OKLAHOMA STONE SOUP

1. Cook the bacon in a large cooking pot. Put the bacon aside and brown the onion in the bacon fat. Add the beef, and stir until it is browned on all sides.
2. Transfer all to a crock pot. Add two cups of water, and let it cook while students decide which Oklahoma vegetables they want to add (at least three—Encourage students to try vegetables they have never tasted before.)
3. Prepare the vegetables and add them to the pot.
4. Let the soup cook in the crock pot on high for 2-3 hours.
5. Serve with crackers, corn bread or fresh bread.

INGREDIENTS
one pound beef chuck roast, cubed
3-4 slices of bacon
1 small onion
At least three of the following vegetables commonly grown in Oklahoma gardens:
canned tomatoes
carrots
corn
potatoes
green beans
peppers
okra
squash
cabbage
greens (collard, kale, mustard, Swiss chard)
peas
turnips