

## **Tops, Bottoms, and Middles Soup and Salad Recipe**

Kindergartners were offered this soup and salad after reading *Tops and Bottoms* by Janet Stevens.

### **Ingredients**

#### Bottoms:

1 large beet, with greens, if available. Scrub and peel the beet. Shred the greens.  
4 carrots, with tops, if available. Chop.  
4 radishes. Slice thin.  
1 onion, chopped

#### Tops:

4 stalks celery, sliced thin  
3 broccoli trees, tops separated from stems. Chop stems.  
half head lettuce

#### Middles

one bag frozen corn, or kernels from 3 ears of cooked corn

Olive oil or preferred fat

2 quarts chicken stock (we used Better than Bouillon at a little over half strength)

### **Soup**

Put enough oil in the soup pot to coat the bottom.

Saute the onion, 2 stalks celery, 2 carrots and broccoli stems until onion starts to get golden.

Add shredded beet greens and carrot tops, if available

Halve the beet and add to the pot with the stock.

Simmer until the beet is soft, remove the beet.

Add the corn for the last couple minutes of simmering.

### **For the veggie plate or salad:**

Arrange the broccoli tops, 2 carrots, lettuce, radishes, 2 celery, lettuce and cooked beet slices on a platter. This can be used to have the children taste test and compare for values like sweetness, texture or color. Alternatively, serve with salad dressing.