

“Cock-a-Doodle” Noodle Soup

Try preparing this as a “stone soup” which means you begin with the “Stone Soup” folk tale and end with lunch. Don’t forget to add a real stone! The ingredients are pretty basic and available from local organic farms all over Wellington County.

Preparation Time: 45 min

Number of Servings: 20

Serving Size: $\frac{3}{4}$ cup

Ingredients:

1Tbsp. organic oil (Ontario sunflower)

$\frac{1}{2}$ c organic onion, finely chopped

1 tsp organic minced garlic

1 $\frac{1}{2}$ c organic carrots, diced

1 c organic cabbage, thinly sliced in long strips

1 c organic squash or sweet potato, diced

Or

1c any other seasonal organic vegetable (green beans, kale, spinach, turnip, potato...)

10c organic chicken or organic vegetable stock

1-2c organic noodles, fully cooked

$\frac{1}{2}$ lb cooked organic chicken, cubed

1tsp organic tomato paste

$\frac{1}{4}$ tsp each fresh or dried organic parsley & thyme

Salt and pepper to taste

*Organic spices and herbs are readily available from natural food stores.

- Optional 1 c fully cooked organic chickpeas can be added instead of or in addition to the chicken.

In a heavy-bottomed pot combine oil and onions. Sauté over medium heat until the onions are translucent. Add the garlic and a little salt and sauté another 2-3 min. The onions will hold their shape and be lightly cooked. Now add stock, carrots and cabbage and sweet potatoes or squash. Simmer until the carrots are half cooked then add your choice of seasonal vegetables. Cover and simmer. In the meantime cook the noodles in a separate pot of boiling salted water. When the noodles are done and the vegetables are all tender, combine all of the rest of the ingredients in to the soup pot. Simmer 5 minutes. Season to taste and serve.

*Kids can cut up veggies using a variety of creative tools instead of knives.

Try scissors for the greens and cabbage. Carrots can be grated or sliced using a vegetable peeler. Squash and sweet potatoes can be cut with small cookie cutters if an adult cuts thin slices first.

Supplies:

5-6L heavy bottomed pot

1 cup dry measure

Cutting boards

Knife

*Scissors or other tools suggested for cutting

Measuring spoons

Large spoon for stirring

Ladle

Small pot to cook noodles

Colander

Bowls or mugs for serving

Can opener

Soup Stone...really!