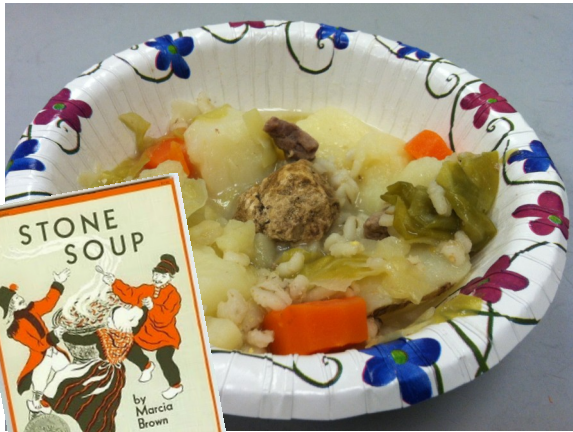


1

Stone Soup



Check off all foods groups used in this recipe:


- Grain Group
- Fruit Group
- Vegetable Group
- Protein Group
- Milk Group



2


Ingredients:	Equipment:
<input type="checkbox"/> 1 stone—large, very clean (or 3 small red potatoes as “pretend” stones)	Large cooking pot
<input type="checkbox"/> 7 cups water	Mixing spoon
<input type="checkbox"/> 5 carrots, large	Vegetable scrub brush
<input type="checkbox"/> 1 pound of stew meat	Vegetable peeler
<input type="checkbox"/> 4 potatoes, white	Tongs
<input type="checkbox"/> 3 cups of cabbage	Pot holder
<input type="checkbox"/> 1 cup barley (quick), rinsed	Ladle
<input type="checkbox"/> 1 cup of milk, low-fat	Cutting boards (2)
<input type="checkbox"/> salt and pepper to taste	Knife
<input type="checkbox"/> <i>Optional:</i> additional vegetables; substitute meat with chicken, tofu or beans	Measuring cups
	Timer
	Apron

Makes 14 servings. Adapted from cooks.com and based on the book “Stone Soup” by Marcia Brown.

- Always wash your hands before preparing food.
- Have child help with the steps marked 
- When finished, clean-up, set the table and have the child serve the dish to parent then themselves.
- Enjoy!

3

Have child mark off each step as it is completed:

- (Parent only) Add 7 cups water to a large pot and simmer.
- (Parent only) Cut stew meat into small pieces (on one cutting board), add to pot. *Optional:* brown meat first.
-  (All steps below) Scrub and wash the stone (or “stone potatoes”) thoroughly and add to pot.
- Wash all vegetables with scrubber.
- Peel carrots and potatoes (using the other cutting board).
- Slice carrots, chop potatoes and cut-up 3 cups cabbage, then add to the pot.
- Measure 1 cup milk, add to pot.
- Measure 1 cup barley, rinse, add to pot.
- (Parent only) Cook all ingredients for about 45 minutes or until potatoes are tender and meat is thoroughly cooked (internal temperature of 145°F with 3 minute rest time).
- (Parent only) Add salt and pepper to taste.
- (Parent only) Remove the stone before serving.

4

Nutrition Facts			
Serving Size 1.00 cup(s) (266g)			
Amount Per Serving			
Calories	204	Calories from Fat	66
% Daily Value			
Total Fat	7.4g		11 %
Saturated Fat	2.8g		14 %
Trans Fat	0.0g		
Cholesterol	29.5mg		10 %
Sodium	60.3mg		3 %
Total Carbohydrate	23.0g		8 %
Dietary Fiber	4.1g		16 %
Sugars	2.9g		
Protein	11.7g		
Vitamin A	74 %	Calcium	5 %
Vitamin C	17 %	Iron	9 %

