



## Every Soup has a Story....

### **Cream-OO-Mushroom Soup (Vegan, GF)**

Ingredients: mushrooms, onion, garlic, white wine, olive oil, mushroom powder, diced tomatoes, tamari soy, soft tofu, salt, spices

### **Punjab Cabbage and Saffron Soup (Vegetarian,GF)**

Ingredients: cabbage, onions, potatoes, garlic, curry paste, curry powder, spices, saffron, butter, 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:**

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**Cream-OO-Mushroom:** Some of you may have raised an eyebrow when you saw tofu in the list of ingredients for this soup. Making a delicious, velvety and satisfying vegan soup in the dead of winter can be tricky. A bit of strategic planning and resourcefulness is required. The strategic plan for winter soups?...use mushrooms. Sautéed mushrooms are hard to beat for savory deliciousness. Pureeing long simmered mushrooms with soft tofu creates the smooth mouthfeel in this soup without fats, dairy or meat. It's no-guilt vegan magic. Have a second helping. **Serving suggestion:** Gnocchi or ravioli with a simple sage butter alongside this soup would be what I'd crave after a winter hike.

**Punjab Saffron and Cabbage Soup:** There are very few food crazed yahoos who could get excited about cabbage and potato soup. Yet, we can't get around the fact that we must cook with what we have. We've got a lot of cabbage and potatoes at the shop this time of year. This is where the small yet stealthy Stone Soup Culinary Marketing team comes in. They get paid big bucks to suggest exotic spice profiles and Gantt charts to build come-hither flavor bases. Saffron, fenugreek, aji amarillo, mustard seed, and curry pastes add pizzazz and market value as Stone Soup's bean counters deliberate over grams of saffron on their cocaine scales. Whew! Cabbage and potatoes are exciting stuff. **Serving Suggestion:** Warm pita with cucumber raita.

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