

Alphabet Soup

This gift of food warms the heart AND the stomach!

12 servings

Ingredients:

1/3 cup beef bouillon
1/4 cup onion flakes
1/2 cup split peas
1/2 cup ABC macaroni
1/4 cup quick-cooking barley
1/2 cup lentils
1/3 cup long-grain rice
Enough pasta to fill jar
Additional ingredients to make soup:
1 pound lean ground beef,
12 cups water
1 15-ounce can diced tomatoes, undrained

Directions: *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.) *Cooking:* 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: *One 1 cup serving provides 200 calories, 4.5g total fat, 15mg cholesterol, 1210mg sodium, 24g 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.

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Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Alphabet Soup
Crackers
Milk

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