

BEAR'S VEGETABLE SOUP

Makes 2 servings.



Be sure to ask a grownup whenever you are cooking in the kitchen!



HERE'S WHAT YOU DO:

1. Heat the oil in a pot over medium heat. Add the onion and sauté for 1 minute, stirring frequently.
2. Add the carrot and celery, and sprinkle in the salt, pepper, and oregano. Cook for 2 to 3 minutes. Stir in the potato and sauté for 1 minute.
3. Pour in the water or vegetable stock, add the tomato paste, and bring to a boil. Reduce heat to low and cook, stirring occasionally. Cook for 15 minutes or until vegetables are tender. Stir in the basil and heat through.

Now you are ready to share your soup with a friend—
chicken, bear, or kid!

A Note about Black Bears

(for kids and fearful chickens!)

Black bears are only found in North America and mainly live in forests. They are mostly vegetarians with their diet made up of grass, leaves, wild berries, nuts, seeds, and insects. Black bears have a great sense of smell and will travel far to find food, sometimes entering into campsites and garbage bins. They are not picky eaters!

