

STONE SOUP

Stone Soup is a folk story in which one hungry traveller convinces strangers to contribute humble ingredients to a pot to make a delicious soup the whole community can enjoy, and thus learn the value of generosity and sharing. Below is a recipe for stone soup you may wish to make after reading or listening to the story.

Ingredients

- 1 large (very clean) stone
- 4 cups of water or broth
- 3 large carrots (sliced)
- 3 medium potatoes (cubed) – red potatoes are a good choice
- 1-2 onions (diced)
- 2-4 celery stalks (sliced)

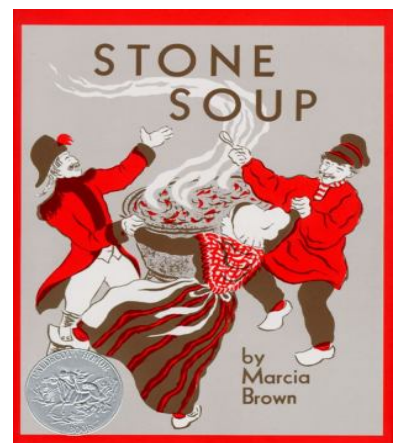
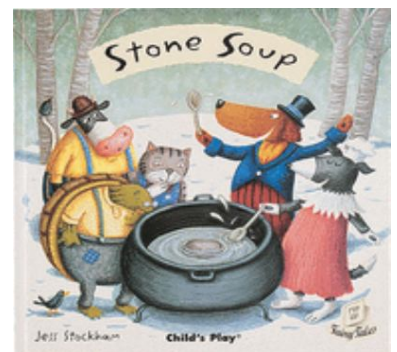
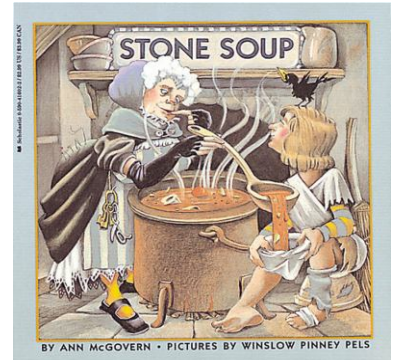
Seasonings

- Salt
- Pepper
- Thyme
- Parsley
- Basil
- Oregano
- Bay leaves

Optional Ingredients

You can add some of the following to enhance your soup.

- 1 cup of cut green beans
- 1 can of corn
- 1 can of peas
- 1 can of diced tomatoes
- ½ Cup - Quick-cook barley
- 2-4 cups of cooked chicken



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Directions

In a large pot or Dutch oven, add onions and sweat over medium heat. Add your stone, water and broth, carrots, potato and seasonings. Boil until tender, then reduce to simmer.

Add other ingredients and simmer until tender. Add additional salt, pepper and desired seasonings to taste.

Serve with crackers, bread, or croutons and parmesan cheese.



Does the stone add a little something? Try it and see for yourself.