

Stone Soup

Serves 4-6

Ingredients:

1 qt water (broth base or bouillon cube added if you prefer)

1 t Salt

1/2 t Pepper

Herbs of choice:

2 sprigs fresh rosemary, leaves finely chopped

3 sprigs fresh thyme, or 1/2 t dried

1T fresh parsley, chopped fine

3 carrots, chopped

1 onion, finely diced (about 1 c)

2 T olive oil

1/2 c milk

1 potato, diced

“Ham bones” (we use one 15 oz can of pink beans to represent ham)

A clean stone

Other possible additions:

2 c roughly chopped kale or swiss chard leaves, or any vegetable

Parmesan cheese for topping, rind for adding in soup

1 clove garlic, minced, grated, or pressed

2 ribs celery, finely diced (about 1 c)

Fresh or canned tomatoes, chopped, with juice

2 c cooked pasta or rice

Directions:

Add olive oil to pot, add carrots (& celery) to pot, sauté

Add onions (& garlic) and sauté until translucent

Add water, broth flavorings

Add scrubbed stone

Add herbs

Add pink beans

Be careful not to scratch bottom of pot with stone.

Bring soup to boil, then reduce heat to simmer 15 minutes or until potato is soft. Okay to macerate beans with spoon. Add milk last, heat through and serve.

Season to taste with salt & pepper.

Ladle into bowls, drizzle with more olive oil & grated parmesan, if desired.

Makes 6 bowls of soup.

Nutritional info not available at this time.

