

## **Black Swallowtail Host Soup**

Second graders were offered this soup after reading books about the life cycle of the butterfly. We chose to feature the black swallowtail because it completes its life cycle in New Jersey.

### **Ingredients**

1 small package (Bell and Evans) chicken thighs (see vegan option below)  
olive oil  
1 small bulb fennel, diced  
¼ cabbage, shredded  
3 carrots, diced  
2 big handfuls parsley, chopped  
1 big handful dill, chopped  
½ cup uncooked rice  
1 quart chicken broth or Better than Bouillon organic broth base plus water

### **Directions**

Simmer the chicken for ½ hour in water to cover.  
Drain and cool enough to handle.  
Skin and bone, then shred the meat.  
Place a little olive oil in a soup pot, enough to coat the bottom.  
Add the fennel, cabbage, and carrots and stir fry for 3 minutes.  
Add the herbs and broth and chicken liquid.  
Return the chicken to the soup pot.  
Simmer 10 minutes, add rice and simmer another 12 minutes or until cabbage is soft.  
Add water as necessary to have enough broth.  
Salt and pepper to taste

For a vegan option, use vegetarian broth base and use a can of cannellini beans instead of the meat.