

## EMPTY BOWLS Saturday, April 18th, 2009

Each year this amazing program distributes more than \$10,000 to the programs administered by the Perth & District Food Bank, YAK Youth Centre and breakfast programs in Lanark County schools.

On April 18th, 2009, Foodsmiths will be hosting an Empty Bowls fundraiser with a delicious and hearty "Alphabet Soup". For a \$20 donation customers can choose a unique hand-crafted pottery bowl made by local artisan Jackie Seaton, filled with a delicious and nutritional Alphabet Soup made here at Foodsmiths. Customers can then take home their bowl as a lasting reminder that they have given something important to the health and future of children in our community and around the world.

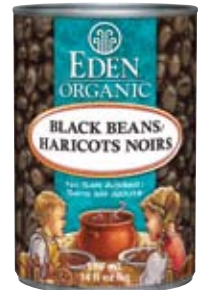
The event this year is in support of The Lieutenant Governor's Aboriginal Summer Reading Camps in Northern Ontario. Money raised this year will fund snack programs at two Northern Ontario literacy camps: Wabaseamong First Nation and Onigaming First Nation.



[www.foodsmiths.com](http://www.foodsmiths.com) or [www.emptybowls.ca](http://www.emptybowls.ca)

The 2009 Empty Bowls Fundraiser at Foodsmiths will highlight a delicious Alphabet Soup Recipe made from these fine Eden Organic Food products: Vegetable Alphabet Pasta and Small Red Beans.

Eden Pasta is certified organic, no salt, oil eggs or additives. Eden Beans are available in plain, refried or seasoned. Eden Beans come in bisphenol-A free cans. Foodsmiths' Grocery Department carries a wide range of delicious Eden Organic Foods.



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### VEGETABLE ALPHABET SOUP

For 10 cups - 5 hearty servings

- 2 tsp olive oil
- 1 ½ c chopped onion
- ¾ c chopped carrot
- 1 ½ c sliced celery
- 3 cloves garlic
- 1 796 ml can Utopia tomatoes
- 3 ¾ c vegetable broth
- 1 tsp Italian seasoning
- 1 tsp dried basil
- ½ c Eden Vegetable alphabets
- 1 can Eden Beans (Small Red & Black)
- 1 tsp hot sauce (optional)
- ½ tsp pepper
- ½ tsp salt

- Sauté in olive oil 5 min: onion, carrot, celery, garlic.
- Add, boil then reduce & simmer 10 min covered: tomatoes, broth, Italian seasoning and basil.
- Add pasta cover and simmer 10 min.
- Add beans, hot sauce, salt and pepper and simmer 5 min.

