

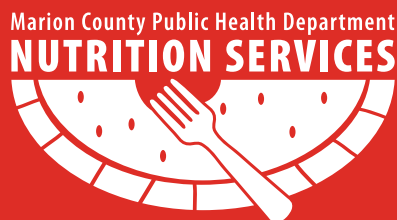


## ALPHABET SOUP

RECIPE MAKES 4-6 servings  
SERVING SIZE = 1 cup

### NUTRITION INFORMATION

Calories: 250  
Total Fat: 2 g  
Saturated Fat: 0 g  
Cholesterol: 2 mg  
Sodium: 754 mg  
Total Carbohydrate: 50 g  
Fiber: 4 g  
Sugars: 2 g  
Protein: 9 g



## ALPHABET SOUP

A simple toddler friendly alphabet soup, this soup is a fun way to make plain pasta more interesting (and nutritious). For this recipe, ABC pasta is fun, but you can use whatever type of small pasta you would like. Other small shaped pasta that work well include orzo, pastina (star shaped), or ditalini. Other vegetables that work well in this recipe include corn, diced zucchini, diced green beans, or diced tomatoes. To make this a more complete meal, add some protein like tender chicken or cooked tofu.

### INGREDIENTS

2 cups of frozen peas and carrots, or 1 can (*drained and rinsed*)  
4 cups reduced sodium vegetable or chicken broth  
2 cups small shaped pasta (*such as ABC, orzo, ditalini, or pastina*)  
½ teaspoon salt (*optional*)  
¼ cup marinara sauce (*optional*)  
Parmesan cheese (*optional*)

### DIRECTIONS

Add broth to a medium pot and bring it to a boil.  
Reduce heat to a simmer and add the pasta, cook for about 5 minutes (*or until pasta is mostly cooked*).  
Stir in the frozen vegetables and marinara sauce if using.  
Heat a few minutes more until the vegetables are warmed.  
Season with salt and top with parmesan if desired.

**Tip:** The pasta in this recipe will absorb the liquid as it sits and the soup will thicken. Add more broth if desired, or if re-heating left overs.

### RECIPE NOTES

**Pasta additions.** Buttered pasta and mac and cheese are classic childhood food staples. And while there is nothing wrong with those options, it's a good idea to get kids used to having vegetables with their pasta and with most meals. This recipe is a simple way to incorporate veggies into a familiar favorite. The fun pasta shapes offer a nice distraction to the mild veggies added to the pasta. If your child is hesitant to try the vegetables mixed with the pasta, offer them on the side. If your child isn't excited about marinara sauce in their pasta, try using a smaller amount.

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.