie chicken in a pinch. With a dash of dill, this chowder pairs well with bacon—but, then, what doesn't?

Not Vegan - contains dairy

Ingredients: White rice, Soup base (corn syrup solids, salt, wheat flour, modified corn starch, corn starch, modified milk ingredients, sugar, canola oil, dextrose, guar gum, yeast extract, torula yeast, xanthan gum, disodium guanylate, disodium inosinate, spices, parsley, turmeric, natural flavour), Dried potato (potato, mono and diglycerides, disodium diphosphate, citric acid, sulphites), Dried corn, Dried carrot, Dried pea, Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Sesame, Mustard, Barley, Oats.



Curried Chickpea Stew Mix

The warmth of a curry with the heart of a stew, our chickpea stew is inspired by Indian cuisine. This vegetarian-friendly dish can be made with or without chicken or prawns because yams and butter steal the show. Thanks to mild madras curry, this stew has all the flavour and none of the heat.

Ingredients: Chickpeas, Beans (black eye, black), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Green split peas, Millet or quinoa, Red lentils, Brown rice, Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Salt, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats, Sulphites.



Fully Loaded Potato Soup Mix

What says comfort food like a fully loaded baked potato? We captured the creamy, carb-y comfort in a soup. Thick and savoury, our potato soup is loaded with garlic, onion and herbs. Garnish with baked potato must-haves: Sour cream and chives—and, if you're anything like us, crispy, chopped bacon.

Not Vegan - contains dairy

Ingredients: White rice, Dried potato (potato, mono and diglycerides, disodium diphosphate, citric acid, sulphites), Soup base (modified corn starch, wheat flour, salt, modified milk ingredients, corn syrup solids, corn starch, canola oil, yeast extract, dextrose, torula yeast, sugar, xanthan gum, disodium guanylate, disodium inosinate, turmeric, natural flavour), Quinoa, Dried bell pepper, Onion, Garlic, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Sesame, Mustard, Barley, Oats.



Ginger Coconut Dahl Mix

A staple in Indian cuisine, dahl is known for its warming spices, like cinnamon, coriander and cumin—ours is no exception. Layer on a bed of rice and garnish with mango or banana. For an authentic experience, serve with a side of naan to sop up every last drop.

Ingredients: Yellow peas, Red lentils, Canned ginger (sugar, ginger, citric acid, sulphites), Coconut (coconut, sulphites), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats.



Irish Beef Stew Mix

Remember the stick-to-your-bones, meat-and-potatoes meals of childhood? This is one of them, thick and hearty with beef, potato and parsnip. And in Irish fashion, we recommend you have stout beer on hand for this recipe. Optional? Yes. Delicious? Yes. All of the flavour, none of the alcohol.

Ingredients: Brown rice, Dried potato (potato, sulphites), Cornmeal, Soup base (salt, dextrose, wheat flour, canola oil), corn syrup solids, onion powder, sugar, beef extract, disodium guanylate, disodium inosinate, natural flavour, caramel, spices), Dried carrot, Dried bell pepper, Garlic, Dried pea, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats, Sulphites.



Mango Butter Chicken Mix

Our take on butter chicken, this Indian-inspired dish features classic curry spices, like madras curry, cumin and turmeric, and dried mango for a sweet and savoury culinary experience. Serve with a side of naan to sop up every last drop.

(This mix was formerly known as Apricot Butter Chicken. New name, new mango/pineapple twist, same delicious flavour!)

Ingredients: Rice (brown, white), Red lentils, Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried mango, Dried pineapple, Garlic, Onion, Salt, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats, Sulphites.



Mexican Tortilla Soup Mix

For anyone who couldn't wait for make-your-own-tacos night as a kid, this one's for you. Inspired by Mexican cuisine, our tortilla soup is one of our most-loved mixes (and not too hot!). Opt for beef or chicken—chef's choice—and garnish with sour cream and shredded cheese.

Ingredients: Beans (adzuki, pinto, red, Great Northern), Chickpeas, Green split peas, Lentils (French, red), Soup base (salt, corn syrup solids, dextrose, wheat flour, sugar, canola oil, corn starch, onion powder, beef extract, guar gum, spices, herbs, disodium guanylate, disodium inosinate, natural flavours, turmeric, caramel), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices (mustard). May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Barley, Oats, Sulphites.



