



Every Soup has a Story....

Black Bean Soup (Vegan, GF)

Ingredients: onion, garlic, black beans, red bell pepper, carrot, celery, tomatoes, chilies, spices, salt, olive oil, apple cider vinegar,

Chunky Green Garlic and Potato Soup (Vegetarian, GF)

Ingredients: Green garlic, leek, new potatoes, half and half, butter, 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.

Serve & Enjoy!

The Soup Starts here:

Check out the QR code for feedback forms, ordering and more soup info!



Chunky Green Garlic and Potato Soup: I know...I wax poetic about so many vegetables when their season's in full swing. It's hard to choose favorites but green garlic really is my favorite right now. It's almost impossible to resist. It's garlic. It's green. It's sharp. It's sweet. It grills better than asparagus. It's one of the first green harbingers of spring. It's simply the best - until fresh fava beans show up. **Serving suggestion:** Marinate poached prawns, sliced radishes and chunks of feta cheese with mayo, lemon, mint and dijon mustard. Put an oversized spoonful on top of your soup just before eating.

Black Bean Soup: This soup is definitely tastier than a hill of beans. The trick to making the most out of the humble black bean is to build a good flavor base to help these beans shine. Slowly simmering onions, garlic, tomatoes, peppers and a host of spices as a base for the beans before you cook them is what gives this soup its depth of flavor. **Serving Suggestion:** Make a simple salad with avocados, radishes, fresh farmers cheese, lots of cilantro, lime and olive oil. Add grilled chicken to the salad if you want to bulk it up.

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