

# Stone Soup

I'm not sure how many people remember the story of 'Stone Soup'. I've heard it many different ways, but the basic story is always the same. Someone who is hungry (beggar, soldier, hobo, ect.) offers to make stone soup when nobody has any food to share. He starts with a pot, some water and a stone. All during the making of the soup, he says out loud how good it would be if he just had 1 more item to add. By the end of the story he has made a pot of soup, getting all the ingredients from those who turned down his meal request earlier. He shares the soup and they all agree it was the best soup ever.

I've made something like stone soup for years with the various leftovers we have had. I don't think I actually used a stone, but I did call it stone soup once or twice. That is when I wasn't serving garbage or poison (family joke, no poison or garbage actually served. ☹ ). So when you have a lot of leftovers that won't quite make a meal, see if they could be added to a stone soup recipe.

## Basic Stone Soup

Cooked Meat

Seasonings

Vegetables

Noodles/pasta if desired

Stock

If the vegetables are fresh you will need to cook them in the stock before adding other ingredients. Use Chicken stock with leftover chicken or turkey. Beef stock with leftover Beef. For leftover Pork, you can use either or combine both. Vegetable stock is also good for all meats. For a cream soup, add milk and thickener of choice at the end of the cooking time. My favorite thickener is leftover mashed potatoes.

Varieties

Mexican – Go wild with your spices, use some taco seasoning. Use a tomato or vegetable stock. Good vegetables in this are corn, green beans, pork and beans, pinto, lima or kidney beans. Left over pasta sauce, marinara, sloppy joes works well.

Oriental – Try adding Ginger, cinnamon, nutmeg, soy sauce to the meal. This works well with leftover chicken. Add in oriental vegetables.

Beef Stew. Great when you have leftover beef on any kind. You can even make hamburger stew. Add stew vegetables and use mashed potatoes to thicken the stock.

Stone Chili – Left over Meatloaf, hamburgers, sloppy joe, ect. Add regular chili seasonings, some canned tomato soup and beans.

Try your own variations.

This also works with non leftovers. Just add ingredients until it tastes the way you want.

If you really want a group experience, have everyone (at least 4 people) bring a soup ingredient. Combine all at a Stone Soup party.