



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.



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.

Nutrition Facts

Serving Size 1 cup (111g)
Servings Per Container 12

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

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.