Stone Soup
ENOUGH TO SPARE AND SHARE

Every Soup has a Story….

Mulligatawny Soup (Vegan,GF, Allium free)
Ingredients: carrot, bell pepper, cabbage, brussels sprouts, potatoes, ginger, red lentils, cilantro, coconut milk, spices, salt

Alsatian Bean, Ham and Cabbage Soup (GF)
Ingredients: Flageolet beans, ham, cabbage, onions, garlic, chicken stock, white wine, sauerkraut, salt, spices
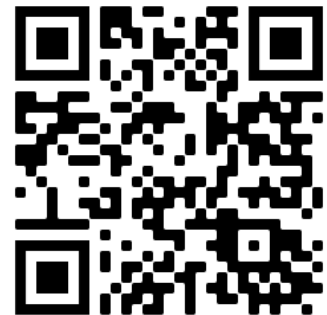
Heating Instructions:
Stove Top: Place soup in a pot and heat on the stove until just boiling.
Microwave: Place soup in bowls and heat on high for 2 minutes, stirring after 1 minute.
Serve & Enjoy!

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

Mulligatawny Soup: The name of this soup derives from the Tamil words for "pepper-water." British colonial trade routes eventually helped to make Mulligatawny popular in the United Kingdom and most likely accounts for the toned down spice profile seen in many English cookbooks. This version achieves the rare culinary trifecta of being vegan, gluten free, and allium free. I say… Jolly good show, love. **Serving suggestion**: Basmati rice and roasted potatoes dusted with curry spice.

Alsatian Bean, Ham and Cabbage Soup: The lovely "Alsatian beans'' in question are Flageolet Beans. These beans are commonly grown throughout northern Europe and used in hearty dishes exemplified by cassoulet. Their light green color and mineral-y flavor owes to being harvested while still green and dried on mats. Like many other Alsatian ingredients - riesling, mustard, apples, beer - flageolet beans seem to pair remarkably well with ham and cabbage. **Serving suggestion:** This soup is hearty enough to be a meal but no one would argue with a big piece of toast with melted muenster cheese and a beer alongside it.

Hey! Stone Soup's monthly pop up is this Friday. **BBQ, roasted chile cornbread, and all the fixings**! Visit stonesouppdx.com to order.

WE'RE INTERESTED TO KNOW WHAT YOU THINK! Fill out 12 soup feedback forms and Stone Soup will give you 1 FREE MONTH soup subscription..Free... on us!