



## Every Soup has a Story....

### **Beet Borscht (Vegetarian, GF)**

Ingredients: Beets, onions, garlic, cabbage, salt, spices, sour cream, butter, olive oil, walnuts, vinegar.

### **Caramelized Onion Soup (vegan, GF)**

Ingredients: onions, red wine, mushroom powder, salt, spices, olive oil , tamari soy, 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...**

**Beet Borscht:** Like it or not, all seasonally minded cooks in the northwest must come to recon with beets. Farmers in the PNW can grow beets 9 months out of the year and store them for the remaining 3 months. Tasty local beets are our year-round workhorse. Fortunately, the deliciousness of beets can be enjoyed in many shapes, colors, and sizes. Not feeling it? Go to any farmers market and you'll see beets in red, gold, white, orange and candy-striped. Borscht is a soup that's more than the sum of its parts. The sweetness of the beets is complemented by the earthiness of the cabbage. A healthy dollop of sour cream and vinegar help to marry all of the ingredients once it's done cooking. Serving Suggestion: My favorite garnish for this soup is a mixture of hearty chunks of grilled salmon and rice bound with a bit of yogurt or sour cream.

**Caramelized Onion Soup:** The ingredients for a good caramelized onion soup should read: Onions, stock, time and patience. Sounds simple enough. The last 2 ingredients are the secret sauce here. How many of us have time AND patience? Some cooks meditate to get into the headspace to make this soup. We took it one step further by making this soup vegan, substituting mushroom stock and powder for the traditional veal stock in this soup. Serving suggestions: Top this soup with a large rustic piece of Gruyere toast.

Thanks for supporting our programs at Stone Soup. 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!

If you are reading this on Thursday, January 20, there is still time to order our To Go Pop Up dinner for tomorrow night!. This dinner series was created to both show off the broad skills of our kitchen staff AND give our participants more restaurant experience. The theme changes each month. Tomorrow's is a Jewish Deli themed dinner. Order: [www.stonesouppdx.com/soup](http://www.stonesouppdx.com/soup)