



Every Soup has a Story....

Mushroom Barley Soup (Vegan)

Ingredients: barley, cremini mushrooms, onion, garlic, shitake mushroom powder, red wine, soy sauce, salt, spices

Vegan Chili

Ingredients: onions, garlic, tomatoes, mushrooms, black beans, red peppers, chilies,

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!

Mushroom Barley Soup:

Mushrooms are a polarizing ingredient. Currently, mushrooms are the new “it” ingredient ...Or so say the food literati. Were they ever not an “it” ingredient?! Here at *The Stone Soup Stupendous Soup Factory*, we can't live without mushrooms and always have at least 20+ pounds in our walk-in. Mushrooms are our umami buddies. They're one of our go to choices when we need to make a savory, filling, delicious vegetarian dish. Many of our staff and those who we help to feed on a daily basis have chosen not to eat meat. We applaud that choice.

Mushroom barley soup is a prime example of vegetable based delicious-ness. **Serving**

Suggestion: A hearty roasted squash, walnut and goat cheese salad.

Vegan Chili:

Stone Soup's Vegan Chili has been one of the most consistent items on our menu throughout the entire pandemic response. The positive responses we've gotten over the past 2 years for our chili was one of the reasons why we thought about starting our Stone Soup subscription project. We knew it was a favorite for our shelter meals so why not create a bigger market for it? We've made about 5 gallons of vegan chili every other week for the past 2 years. That's about 250 gallons of chili, feeding almost 1000 people. How about that for tried and true?

Serving Suggestions: Break out the chili accompaniments, sour cream, green onions, avocados, chips, etc. and make a warm taco salad

We hope you enjoy this week's soup. It's fabulous that you are supporting Stone Soup with this purchase... AND we want to give back to you as well, with the gift of free soup. All it will cost you is 2 minutes of your time per week to fill out our feedback forms. When you do this a dozen times, we'll gift you with a month of free soup!