



COOK ALONG RECIPE:

White Bean Soup



SHOPPING LIST



- Carrots - 1, diced



- Celery - 1, diced



- Northern Beans - 1/2 cup



- Northern Beans - 1 cup pureed with 1 cup water



- Olive oil - 2 Tablespoons



- 1/2 teaspoons oregano & 1/2 teaspoon thyme



- Water - 2 cups



- Salt as needed



- Farro - 1/4 cup

PREP LIST

- Dice carrot and celery
- Puree beans
- Measure all ingredients

FINE MOTOR SKILLS



- Mixing



- Sprinkling

1

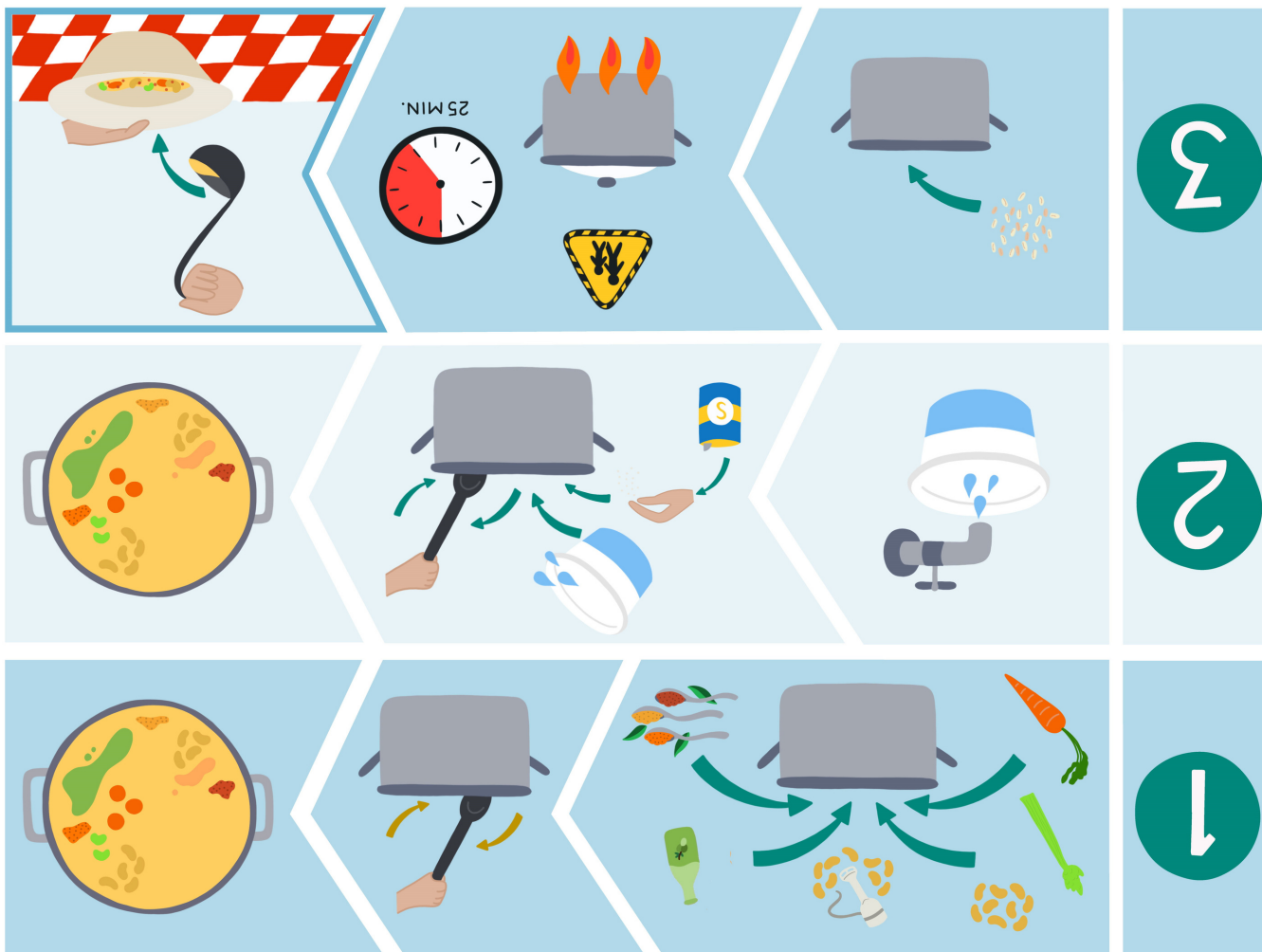
In a large pot combine the carrots, celery, beans, puree, oil and spices. Mix well.

2

Add in the water and 2-3 pinches of salt. Mix well

3

Add in the farro and stir to combine. Cover and cook over a medium low flame for 25 minutes, or until the vegetables are soft.



Fold

White Bean Soup

Tools:

	Spoon
	Pot
	Lid