Old Fashioned Beef Barley Soup Mix

The heart of comfort food, our beef and barley soup is loaded with fibre-rich barley—a mildly nutty grain that'll remind you of brown rice—making this meal as hearty as it is comforting. Rid your fridge of leftover roast beef, or fry up fresh ground beef, and tame even the hungriest tummies.

Ingredients: Beans (navy, adzuki, mung), Barley, Soup base (salt, corn syrup solids, dextrose, wheat flour, sugar, canola oil, corn starch, onion powder, beef extract, guar gum, spices, herbs, disodium guanylate, disodium inosinate, natural flavours, turmeric, caramel), Red lentils, Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Onion, Garlic, Herbs, Spices (mustard).

May Contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Oats, Sulphites.



Rustic Italian Soup Mix

Just like mom's spaghetti, our Rustic Italian Soup Mix is made with an aromatic blend of Italian herbs—sub meat sauce for crispy bacon. And like all good Italian dishes, this one is best garnished with parmesan cheese. Crusty bread, warm from the oven optional, but recommended.

Ingredients: Beans (small red, Great Northern, navy), Pasta (durum wheat semolina), Dried carrot, Soup base (salt, dextrose, wheat flour, canola oil, corn syrup solids, onion powder, sugar, beef extract, disodium guanylate, disodium inosinate, natural flavour, caramel, spices), Dried pea, Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Sulphites, Eggs, Milk, Sesame, Mustard, Barley, Oats.



The 'Fog' Pea Soup Mix

You either loved it or hated it as a kid: Pea soup. Our "thick as fog" pea soup has been known to change minds (we think it's the bacon). One of our simplest soups to make, just fry up bacon or ham while the soup simmers. Garnish with croutons or chives and try not to change your mind.

Ingredients: Split peas (yellow, green), Lentils (French, green, red), Soup base (salt, corn syrup solids, dextrose, wheat flour, sugar, canola oil, corn starch, onion powder, beef extract, guar gum, spices, herbs, disodium guanylate, disodium inosinate, natural flavours, turmeric, caramel), Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Garlic, Onion, Herbs, Spices (mustard). May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Barley, Oats, Sulphites.



Lemon Chicken & Orzo Soup

When the weather turns chilly, nothing beats a steaming bowl of homemade soup. Introducing our Lemon Chicken & Orzo Soup—a delightful blend of tender chicken, fresh vegetables, and zesty lemon that will nourish both your body and your spirit. Crafted with care using only the finest, wholesome ingredients, this soup is the perfect antidote to cold winter days.

Ingredients: Orzo (durum wheat semolina), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried carrot, Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Dried tomato, Dried celery, Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Sulphites, Eggs, Milk, Sesame, Mustard, Barley, Oats.



"Marry Me" Tuscan Chicken Soup

Inspired by the sun-soaked flavors of Tuscany, this creamy, dreamy soup is full of comforting charm and just the right touch of elegance. With tender chicken, savory spices, and a medley of hearty ingredients, it simmers into a rich, velvety bowl of love. Garnish with parmesan and serve with crusty bread—it's comfort food with a romantic twist that just might win hearts at the table.

Ingredients: Great Northern beans, Orzo (durum wheat semolina), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried potato, Dried tomato, Garlic, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats, Sulphites.



Mulligatawny Soup Mix

The warm spices of Indian cuisine will permeate your home with our mulligatawny or "curry soup"—a fusion of Anglo-Indian cuisines. This vegan-friendly dish can be made with chicken or yam, while tart apple and creamy coconut make it as vibrant in flavour as it is in colour.

Ingredients: Rice (brown, white), Yellow split peas, Red lentils, Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Adzuki beans, Dried vegetables (carrot, potato, onion, green pepper, red pepper, leek), Cashews, Garlic, Onion, Salt, Herbs, Spices. May contain: Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Other tree nuts, Oats, Sulphites.



Prairie Tomato Lentil Soup

Get ready to savour the comfort in a bowl with Prairie Tomato Lentil Soup! Imagine the aroma of sautéed onions mingling with the earthy goodness of lentils and the tantalizing richness of crushed tomatoes. It's a symphony of flavours that will warm your soul and nourish your body.

