



Every Soup has a Story....

Beef Barley Soup

Ingredients: Ground beef, onions, garlic, barley, red wine, tamari soy, shiitake mushroom powder, chicken stock, spices,

Zuppa di Cecci (Vegan, GF)

Ingredients: Onion, garlic, tomato, chickpeas, collard greens, rosemary, olive oil, chili flake, bell pepper

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:

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Beef Barley Soup: This soup may be the glue that kept my parents together for the past 57 years. I'm sure my parents have many beautiful things that have kept them together but maybe first and foremost is my dad loves this soup and my mom makes a wicked beef barley soup. Soup can be tremendously healing in difficult times. Bruce Springsteen would surely consider beef barley soup one of the ties that bind in the Dolich house. This is all to say: think loving thoughts while eating this soup with your special someone. **Serving suggestion and playlist:** Ma would serve this with roasted chicken and potatoes. Listen to The Boss and Co. on The River. Be sure to give a special wink to your honey.

Zuppa di Ceci: This recipe is one that I scribbled down in my notes while working with Laretta Keller when I worked with her at Bizou in San Francisco. It's a simple recipe with very few ingredients yet it's so satisfying. The magic sauce is patience. Each step requires attention to detail and long cook times to develop the flavor. No shortcuts allowed! **Serving suggestion:** Make a fast and easy summer meal by serving this soup with grilled flank steak and sauteed spinach.

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