**Curried Parsnip Soup (V,GF)**

Ingredients: parsnips, curry paste, coconut milk, olive oil, lime juice, water, spices, salt.

**White Bean, Tomato and Kale (GF)**

Ingredients: White beans, sun gold tomatoes, kale, onions, garlic, pesto (sun dried tomatoes, olives, capers, mama lil’s, roasted garlic, olive oil), chicken stock, spices, 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.

**The Soup Starts here:**

Check out the QR code for feedback forms, ordering and more soup info!

**Carrot Ginger Soup**:

It doesn’t get more simple and direct than this soup. The sum is definitely more than the four basic parts that go into this lovely pureed soup. On a philosophical level, carrot soup allows those eating it to ponder the simple deliciousness and versatility of carrots. On a more thrifty note, the beautiful carrots we purchased from Gathering Together Farms came with big bushy greens. Instead of lopping them off and putting them into stock we made carrot top pesto to fold into the Green Lentil and Ham Soup forBreathe in the carrot…Breath out the carrot. On a more concrete note, we are very proud of our Tier 2 participant who was hands-on in every aspect of prepping, cooking, pureeing and perfecting this batch of Carrot Ginger Soup!

**White Bean, Kale and Tomato Soup**: This is a new recipe for us but we couldn’t pass up the opportunity to use these ingredients. The sungold tomatoes this week are fresh from local Portland farmers, Gathering Together Farms. Every week we hand select our vegetables at the Shemanski Farmers market which is Wednesdays from 10-2 Through October. We encourage you to come stop by and check out Stone Soup’s booth but also browse the beautiful bounty of produce that Oregon has to offer. **Serving Suggestion and night cap**: Grab some bread from Tabor Bread at the Shemanski Market and enjoy the sunset with your favorite bottle of wine.

**\*\*POP UP ALERT!** Have you been craving a delicious brunch but don’t want to wait online for hours? Well, we have you covered on July 16th. Chef Carraway is once again delighting us in the kitchen with a Vietnamese style brunch. There is still time to order! Follow the link for the menu and ordering: <https://www.stonesouppdx.com/product-page>

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