



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Stone Soup

Ingredients:

- 5 cups water
- 2 cups low sodium beef broth
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1½ cups chopped carrots
- ½ head of cabbage, sliced in wedges
- ½ pound stew beef or leftover roast beef, cubed
- 3 large potatoes, cubed
- ½ large sweet onion, chopped
- ½ cup quick cooking barley

Makes 10 servings - 10% calories from fat

Instructions:

1. In a 5 quart stew pot, add all the ingredients.
2. Bring to a boil then reduce heat and simmer for 20-25 minutes.

Nutrition Facts	
Serving Size 1 1/2 cup	
Servings Per Container 10	
Amount Per Serving	
Calories 180	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 290mg	12%
Total Carbohydrate 32g	11%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 11g	
Vitamin A 70%	• Vitamin C 40%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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