

Stone Soup

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

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

What You Need:



- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 potatoes, peeled and chopped
- 1 small whole potato (red or yukon variety)
- 2 large carrots, peeled and sliced
- 5 cups chicken broth (or water)
- 15.5 ounce can corn, drained
- 14.5 ounce can petite diced tomatoes
- 1 to 2 cups cooked meat
- 1 cup cooked beans
- 1/2 cup chopped bell pepper, peas, or beans
- 1 teaspoon seasonings (Italian seasoning mix or Taco Seasoning Mix)
- salt and pepper to taste

What To Do:



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1. Read the book "Stone Soup" retold by Heather Forest together.
2. Have your child place the small whole potato into a large pot. Tell him that
it represents the stone from the story.
3. Then, ask your child to pass you the ingredients as you cook on the stove.
Start with the onion and cook it in the oil for five minutes.
4. Ask your child to pass you the cut potatoes and carrots for you to stir,
cooking for another 5 minutes.

5. Add in the broth, then the corn, tomatoes, meat, beans, peppers, and seasonings.
6. Stir well and bring to a simmer for 20 to 30 minutes until the vegetables are tender. Adjust seasonings.
7. Talk about how all the ingredients come together for a tasty soup!

Helpful tip: To make it even more fun for little ones, place the pre-chopped veggies in separate bowls in various areas of the kitchen. That way, as you call out what you need for the soup, your child can take turns finding the requested ingredient.

Adapted from scholastic.com

