

EATING THE ALPHABET SOUP

NUMBER OF SERVINGS : 6

INGREDIENTS

- 1/2 cup onion, chopped
- 1 cup fresh or canned tomatoes chopped
- 1/2 cup chopped carrots
- 1 tsp olive oil
- 5 cups chicken or vegetable broth
- 1 cup alphabet noodles
- 1 bay leaf
- 1 tsp dried thyme
- 1 tsp dried parsley
- 1/2 tsp sugar
- 1/2 tsp black pepper

DIRECTIONS

- In a large pot, sauté onions in olive oil over medium heat until clear.
- Add broth, carrots, tomatoes, bay leaf, thyme and parsley, sugar and pepper
- Simmer for 20 minutes
- Add 1 cup of alphabet noodles, cook for 5 minutes.
- Serve warm encouraging children to identify various letters of the alphabet while enjoying soup.