

Disney FROZEN

SING-ALONG EDITION

Try your hand at one of Arendale's favorite local soups. YUM!



WINTER SOLSTICE SOUP



Ingredients:

- 6 cups Vegetable Stock
- 3 cups Chopped Potatoes
- 3 cups Chickpeas, cooked
- 3 cups Brown Rice, cooked
- 3 cups Chopped Kale
- 1/2 cup Chopped Onion, fine
- 3 Tbsp Extra Virgin Olive Oil
- 4 Cloves Garlic, minced
- 3/4 tsp. Sea Salt
- 1/2 tsp. Black Pepper
- 1/2 tsp. Thyme
- 1/2 tsp. Marjoram

This recipe is meant to be prepared by an adult. Children should only help under close supervision.

Preparation:

1) In a large pot, heat olive oil on medium high. 2) Add chopped onion and cook for 3 minutes. 3) Add garlic, chickpeas, kale, salt and 1/2 a cup of vegetable stock and sauté for 5 minutes. 4) Add all the rest of your ingredients and bring to a boil. 5) Once boiling, reduce heat to simmer, put a lid on your pot, and cook for 45 minutes. 6) Test your soup and add additional seasoning to taste. If your soup is too thin, cook longer with the lid off. If your soup is too thick, add some more vegetable stock and seasoning to taste.

NOW ON DVD & DIGITAL HD



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