Every Soup has a Story….

Parsnip Soup (Vegan,GF)
Ingredients: Parsnip, coconut milk, curry paste, spices, olive oil, salt

Black Lentil and Sundried Tomato Soup (Vegan, GF)
Ingredients: Black lentils, sundried tomato, onion, celery, carrot, garlic, spices, salt olice oil

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!

Parsnip Soup: Interesting fact: the average American
supermarket contains less than 1% of what's edible on earth.
Parsnips are on the fringe of that 1%. Sometimes you'll see
parsnips stacked unceremoniously in the supermarket's B-grade
aisle waiting for dedicated farmers-market regulars to buy them
because they missed the farmers market on Saturday. Yes,
parsnips are discrete. What they hide is a beguiling earthy sweetness that easily matches many
flavor profiles. This week's parsnip soup is accented with a slight bump of curry paste and
coconut milk to accent parsnip's sweet side. **Serving suggestion**: Serve this soup with a
medley of roasted root vegetables drizzled with chili oil.

Black Lentils with Sundried Tomatoes: Tomatoes and black lentils are exceptional culinary
bedfellows. Sweet-tart tomatoes compliment and enliven earthy lentils. This combination makes
for an exciting and hearty soup. Sun-dried tomatoes are the way to scratch the tomato itch in
February. So, if you have periodic cravings for tomatoes - even in February - eating this soup
may take you to a warm summer evening in Provence. **Serving Suggestion**: Warm toast
smeared judiciously with fresh chevre.

Hey! Stone Soup's monthly pop up is **BBQ, roasted chile cornbread, and all the fixings**.
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