

Alphabet Soup

Find the letters in your name!

8 servings

Ingredients:

6 cups water
6 teaspoons beef bouillon
2 cans (16-ounce) mixed vegetables or sliced carrots
2 tablespoons dried onion
1/4 cup alphabet macaroni or elbow macaroni,
broken into small pieces

Directions:

1. Bring water and bouillon to a boil in a large soup pot.
2. Add canned vegetables and onion; cover and bring to a boil.
3. Add macaroni and simmer 5 more minutes or until macaroni is tender.

Nutrition Facts: One cup serving provides 60 calories, 0g total fat, 0mg cholesterol, 280mg sodium, 11g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Alphabet Soup
Saltine crackers
Fresh fruit
Low fat milk

Alphabet Soup

Find the letters in your name!

8 servings

Ingredients:

6 cups water
6 teaspoons beef bouillon
2 cans (16-ounce) mixed vegetables or sliced carrots
2 tablespoons dried onion
1/4 cup alphabet macaroni or elbow macaroni,
broken into small pieces

Directions:

1. Bring water and bouillon to a boil in a large soup pot.
2. Add canned vegetables and onion; cover and bring to a boil.
3. Add macaroni and simmer 5 more minutes or until macaroni is tender.

Nutrition Facts: One cup serving provides 60 calories, 0g total fat, 0mg cholesterol, 280mg sodium, 11g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Alphabet Soup
Saltine crackers
Fresh fruit
Low fat milk

Alphabet Soup

Find the letters in your name!

8 servings

Ingredients:

6 cups water
6 teaspoons beef bouillon
2 cans (16-ounce) mixed vegetables or sliced carrots
2 tablespoons dried onion
1/4 cup alphabet macaroni or elbow macaroni,
broken into small pieces

Directions:

1. Bring water and bouillon to a boil in a large soup pot.
2. Add canned vegetables and onion; cover and bring to a boil.
3. Add macaroni and simmer 5 more minutes or until macaroni is tender.

Nutrition Facts: One cup serving provides 60 calories, 0g total fat, 0mg cholesterol, 280mg sodium, 11g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Alphabet Soup
Saltine crackers
Fresh fruit
Low fat milk

Alphabet Soup

Find the letters in your name!

8 servings

Ingredients:

6 cups water
6 teaspoons beef bouillon
2 cans (16-ounce) mixed vegetables or sliced carrots
2 tablespoons dried onion
1/4 cup alphabet macaroni or elbow macaroni,
broken into small pieces

Directions:

1. Bring water and bouillon to a boil in a large soup pot.
2. Add canned vegetables and onion; cover and bring to a boil.
3. Add macaroni and simmer 5 more minutes or until macaroni is tender.

Nutrition Facts: One cup serving provides 60 calories, 0g total fat, 0mg cholesterol, 280mg sodium, 11g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Alphabet Soup
Saltine crackers
Fresh fruit
Low fat milk