

# THE SOUP LADY

Artisanal Small Batch Soups ~ Tastes Just Like Homemade

## Vegan Soups

### ABOUT

Kitchen 36 makes artisanal small-batch soups that taste just like home-made. All of our soups are made from scratch, are hand-chopped and slow-simmered, using only fresh ingredients (many local), fresh herbs, and non-GMO beans and legumes. We never use starters or thickeners and there are no artificial preservatives, flavors, or food coloring added.

Each soup has its own unique characteristic and may vary slightly based on seasonal and market availability.

The soups come fully cooked and are sold frozen in pint or quart sized deli containers.

Defrost, heat, and eat!

### VARIETIES – ALL VEGAN

#### Served Hot:

Curry & Ginger Carrot Puree  
Fasolada (Greek White Bean & Tomato)  
Lentil Soup  
Shchi (Potato & Cabbage Soup)  
Mushroom Barley Soup  
Split Pea Soup  
Tomato Soup w/Fresh Basil  
White Bean & Kale Soup

#### Served Cold:

Cucumber & Dill Soup  
Gazpacho  
Watermelon & Tomato Soup

### CONTACT

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### MANUFACTURER

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## DESCRIPTIONS & INGREDIENTS

### Curry & Ginger Carrot Puree

A blend of curry, ginger, and almond milk give this pureed carrot soup a lovely creamy texture.

**Vegan • Serve Hot • Fall-Winter**

Ingredients: Water, Carrots, Sweet Potatoes, Yellow Onions, Unsweetened **Almond Milk** (Almond Milk (Filtered Water, Almonds), Calcium Carbonate, Sea Salt, Potassium Citrate, Sunflower Lecithin, Gellan Gum, Natural Flavors, Vitamin A Palmitate, Vitamin D2, D-Alpha-Tocopherol (Natural Vitamin E)), Lemon Juice, Garlic, Ginger, Turbinado Sugar, Olive Oil, Yellow Curry Powder (mild), Garlic Powder, Kosher Salt, Black Pepper. **CONTAINS TREE NUTS**

### Fasolada Soup

A Greek white bean and tomato soup with red onions, garlic, oregano, parsley, and thyme. Partially pureed. Can be eaten hot or slightly cooled in warmer weather with a crusty bread – makes a great meal all-year round.

**Vegan • Serve Hot • Year-round**

Ingredients: Water, Cannellini Beans, Grape Tomatoes, Red Onions, Tomato Paste, Olive Oil, Garlic, Parsley, Oregano, Thyme, Kosher Salt, Black Pepper.

### Lentil Soup

Our spin on this classic soup is made with brown lentils and vegetables in a tomato base.

**Vegan • Serve Hot • Year-round**

Ingredients: Water, Lentils, Plum Peeled Tomatoes (Vine-Ripened Tomatoes, Tomato Puree, Less Than 2% of Calcium Chloride (naturally derived), Citric Acid), Tomato Paste, Yellow Onions, Carrots, Celery, Spinach, Parsley, Garlic, Olive Oil, Bay Leaves, Garlic Powder, Onion Powder, Kosher Salt, and Black Pepper.

### Mushroom-Barley Soup

A delicious and filling winter soup with loads of mushrooms and vegetables, barley, fresh herbs and just a pinch of cayenne and paprika.

**Vegan • Serve Hot • Fall – Winter – Spring**

Ingredients: Water, Pearl Barley, Mushrooms, Onions, Carrots, Celery, Diced Tomatoes, Garlic, Parsley, Olive Oil, Thyme, Bay Leaves, Onion Powder, Garlic Powder, Kosher Salt, Black Pepper, White Pepper, Paprika, and Cayenne Pepper.

### Shchi (Potato & Cabbage Soup)

A beautiful soup made from potatoes, green cabbage, onions, and carrots and flavored with black peppercorns, kosher salt, and bay leaves. Popular throughout Eastern Europe this soup has a warming broth, which can be eaten as is or served with sour cream and dill.

**Vegan • Serve Hot • Year-round**

Ingredients: Water, potatoes, green cabbage, onions, and carrots, black peppercorns, kosher salt, and bay leaves.

### [Split Pea Soup](#)

A vegan split pea soup with the perfect mix of yellow and green split peas, whole peas, carrots, and onions, seasoned with marjoram, thyme, and parsley.

