

RECIPE FOR STONE SOUP

1. Start out with a big pot of water & a smooth stone!
2. Boil the water in the pot and add the stone.
3. Once the water is boiling, add all of your favorite vegetables.

potatoes	garlic	kidney beans
carrots	turnips	northern beans
onions	spinach	garbanzo beans
green beans	kale	canned tomatoes
peas	butter beans	tomato paste

A combination of any or all of these ingredients will do.

4. Cook the vegetables on medium until they are tender.
5. Season the soup well with salt, pepper, a bay leaf and anything else you would like. Add bouillon cubes or your favorite stock (beef, chicken or vegetable).
6. Add pasta, noodles, rice to make it extra fun!
7. At the end, add a splash of olive oil & a large handful of grated cheese and simmer for 15 more minutes. Remove the stone and serve with bread or crackers.

Soup from a stone - fancy that!