



## Every Soup has a Story....

### **Curried Squash Soup**

Ingredients: butternut squash, onions, chile peppers, garlic, coconut milk, curry paste, curry powder, spices, sherry wine, olive oil, sherry vinegar, salt

### **Creamy Kale and Roasted Garlic Soup**

Ingredients: Kale, garlic, onions, half and half, parmesan cheese, olive oil, salt, spices

### **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 soup subscription program.

**Curried Squash Soup:** This delicious vegan curried squash soup was inspired by a participant in our very first cohort, back in mid 2019 B.C. (B.C. = Before COVID). In the good old days - B.C. that is - our participants created a final dish before graduation. This particular participant created a magnificent Thai curried squash dish. We liked it so much we converted it to a soup to serve to our lunch customers. This soup soon became part of our regular rotation. Lots of folks who came in to the lunch counter had issues with peanuts, so we modified it slightly and substituted olive oil into the recipe to account for the richness that peanuts gave to this soup. This soup has a subtle kick from the curry paste and the chilies. Another fantastic vegan soup that can please any palate. **Serving Suggestion:** Pair this soup with a simple salad of arugula, feta, pomegranate arils, toasted almonds and lemon vinaigrette.

**Creamy Kale and Roasted Garlic Soup:** Sometimes the Chef-Instructors at Stone Soup would have to deal with windfalls of marvelous vegetables from our farmers at Candby Farm and Kitchen. A windfall of kale was how this soup came about. We had made a large batch of cream of kale in order to use a few cases of kale that were taking up too much space in our microscopic walk-in. Despite its deliciousness, Stone Soup was having a tough time selling the colossal batch of Cream-o-Kale. Someone had the brilliant idea to spin it and thin it into Creamy Kale Soup and VOILA!...We sold gallons of it. So dig in. Feel healthy. Feel satisfied. Feel the green. **Serving Suggestion:** MORE KITCHEN HACKS! This soup does double duty as one of my favorite pasta sauces...and yes, you should add bacon to your cream-o-kale pasta. If you're using this soup as a pasta sauce, thin it out with a bit of water before you add it into your cooked pasta.

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!