Alphabet Soup

This gift of food warms the heart AND the stomach!

Level: Medium

Serves 12

Ingredients:

- ¼ cup beef bouillon
- ¼ cup onion flakes
- ½ cup split peas
- ½ cup ABC macaroni
- ⅛ cup quick cooking barley
- ⅛ cup lentils
- ¼ 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

Directions:

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.

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.

This institution is an equal opportunity employer. This material was funded by USDA’s Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.