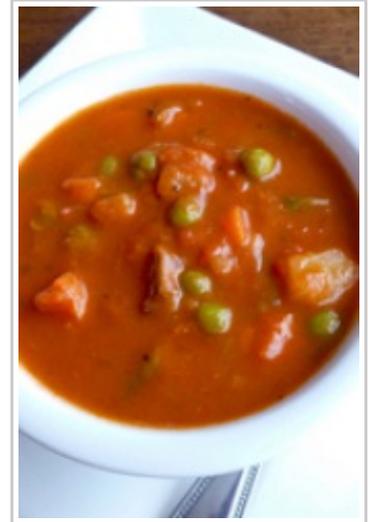


Make Vegetable Soup

January is National Soup Month, so why not get out all those vegetables hiding in the fridge and create a tasty and healthy vegetable soup with your child! Your fifth-grader can hone his knife skills and learn more about healthy eating! Nothing warms a wintery afternoon like a warm bowl of soup – especially when it's homemade!

What You Need:

- Paper
- Pencil
- 1 onion
- 1 carrot
- 2 stalks celery
- 1 large potato
- 1 cup peas
- Vegetable oil
- Salt
- Pepper
- 28-ounce can crushed tomatoes
- 32-ounce box of vegetable stock
- Stockpot



What You Do:

1. Start by making a list with your child of all the vegetables he would like to include in his soup. Offer him a pencil and paper to write down all his favorite veggies.
2. Gather the ingredients and have your child wash them, along with his hands.
3. Cutting with a paring knife is an important cooking ability! Show your fifth-grader the ropes by demonstrating to him proper cutting techniques and safety beforehand. Have him give it a go and let him chop the vegetables into small, uniform cubes. To make things a bit easier, give harder vegetables such as carrots and potatoes a quick steam in the microwave, and then time to cool, before he starts cutting.
4. When he's done cutting, have him place the cubed veggies in the stockpot.
5. Then, have him measure 1 tablespoon of vegetable oil and add it to the pot, along with a teaspoon of salt and pepper. After turning the heat to medium, let him stir the vegetables and let them cook for 5 minutes.
6. Hand him a can opener and have him slowly add the crushed tomatoes to the pot. Have him follow it up with the vegetable stock. Once he's given everything a good stir, set the kitchen timer for 30 minutes and let the soup simmer away.
7. Once the timer dings, he can do a taste test to see if the vegetables are cooked through and if his soup needs more seasoning. Nice additions might include a teaspoon each of basil, oregano, garlic salt, or a sprinkle of red pepper flakes!
8. Get out the soup bowls and dig in!