

**DELICIOUS & NUTRITIOUS  
FREEZABLE SOUP STRATEGIES FOR  
TODAY'S HOME CHEFS!**

# Tips & Tricks from Traveling Soup Pot Author Mary Chamberlin

Free Easy to Learn Virtual Soup Preparation Phone-In  
Lessons with America's Soup Diva, Mary Chamberlin on  
Thursdays at 2 pm PST with Live Q & A. Ask the Expert!

Pre-register by emailing host Wendy Brickman at  
[Brickman@BrickmanMarketing.com](mailto:Brickman@BrickmanMarketing.com) for this week's  
Recipe and Call In Phone Numbers

[WWW.MARYCHAMBERLINCOOKBOOKS.COM](http://WWW.MARYCHAMBERLINCOOKBOOKS.COM)

