Burger Soup

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Physical, Language and Literacy

What You Need:

1 lb. extra-lean, ground sirloin
1 chopped onion (about 1 cup)
2 cloves garlic, minced OR 1 tsp. garlic, minced, from jar
1 15 oz. canned, no-salt added or low-sodium tomato sauce
1 14 ½ oz. canned, chopped, no-salt added or low-sodium tomatoes
4 cups low-sodium chicken broth
1 16 oz. package frozen mixed vegetables
1/3 cup brown rice, uncooked

What To Do:

1. In a large pot, cook the meat, onion, and garlic over medium heat until the meat is done. Drain excess liquid and remove from heat; transfer meat mixture into a bowl.
2. Have your child add the tomato sauce, tomatoes, broth, mixed vegetables, and rice to the meat mixture. Talk about the different colors and taste of each ingredient. Have your child make a prediction as to how the soup will taste.
3. Pour the mixture back into the pot and heat on stove, covering the pot to allow the mixture to come to a boil.
4. When it boils, reduce heat and cook for 35 minutes or until rice is done.

Adapted from:
http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Heart-Healthy-Recipes