**Vegan • Serve Hot • Year-round**

Ingredients: Water, Dried Split Green Peas, Dried Split Yellow Peas, Whole Green Peas, Celery, Carrots, Yellow Onions, Parsley, Garlic, Marjoram, Thyme, Olive Oil, Garlic Powder, Kosher Salt, and Black Pepper.

### [Tomato Soup with Fresh Basil](#)

This pureed tomato soup is hearty, yet light. Made from fresh tomatoes, crushed Aleppo red pepper, and lots of basil.

**Vegan • Serve Hot • Year-round**

Ingredients: Fresh Plum and/or Beefsteak Tomatoes, Crushed Tomatoes, Water, Yellow Onions, Celery, Parmesan **Cheese** (Pasteurized Part Skimmed Milk, Cultures, Salt, Enzymes), Tomato Paste, Fresh Basil, Fresh Garlic, Olive Oil, Crushed Aleppo Red Pepper, Turbinado Sugar, Kosher Salt, and Black Pepper.

### [White Bean & Kale](#)

Our version of the Tuscan classic - made with a variety of white beans (great northern, small whites, and cannellini) and fresh kale.

**Vegan • Serve Hot • Fall-Winter-Spring**

Ingredients: Water, White Kidney Beans (Cannellini), Great Northern Beans, Small White Beans, Leeks, Onions, Celery, Carrots, Kale, Parsley, Garlic, Olive Oil, Thyme, Bay Leaves, Kosher Salt, Black Pepper, Garlic Powder, and Onion Powder.

## **SUMMER SOUPS**

### [Chilled Cucumber and Dill Soup](#)

Pureed cucumbers and avocado give this refreshing summer soup a great texture and flavor.

**Vegan • Raw • Serve Cold • Summer**

Ingredients: English Cucumbers, Avocado, Scallions, Fresh Parsley, Fresh Dill, Fresh Garlic, Olive Oil, Water, Fresh Lemon Juice, Lime Juice, and Kosher Salt.

### [Gazpacho](#)

Fresh squeezed limes, olive oil, red wine vinegar, and seasonal tomatoes give this chunky summer soup its zest. Serve chilled.

**Vegan • Raw • Serve Cold • Summer**

Ingredients: Seasonal Tomatoes (Beefsteak, Plum, Cherry, and/or Grape Varieties), English Cucumbers, Red Peppers, Green Peppers, Jalapeno Peppers, Scallions, Olive Oil, Lime Juice, Red Wine Vinegar, Garlic, Basil, Kosher Salt, Black Pepper, Oregano, and Ground Cumin.

### [Watermelon & Tomato Soup](#)

A unique, refreshing, and delightful pureed summer soup! Not too sweet, not too spicy, just the right blend. Serve chilled.

**Vegan • Raw • Serve Cold • Summer**

Ingredients: Watermelon, Tomatoes, Cucumbers, Shallots, Basil, Red Wine Vinegar, Jalapeño Peppers, Kosher Salt, Cayenne Pepper, and Paprika.

## PRICE SHEET

(eff. 07/01/2024)

### Pint (16 oz/450 g)

### Quart (32 oz/900 g)

	<b>Wholesale</b>	<b>Suggested Retail</b>	<b>Wholesale</b>	<b>Suggested Retail</b>
Curry & Ginger Carrot Puree	\$ 9.00	\$ 12.00	\$16.00	\$18.00
Fasolada	\$ 9.00	\$ 12.00	n/a	n/a
Lentil Soup	\$ 9.00	\$ 12.00	\$16.00	\$18.00
Mushroom Barley Soup	\$ 9.00	\$ 12.00	n/a	n/a
Shchi - Potato & Cabbage Soup	\$ 9.00	\$ 12.00	n/a	n/a
Split Pea Soup	\$ 9.00	\$ 12.00	\$16.00	\$18.00
Tomato Soup	\$ 9.00	\$ 12.00	\$16.00	\$18.00
White Bean & Kale Soup	\$ 9.00	\$ 12.00	\$16.00	\$18.00
Cucumber & Dill	\$ 9.00	\$ 12.00	n/a	n/a
Gazpacho	\$ 9.00	\$ 12.00	\$16.00	\$18.00
Watermelon & Tomato	\$ 9.00	\$ 12.00	\$16.00	\$18.00

*\*Minimum order 24 containers with a minimum of 6 soups per variety*

*\*Special sizes may be available upon request*

*\*Prices subject to change upon notice*