

Vegan Soup options

“ready to heat”

Gardein-Canadian company. All Gardein products are suitable for vegans



Amy's-Amy's is a privately owned company that has a large selection of soups and their vegan ones are clearly labeled “Plant Based”. They also have some low sodium vegan soups.



Home Chef (Kroger owned brand)-ONLY the Autumn Squash Soup is vegan and it is LABELED vegan.



Water, pumpkin, coconut milk, onion, sugar, oilblend (canola oil, extra virgin olive oil), Contains 2% or less of apple juiceconcentrate, modified corn starch, wheat flour (unenriched unbleached wheatflour, malted barley flour), mirepoix soup base (vegetable purees [carrot,onion, celery], salt, sugar, corn oil, potato flour, carrot powder), molasses,sea salt, autolyzed yeast extract, curry powder (spices including red pepperand turmeric), spices, turmeric (color), nisin preparation.CONTAINS: COCONUT, WHEAT.

Progresso-Five of the soups are accidentally vegan



Rao's jar soups -Only the Tomato Basil is vegan



Italian Whole Peeled Tomatoes (Tomatoes, Tomato Juice), Water, Carrots, Celery, Onions, Crushed Tomatoes, Sugar, Extra Virgin Olive Oil, Sea Salt, Garlic, Basil, Thyme, Black Pepper.

Campbells-Very few of their soups are vegan. The following are accidentally vegan.

The tomato soup is NOT vegan but the UNSALTED and the SPICY are. This is the ONLY vegan chunky soup.



Kroger



INGREDIENTS: TOMATO PUREE (WATER, TOMATO PASTE, WATER, SUGAR, WHEAT FLOUR, CONTAINS LESS THAN 2% C SOYBFAN OIL, POTASSIUM CHLORIDE, SALT, SEA SALT, AS' < ? ACID, CITRIC ACID, NATURAL FLAVOR. CON...S WHEAT.

Wal Mart-ONLY the tomato soup is vegan.

Pacific canned soups-vegan ones have a leaf with words "Plant Based" clearly on can



Dry soup options

McDougalls-all McDougalls soups are vegan



Annie Chuns has several LABELED vegan options (it looks like all are vegan)



Vegan Tonkotsu Ramen



Spicy Ramen



Spicy Miso Ramen



Shoyu Ramen

Ramin noodles



Maifun



Maifun Brown Rice



Pad Thai



Pad Thai Brown Rice

Chef Woo's and "Chef Ramsey's Chef Woo" noodles are all certified vegan (available at Wal Mart)



Nongshim Soon Veggie Savory Vegan Ramyun Ramen Noodle Soup Cup



Nission-ONLY the Sweet Chili is accidentally vegan



Lotus Foods

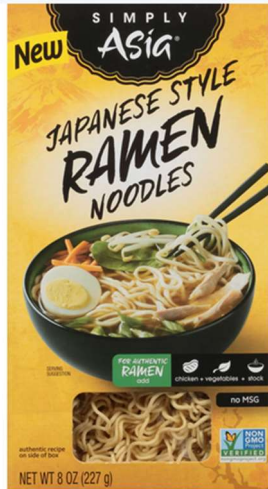
Millet & Brown Rice Ramen w/ Red Miso Soup; Jade Pearl Rice™ Ramen w/ Wakame Miso Soup



Forbidden Rice® Ramen with White Miso Soup; Buckwheat Shiitake Rice Ramen w/ Mushroom



Lotus Foods Ramin cups labeled vegan!



Tapatio-this brand uses artificial flesh flavors and appears accidentally vegan Tapatio Spicy Chicken Flavor Ramen Bowl



NOT VEGAN canned soups

NONE of Annie's soups are vegan. NONE of the Old El Paso soups are vegan. No Panera are vegan.



NOT vegan ramen/dry noodles-NOTHING from these brands



List does not consider if D3 is plant or animal based, that monkeys harvest coconuts, that some palm oil deforests, that donkeys are used in the harvesting of coffee & bananas, the sugar source, or if a semi-truck driver carrying food is an omnivore.