

CHOOSE YOUR OWN ADVENTURE WINTER VEGETABLE SOUP

Some recipes must be followed exactly and other recipes still work if you experiment a little. This soup recipe is a flexible recipe so that you can experiment and make your own! Choose from the vegetables in the ingredient list below based on what you like and what you have available to you.

Makes enough to fill 4 soup bowls

If you want to make more, multiply the ingredients by 2 to serve 8 people, by 3 to serve 12 people, and so on. **Math challenge:** What number would you multiply the recipe by if you want to fill 6 soup bowls?

WHAT YOU WILL NEED

- Soup pot (3-6 quarts)
- Measuring tools: a tablespoon and 1 cup
- 3 Tablespoons olive oil or vegetable oil
- Small onion, diced
- Optional: 2 cloves of garlic, minced
- 2 carrots, cut into coin shapes
- 2 stalks of celery, sliced into small pieces
- Choose any of these winter vegetables, cut into small pieces:
 - 1 potato
 - 1 turnip
 - 1 sweet potato
- small bunch of greens like collards or kale
- 4 cups of water
- Optional: 1 can of beans of your choice with the liquid drained out (some examples: pinto, garbanzo, black, lima, kidney, or navy beans).
- a pinch or two of salt and pepper
- Optional herbs and spices: parsley, thyme, oregano, cumin or coriander



WHAT IS A WINTER VEGETABLE?

That depends on where you live! Here in North Carolina, a winter veggie could refer to something that grows during the winter—including broccoli, brussels sprouts, cabbages, kale, collards, carrots, beets, spinach, and parsnips. Winter vegetables could also be from a plant that grows over the summer or fall and can be stored to eat throughout the winter. That includes things like sweet potatoes, apples, pumpkins, butternut squash, and root vegetable like carrots, turnips and beets.

DIRECTIONS

Step One: Find an adult to help you cook. Review the recipe together and gather your ingredients.

Step Two: Chop all of your vegetables. If you have a compost pile, all of the peelings and vegetable scraps that don't go into the soup can be composted, or you can save them to make [vegetable broth](#).

Step Three: Add oil to the soup pot and turn heat to medium. Let the oil warm for 1-2 minutes, then carefully add the onion and stir so that each bit of onion is coated with oil. Let this cook for 5-10 minutes, stirring every few minutes so that the onions don't stick to the bottom of the pan.

Step Four: Add the garlic, if you are using it, and stir it into the onions.

Step Five: Add the carrots and celery. Stir together with the onions and let it cook for 5 minutes.

Step Six: Add any of the other vegetables you choose and add 4 cups of water. Make sure all of the vegetables are under the water. Add a little more water if needed. Let the water come to a boil.

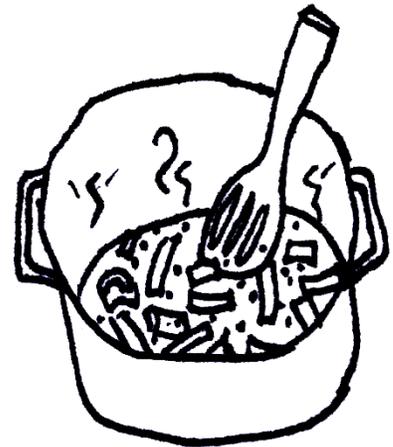
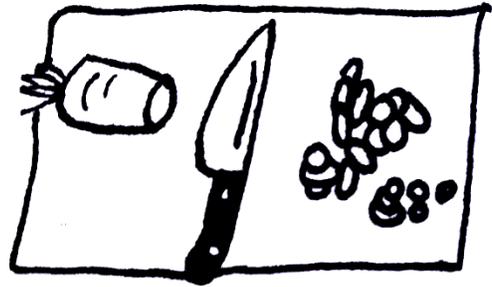
Step Seven: Add the beans and stir.

Step Eight: Season with a pinch of salt and pepper, stir, then taste to see if you need to add more.

Step Nine: Try adding a pinch of parsley, thyme, oregano, cumin or coriander. Remember, you can always add more but it is hard to remove spices once they are in the soup pot. Add just a little at a time, then stir and taste before adding any more.

Step Ten: Once the carrots and potatoes are soft, your soup is done! Serve in bowls and enjoy.

Step Eleven: Write down the ingredients you used and any other parts of the recipe you experimented with. You just made your own recipe! How did it turn out? Would you change anything the next time you make it?



LEARN MORE:

Research: What part of the plant do each of the ingredients you used come from? Where in the world do they grow?

Stone soup: Do you know the story about stone soup? You can hear different versions of it read aloud here:

- [Stone Soup by Heather Forest](#)
- [Stone Soup by Jon J. Muth](#)
- Write your own version of this story.

Experiment: Cook a second pot of soup next week using different winter vegetables from those listed above.

Food waste: Learn more about compost and other ways to reduce food waste in [this video](#).

BOTANY

Did you know that to a botanist, some of these “vegetables” are actually fruits? If there are seeds inside of it, it’s technically a fruit! For example, pumpkin and butternut squash are fruits. If it’s any other part of the plant that does not contain seeds, it’s a vegetable. Broccoli and collards are examples of vegetables. Can you figure out which of the ingredients you used are fruits and which are vegetables? List them in the boxes below.

FRUITS

VEGETABLES