



## Every Soup has a Story....

### **Minestrone Soup (Vegan, GF)**

Ingredients: Tomato, pinto beans, onion, carrot, celery, celery root, cabbage, garlic, peppers, extra virgin olive oil, salt, spices,

### **Pasta e Fagiole**

Ingredients: Tomato, sausage, pasta (durum flour, water) onions, garlic, celery, butter, white wine, salt, spices, peppers.

### **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:**

Welcome to February! Some may say this is the heart of soup season. There is something genuinely comforting about coming in from a rainy walk, taking off your layers, and sitting down to a warm bowl of heart soup. We hope our offerings help make the dark days brighter.

**Minestrone Soup:** Stone Soup has made various versions of Minestrone soup for our shelter meals for the past two years. This makes sense because minestrone is the O.G. Italian stone soup from the tales of old. Marcella Hazan classifies minestrone as a southern Italian soup borne from utility and hunger - like any good stone soup. Most Italians argue vociferously about what does and doesn't go into minestrone. A few dozen mellow Sicilians are able to agree that tomatoes and whatever vegetables are close at hand get thrown into the minestrone pot. Any other additions or suggestions usually end up in wildly gesticulating culinary confrontations. **Serving Suggestions:** This soup is so hearty, all that's needed is toasted focaccia with a bit of parmesan cheese.

**Pasta e Fagiole:** These 2 soups are Italian kissing cousins. Pasta e fagiole tends to be less focused on vegetables and more focused on beans and pasta. Sometimes there's ham or sausage in pasta e fagiole, sometimes not. We haven't served this one yet to our shelters but after tasting this one, I think we should. It's a delicious, one pot meal that's so satisfying. It's one of those soups that rides the magnificent line between soup and stew. **Serving Suggestion:** See Minestrone

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!

Did you know that Stone Soup also does catering? Whether for an office lunch or a family gathering, our cooks are happy to put together a menu that will keep your stomach and heart happy!