

Onion and Garlic Soup

Fourth graders read the legend of Saul the Dreamer. All of them tried this soup and most came back for seconds.

Saul the Dreamer (http://www.meaningful-stories.com/taleweb/p000915/online_stories/onions)

Ingredients

4 onions, shredded fine
6 – 8 cloves of garlic, minced
2 stalks of celery, chopped
½ head of cabbage, shredded fine
olive oil
2 – 3 quarts of chicken or other broth.

Directions

Use enough olive oil to coat the bottom of the soup pot.

Saute the onions and garlic until it just starts to get golden.

Add celery and cabbage and stir fry for a couple minutes.

Add 2 - 3 quarts of chicken or other broth. We used organic Better than Bouillon at about 1/2 strength. Taste, it probably won't need salt.

Simmer until the vegetables are soft, about 15 minutes.

You might want to dress it up with parmesan cheese and black pepper, but the 4th graders all ate it as is.