Ingredients: Lentils (red, French), Dital pasta (durum wheat semolina), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried bell pepper, Dried potato (potato, sulphites), Garlic, Dried celery, Onion, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats.



Thai Coconut Prawn Soup Mix

A lightly creamy soup inspired by Thai cuisine, our coconut prawn soup is bursting with flavour and vegetables, like bok choy and bell pepper. Cook it with chicken or prawns, or go vegan-friendly with tofu. Garnish with fresh cilantro—and don't forget a squeeze of lime!

Ingredients: Brown rice, Beans (mung, adzuki), Coconut (coconut, sulphites), Soup base (corn syrup solids, salt, sugar, wheat flour, dextrose, corn starch, canola oil, guar gum, spices, parsley, turmeric, natural flavour), Dried red & green bell pepper, Garlic, Onion, Tomato powder, Lemon peel, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Milk, Sesame, Mustard, Barley, Oats.



Westcoast Seafood Chowder Mix

Whether you hail from the West Coast like us, or you just love a good seafood dish, our seafood chowder is a crowd-pleaser. Thick and creamy with plenty of veggies, this chowder can be made with your favourite seafood and shellfish—prawns, clams, scallops, crab or fish, you name it!

Not Vegan - contains dairy

Ingredients: White rice, Navy beans, Dried potato (potato, mono and diglycerides, disodium dipropionate, citric acid, sulphites), Soup base (modified corn starch, wheat flour, salt, modified milk ingredients, corn syrup solids, corn starch, canola oil, yeast extract, dextrose, torula yeast, sugar, xanthan gum, disodium guanylate, disodium inosinate, turmeric, natural flavour), Dried carrot, Onion, Garlic, Herbs, Spices. May contain: Tree nuts, Peanuts, Soy, Eggs, Sesame, Mustard, Barley, Oats.

Frequently Asked Questions

I'm not familiar with Mitchell's meals, how do they work?



1 Choose your meal

We have a wide range of mixes from soups, chilis, chowders and stews to rice dishes and Dahl. We even have dessert! All offer healthy, hearty easy-to-make options that your family will love!

2 Choose your fresh ingredients

While our mixes can be prepared with water only, we offer lots of suggestions for fresh veggies, meat and/ or seafood to add. You can find ingredient information on each package as well as alongside each product on our website.

3 Choose your cooking method

Each package has a stovetop cooking recipe on it's label. You can find these recipes as well as Instant Pot conversion recipes on our website alongside each product.

What is the shelf life of Mitchell's mixes?

Mitchell's soup mixes have a shelf life of 12- 14 months depending on the specific product.

The 'Best Before' date is located on the back label of your mix. This date lets you know when the ingredients and spices are at their finest in terms of freshness. After that spices may start to lose their flavour and beans may become difficult to fully cook.

Do you have any gluten-free products?

At this time we do not have any products we claim as gluten free. As suppliers and ingredients do change from time to time, we always recommend that you refer to the label of each item you are interested in to determine if there is anything in the mix that concerns you. You can also find this information alongside each product on our website.

Do you have any vegetarian and/or vegan products?

Mitchell's Soup Co. has a whole selection of products that do not have any added animal products. Some of the suggested recipes may need to be altered with some simple substitutions, but can easily be made into a very nourishing vegan/vegetarian meal. You can find icons alongside each mix to indicate which mixes are vegan and/or vegetarian. Substitution ideas can be found on our website!



vegetarian and/or vegan-friendly options

(Some mixes contain dairy so are vegetarian-only. We always recommend reviewing ingredient lists and product details when ordering to confirm which mixes are right for you.)

Should I be aware of any allergens in your mixes?

We list allergens in accordance with Canadian labelling laws. You can find this information on each package label and alongside each product on our website.

Mitchell's Soup Co. does not make any product that we declare as nut free. As ingredients and suppliers do change we recommend that you check your product label for the most accurate information at the time of purchase.

Nut Allergens- Note about our product 'May Contain' information:

While we have not added nuts to many of our products we do store and process all of our products and ingredients in the same facility where nuts are stored and used. We are unable to guarantee that traces of nuts are not in any of our other products and so to keep customers safe we have listed them on our 'May Contain' warning.

* As suppliers and ingredients do change from time to time, we always recommend that you refer to the label of each item you are interested in purchasing.