

# Alphabet Soup

Find the letters in your name!



Level: Easy

Serves: 8, 1 cup each

## Kids' Tool Kit

Soup pot with lid  
Measuring cup  
Measuring spoons  
Can opener  
Large spoon  
Tasting spoons

## 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:

**Remember to wash your hands!**

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.



**Helpful Hints:** Use a large soup pot so mixture does not boil over. Turn down the heat and let soup simmer until macaroni is tender.



**Safety Tips:** After soup has simmered 5 minutes, take a clean spoon and taste a piece of macaroni. If it is not tender, let soup cook a little longer and use another clean spoon to taste. Using a clean tasting spoon keeps germs from spreading.

## Chef's Choice

Alphabet Soup  
Saltine crackers  
Fresh fruit  
Low fat milk

## Nutrition Facts

|  |                           |
|--|---------------------------|
| Serving Size 1 cup (299g)  |                           |
| Servings Per Container 8   |                           |
| Amount Per Serving   |                           |
| <b>Calories 60</b>   | Calories from Fat 0       |
| %  |                           |
| Total Fat 0g   |                           |
| Saturated Fat 0g   |                           |
| Cholesterol 0mg  |                           |
| Sodium 280mg   |                           |
| Total Carbohydrate 11g   |                           |
| Dietary Fiber 4g   |                           |
| Sugars 0g  |                           |
| Protein 2g   |                           |
| Vitamin A 120%   |                           |
| Vitamin C 8%   |                           |
| Calcium 4%   |                           |
| Iron 4%  |                           |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                           |
| Calories: 2,000 2,500  |                           |
| Total Fat  | Less than 65g 60g         |
| Saturated Fat  | Less than 20g 25g         |
| Cholesterol  | Less than 300mg 300mg     |
| Sodium   | Less than 2,400mg 2,400mg |
| Total Carbohydrate   | 300g 375g                 |
| Dietary Fiber  | 25g 30g                   |
| Calories per gram:   |                           |
| Fat 9 • Carbohydrate 4 • Protein 4   |                           |

Source: *Book Cooks*, Creative Teaching Press

Suggested book with this cooking activity: *Alphabet Soup* by Kate Banks

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).