



K-KITCHEN

MONTHLY RECIPES + NUTRITION COACHING

Ingredients

- Oatmeal/Sourdough/Whole Wheat bread
- Super butter (see recipe below)
- Sharp white cheddar cheese
- Smoked ham, thinly sliced
- Baby spinach
- Tomato & red pepper soup
- Parmesan cheese

SUPER BUTTER

- 1 pound salted butter, softened
- 2-2.5C olive or avocado oil
 - Blend butter & oil in blender until very smooth
 - Store in an airtight container in refrigerator
 - (2.5 C of oil creates smoother consistency)

Grilled Sandwich + Soup

Preparation

1. Warm soup on stove while prepping sandwiches.
2. Spread butter on one side of bread and place butter side down on preheated skillet (cast iron).
3. Layer thinly sliced cheese, ham, spinach, cheese on bread. Cover with second slice, buttered on the outside.
4. Turn when bread is crispy. Serve with soup sprinkled with parmesan cheese.

Tips

Use any kind of bread and fillings that you enjoy. The possibility is unlimited but this combo is my favorite.

The freshest bread works best.

Pacific brand tomato soup is made from great things and tastes amazing. Also comes in a box that can be stored in fridge.

Super butter is reduced in saturated fats, but maintains great taste and is easier to spread than plain butter. It's super!

This combo is great served with chopped veggies or salad if needed.