



A soup to share

Sometimes we all, especially children, feel like we can't make a difference with the little we have. We hesitate to share what we have because we think we'll lose. But even the smallest of contributions together multiply so everyone gets more back than what they contributed. Learn about the importance of sharing and contributing to the greater good through this story about stone soup — and learn how to make it!

What you'll need to feed six to eight people:

- Large pot
- 3 medium-sized stones, washed clean
- 1 tablespoon oil
- 1 onion, diced
- 4 cups vegetable stock
- 1/2 cup peanut butter
- 2 cups fresh or canned tomatoes with juices, diced
- 1/4 teaspoon crushed red pepper flakes
- 1 cup cabbage, finely chopped
- 1 cup sweet potatoes, peeled and chopped
- 1 cup carrots, peeled and chopped
- 1 cup turnips, peeled and chopped
- 1 cup zucchini, chopped
- 1 to 2 cups cooked chicken, chopped
- Salt and pepper to taste



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Play the game with your family

Read the following story about stone soup.

Three travellers walked slowly down a road in a strange country. They were tired and hungry. They had eaten nothing for two days. “I would like a good dinner tonight,” said the first. “And a bed to sleep in,” added the second. “But that is impossible,” said the third. Soon they saw a village. “Maybe we’ll find a bite to eat and a bed to sleep in,” they thought.

When the villagers heard that three strangers were coming, they were worried. “Here come three strangers,” they said. “Strangers are always hungry. But we have so little for ourselves.” So, they hid all their food.

The travellers stopped at a house. “Good evening,” one said. “Could you spare a bit of food?” one asked. “And do you have a corner where we could sleep for the night?” “Oh, no,” the man lied. “We have nothing to share.” Then the woman lied, “And our beds are full.” At each house, the response was the same.

The travellers talked together. The first one called out, “Good people! We are three hungry visitors in a strange land. We have asked you for food, and you have no food. Well, we will have to make stone soup.” The villagers stared. The travellers asked for a big iron pot, water to fill it, a fire to heat it, and three stones. They dropped the stones into the pot.

[Take out the pot and drop in the stones.]

“Any soup needs salt and pepper,” the first one said, so some children ran to fetch salt and pepper. “Stones make good soup, but carrots would make it so much better,” the second traveller added. A woman replied, “Why, I think I have a carrot or two!” She ran to get the carrots. “A good stone soup should have some potatoes,” said the third traveller. Another woman said, “I think I can find some potatoes.” And off she went. The travellers said, “If only we had a bit of barley, this soup would be fit for a king!” And so another villager found some barley.

“The soup is ready,” said the travellers. Tables were set up in the square, and all sat down to eat. Never had there been such a feast. Never had anyone tasted such delicious soup made from stones! The mayor offered beds at his home for the travellers. In the morning, the villagers gathered to say goodbye. “Many thanks to you,” the people said, “for we shall never go hungry now that you have taught us how to make soup from stones!”



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Now let's finish making our stone soup! (Feel free to remove the stones first.)

1. Heat oil in a large pot over medium heat.
2. Sauté onions about 5 minutes or until translucent.
3. Whisk 1/2 cup of the vegetable stock and all the peanut butter into the onions until the mixture is smooth.
4. Add in the remaining vegetable stock, diced tomatoes with liquid, and red pepper flakes. Bring mixture to boil.
5. Reduce heat to medium-low, cover, and simmer for 30 minutes.
6. Stir in cabbage, sweet potatoes, carrots, and turnips. Cover. Simmer, stirring occasionally, for 30 minutes or until vegetables are tender.
7. Stir in zucchini and chicken. Simmer until zucchini is tender.
8. Season with salt and pepper to taste. Then enjoy!



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Play it forward: What did you learn?

Why did you each of you like or dislike the story? What made the soup taste good? How did the villagers change while the soup was cooking? What is the story's message? Why is sharing important — and what happens when people don't share?

Read John 6:5-13, the story of Jesus feeding the 5,000 with the loaves and fishes offered by a little boy. What happened when the little boy shared what he had? How did Jesus use the boy's gift? How do you think the boy felt when he saw so many people fed because he shared?

Then brainstorm ideas on how you can share this week. What about making your favourite cookies and giving them to a neighbour or friends at church with a homemade card or drawing?