

Stone Soup Recipe

Ingredients:

- ¼ cup butter or oil
- 1 small CLEAN and STERILE stone
- 3-4 cans vegetable broth (or make your own)
- 3 cloves garlic (mashed through a press)
- 1 onion
- 3 cups greens (chard, kale, spinach)
- 3 carrots (sliced)
- 6 potatoes (cut in slices about 1/4-1/2 thick)
- 1 squash (summer or winter)
- 1 cup green beans
- 1 large tomato (chopped up)
- Herbs (parsley, thyme, oregano)
- Salt & pepper

Directions:

Place a stone in a soup pot.
Sauté the garlic, onion, and carrots until the onion is tender
Add broth
Add potatoes, and squashes
Bring to a boil and add the remaining ingredients
Cook over medium-low heat until veggies are tender.

Scoop out the stone.....and ENJOY!