

## Stone Soup Recipe

This activity can be paired with reading the fable “Stone Soup” and a discussion about what community means to each of us. What do you like to share from your garden? Who do you share with? The kids can then work together in teams to harvest, chop, cook, and share a meal together!

Prep Time: 20 minutes

Cook Time: 35 minutes

Yield: About 8 cups

### Ingredients:

4 large long carrots, sliced (you will need 1 1/2 cups sliced, 170 g)  
4 large long celery stalks (you will need 1 1/2 cups sliced, 200 g)  
1 medium onion, finely chopped (you'll need 1 heaping cup, 160 g)  
2-3 large garlic cloves, finely minced (about a tablespoon)  
3-4 small red potatoes, cut into 1/2 inch cubes (you will need 2 1/2 cups, 370 g)  
6 cups water  
2 bouillon cubes (or skip water and bouillon and use vegetable stock)  
1 teaspoon fine sea salt (optional-to taste)  
2 cups fun-shaped egg noodles or gluten-free brown rice noodles (170 g, 6 oz)  
1 tablespoon olive oil

### Directions:

1. Chop all veggies and set aside.
2. Heat one tablespoon olive oil in a large pot over medium high heat. When hot but not smoking, add onions, carrot, and celery. Sauté until lightly browned, about 3 minutes. Add potatoes and garlic, sauté until coated with oil, 2 minutes.
3. Add all of the water or stock to a large pot and bring to a boil, add the bouillon cubes (skip if using stock) and stir to dissolve. Stir well and bring back to a boil. Once boiling, immediately turn to the lowest heat, cover and simmer 20 minutes.
4. Add the pasta and bring back to a boil. Once boiling, leave the lid off and turn the heat to medium-high and cook for about 10 minutes, or until the pasta is tender, but still firm. Turn off the heat. Garnish with fresh chopped parsley and/or thyme and black pepper, if desired.
5. Enjoy!