Every Soup has a Story….

Cream-00-Mushroom Soup (Vegan,GF)
Ingredients: mushrooms, garlic, onion, tomato, soft tofu, olive oil, sherry wine, smoked paprika, spices, salt, vinegar, tamari soy sauce

Creamy Spinach Soup (Vegetarian, GF)
Ingredients: spinach, onions, garlic, half and half, parmesan cheese, olive oil, salt,

Heating Instructions:
Stove Top: Place soup in a pot and heat on the stove until just boiling.
Microwave: Place soup in bowls and heat on high for 2 minutes,
stirring after 1 minute.

The Soup Starts here:
Check out the QR code for feedback forms, ordering and more
soup info!

Cream-00-Soup: What's up with the "-00-"? Tofu! Some of you may have raised an eyebrow when you saw tofu in the list of ingredients for this soup. Making a delicious, velvety and satisfying vegan soup can be tricky. A bit of strategic planning and resourcefulness is required. The strategic plan?…use mushrooms. Sauteed mushrooms are hard to beat for savory deliciousness. Pureeing long simmered mushrooms with soft tofu creates the smooth mouthfeel in this soup without fats, dairy or meat. It's no-guilt vegan magic. Have a second helping. **Serving suggestion**: Gnocchi or ravioli with a simple sage butter alongside this soup would be what I'd crave after an afternoon playing in the spring sunshine.

Creamy Spinach Soup: At the farmers market, we learned one of the pluses of our long, cold, wet spring has been an amazing year for spinach. Hooray! Sure the ultimate frisbee players were pissed off but the spinach was really happy. So let's channel our inner Popeye and take this moment to celebrate spinach. While it's in season, go to your farmers market and make spinach salads, spinach soups, sauteed spinach, cream of spinach, and spinach dolmas.
Serving Suggestion: Make a hearty salad with feta, pine nuts, raisins and spinach dressed with lemon and olive oil

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