

Alphabet Soup

This gift of food warms the heart AND the stomach!



Level: Medium

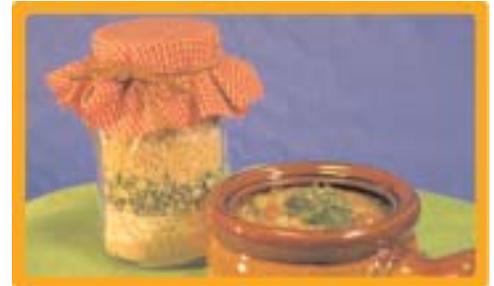
Serves 12

Kids' Tool Kit

Wide mouth
quart jar 
Funnel (can
roll wax paper)
Measuring cups
Measuring spoons
Strainer
Large kettle
Wooden spoon

Ingredients:

$\frac{1}{3}$ cup beef bouillon
 $\frac{1}{4}$ cup onion flakes
 $\frac{1}{2}$ cup split peas
 $\frac{1}{2}$ cup ABC macaroni
 $\frac{1}{4}$ cup quick cooking barley
 $\frac{1}{2}$ cup lentils
 $\frac{1}{3}$ cup long grain rice
Enough pasta to fill jar



Directions for layering mix:

1. Layer all ingredients in a wide mouth jar in the order given.
2. Finish filling jar with any shape pasta (curly, seashells, wheels, etc.)

Additional ingredients to make soup:

1 pound lean ground beef
12 cups water
1 15-ounce can diced tomatoes, undrained

Chef's Choice

Alphabet Soup
Crackers
Milk



Directions:

Remember to wash your hands!

1. Cook ground beef in a large kettle and drain.
2. Add dry soup mix, water and tomatoes, stirring to combine.
3. Bring mixture to a boil and reduce to simmer. Cook for 30 minutes or until done.

Nutrition Facts

Amount Per Serving			
Calories 200		Calories from Fat 40	
		% Daily Value*	
Total Fat 4.5g	7%		
Saturated Fat 1.5g	8%		
Cholesterol 15mg	5%		
Sodium 1210mg	50%		
Total Carbohydrate 24g	8%		
Dietary Fiber 6g	24%		
Sugars 3g			
Protein 15g			
Vitamin A 4%	•	Vitamin C 6%	
Calcium 2%	•	Iron 15%	
*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	80g
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			



Helpful Hints: Gifts of food are truly gifts from the heart. This soup mix is easy to prepare, fun to give, and delicious when cooked! Kids will enjoy putting this gift together, and it will be most appreciated by those lucky enough to receive it.



Safety Tip: We know that meat is thoroughly and safely cooked by first cooking the ground beef, then adding the rest of the ingredients and bringing them all to a boil. Leftovers from this large quantity of soup will need to be refrigerated or frozen to safely store for a later meal.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.