



## Every Soup has a Story....

### **Christmas Soup (GF)**

Ingredients: navy beans, onions, cabbage, ham, garlic, butter, chicken stock, salt, spices

### **Black Bean Soup (Vegan, GF)**

Ingredients: black beans, onions, garlic, peppers, tomato, carrot, celery, chili powder, spices, salt, olive oil, vinegar

### **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:**

Thank you so much for continuing to support Stone Soup through our subscription program.

**Christmas Soup:** Last December, we were asked to make a Christmas Soup to feed one of our shelters. We were certainly game to make a fine Christmas Soup but none of us elves at the Soup Soup Christmas shop had the slightest idea what Christmas Soup was. Did it have mistletoe? Reindeer? Snowballs? Red and green ribbons? After a bit of research, we found a few referrals to simmering pots of cabbage, white beans and in some lucky instances cured pork products. Ho ho ho. Turns out these time-tested ingredients are delicious in almost every culture on earth AND it was very similar to a recipe that co-founders Craig & Ronit Gerard have in their "Our Year Of Soups" cookbook (soon to be a bestseller). We liked it so much that we wanted to make it for you all as a late Christmas present. Merry Christmas from our "hoysz" to yours! **Serving Suggestion:** A big piece of toast spread with goat cheese makes this soup into a meal.

**Black Bean Soup:** This soup is definitely tastier than a hill of beans. The trick to making the most out of humble ingredients is to build a good flavor base to help them shine. Slowly simmering onions, garlic, tomatoes, peppers and a host of spices as a base for beans before you cook them is what gives this soup it's depth of flavor. **Serving Suggestion:** Make a simple salad with avocados, radishes, feta, lots of cilantro, lime and olive oil. Add shrimp to the salad if you want to high-grade it.

We hope you enjoy this week's soup. WE'RE INTERESTED TO KNOW WHAT YOU THINK! These soups will hopefully become a part of Stone Soup's retail line of soups and sauces. We want to make them better with your help. With each soup we'll email you a feedback form so you can tell us what you think. Fill out 12 feedback forms and Stone Soup will give you 1 FREE MONTH soup subscription..Free... on us!