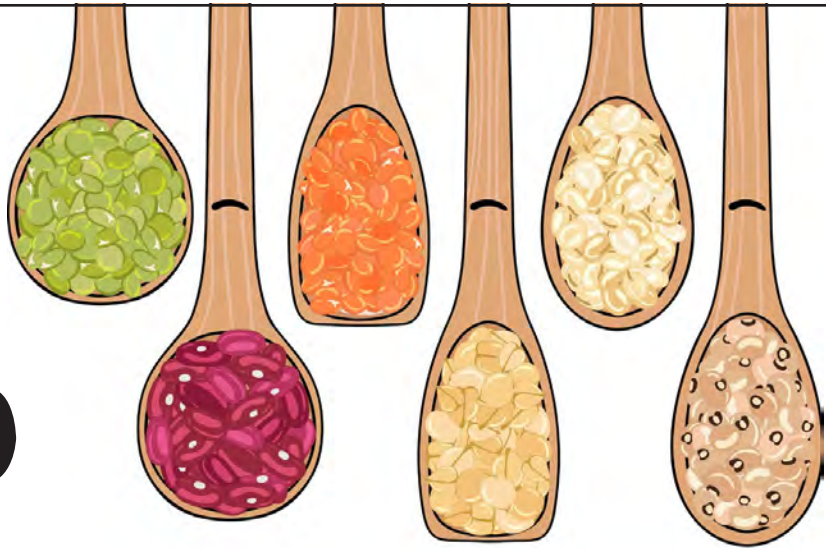


## Bean Soup

Use with Kindergarten in Session 2.

# Bean Soup



**Ingredients:** dry kidney, pinto, and black beans; dried onions; dried parsley; garlic powder; chili powder; salt; and pepper

**Supplies:** [Allergy Alert Chart](#); clean, dry pint jars with lids; plastic bowls; small bowls; small scoops; snack-sized plastic ziplock bags; 1/4 teaspoon measuring spoons; card stock; "Bean Soup" (see page 2); hole punch; ribbon; scissors

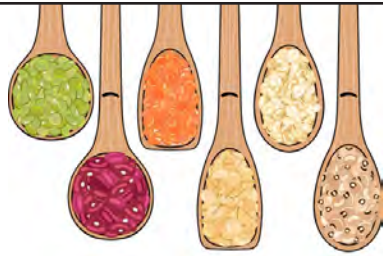
### Directions:

1. Ask parents to collect bean soup ingredients. Copy "Bean Soup" directions on card stock. Cut into individual cards.
2. Post the allergy alert chart. Arrange an assembly line of ingredients.
  - \*Add beans to different bowls. Place a small scoop in each bowl.
  - \*Add herbs and spices to different bowls. Place a 1/4 measuring teaspoon in each bowl.
  - \*Open plastic ziplock bags.
3. Have preschoolers wash their hands. Give each an empty jar. Instruct them to walk along the assembly line and add one scoop of each type of beans to a pint jar.
4. Give each preschooler a plastic ziplock bag. Help them add 1/4 teaspoon of each herb and spice to their bag. Seal the bags. Let preschoolers add a spice bag to each jar of dried beans.
5. Allow preschoolers to add lids, punch a hole in one corner of a "Bean Soup" card, and tie it around a jar with ribbon. Continue until all jars are complete.
6. Pray together with preschoolers that the homebound church members who receive "Bean Soup" will be encouraged and remember that Jesus loves them. Give each preschooler a jar to take home to deliver with their parents when they visit a homebound church member.

\*Adapted from [Big Enough to Help Others](#), page 47-48.



# Bean Soup

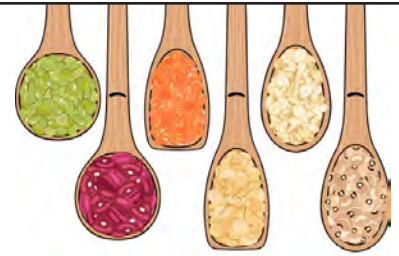


## Directions:

1. Boil three cups of water in a large, covered pan.
2. Add the beans. Empty the spice bag into the pan. Stir well.
3. Cover. Bring to a boil. Reduce heat and simmer until beans are done. Add additional water if needed.
4. Serve with rolls, bread and butter, or crackers.
5. Enjoy!



# Bean Soup

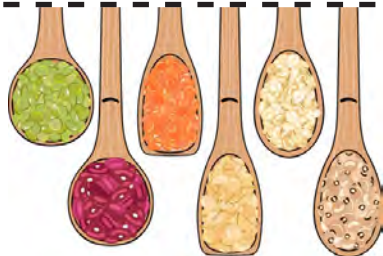


## Directions:

1. Boil three cups of water in a large, covered pan.
2. Add the beans. Empty the spice bag into the pan. Stir well.
3. Cover. Bring to a boil. Reduce heat and simmer until beans are done. Add additional water if needed.
4. Serve with rolls, bread and butter, or crackers.
5. Enjoy!



# Bean Soup

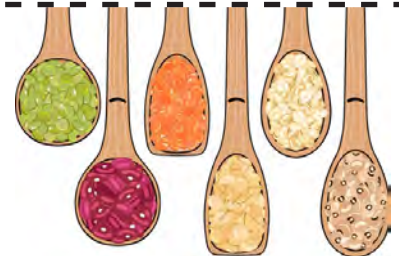


## Directions:

1. Boil three cups of water in a large, covered pan.
2. Add the beans. Empty the spice bag into the pan. Stir well.
3. Cover. Bring to a boil. Reduce heat and simmer until beans are done. Add additional water if needed.
4. Serve with rolls, bread and butter, or crackers.
5. Enjoy!



# Bean Soup

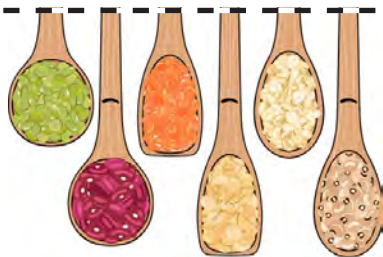


## Directions:

1. Boil three cups of water in a large, covered pan.
2. Add the beans. Empty the spice bag into the pan. Stir well.
3. Cover. Bring to a boil. Reduce heat and simmer until beans are done. Add additional water if needed.
4. Serve with rolls, bread and butter, or crackers.
5. Enjoy!



# Bean Soup

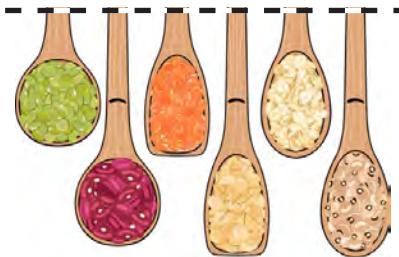


## Directions:

1. Boil three cups of water in a large, covered pan.
2. Add the beans. Empty the spice bag into the pan. Stir well.
3. Cover. Bring to a boil. Reduce heat and simmer until beans are done. Add additional water if needed.
4. Serve with rolls, bread and butter, or crackers.
5. Enjoy!



# Bean Soup



## Directions:

1. Boil three cups of water in a large, covered pan.
2. Add the beans. Empty the spice bag into the pan. Stir well.
3. Cover. Bring to a boil. Reduce heat and simmer until beans are done. Add additional water if needed.
4. Serve with rolls, bread and butter, or crackers.
5. Enjoy!

