



Every Soup has a Story....

Rapini and Parmesan Soup (Vegetarian, GF)

Ingredients: onions, garlic, rapini, half and half, parmesan, butter, fennel seed, salt, potato, olive oil, citric acid

Nettle and Green Garlic Soup (Vegan, GF)

Ingredients: onion, green garlic, garlic, vegetable stock, nettle, arugula, olive oil, potatoes, 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!



Rapini and Parmesan Soup: Evidence of Spring is all over Stone Soup. Multiple types of raab, nettles, green garlic and more are taking over our the walk-in. Our delicious raab (the spring shoots from many cruciferous vegetables) is technically Kale Raab and hails from Canby Farms. **Serving suggestion:** This dairy rich soup pairs will pair well with the classic frisee salad with lemon vinaigrette and pieces of crispy bacon. **Chef hack alert:** Use this soup as a pasta sauce!

Nettle and Green Garlic: While Su Olvey, our wonderful Tier 2 Chef-trainer/Operations Manager was making this soup the kitchen was stacked with multiple shades of electric green. A container of pureed nettles looked like green traffic lights all turned on at the same time. We love using nettles for its earthy flavor, beneficial antioxidants and antihistamine effects. This soup is flying the peace flag for the new healthy psychedelia! **Serving suggestion:** I think this soup would be fantastic with big chunks of salty sweet bacon...BUT don't tell Su.

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!