

***Servings: 20 (small cups)**

Ingredients

- 1 cup of diced potatoes
- 1 small diced onion
- 1 can of pinto beans
- 1 can of sliced carrots
- 1 can of petite diced tomatoes
- 1 small can of mild green chile
- 1 can of corn
- 1 stalk of diced celery
- 1 pkg pre-cooked beef tips

Materials Needed:

- 1 Crockpot or roasting pan
- 1 can opener
- 1 ladle and scraper
- Cups and spoons (enough for the class)
- Napkins
- *Tops and Bottoms* book

Helpful Hint:

- Veg-all Mixed Vegetables can be used instead, but be sure to check allergy info, prior to use.
- Show students ACTUAL vegetables WITH tops and bottoms still attached to give them a better understanding of the plant parts we eat.

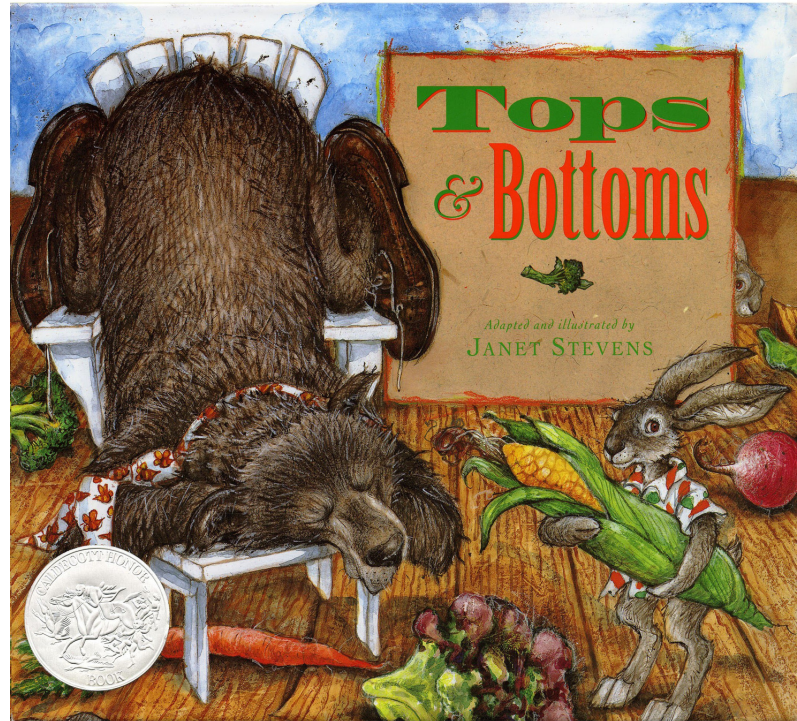
Directions

1. Place all ingredients in a crock pot or roasting pan to heat ingredients.
2. Read *Tops and Bottoms*, ask the following questions:
 - a. Do you think Hare tricked Bear? Why or why not?
 - b. In order to get the garden to grow, what were Hare's responsibilities?
 - c. Why wasn't Bear happy with his share of the garden?
 - d. What would you have done differently if you were Bear?
 - e. What were the vegetables grown in the story? Draw a picture of each and label the part you eat as top, bottom or middle.
3. Serve the soup and ask the students to draw the ingredients, labeling which part they are eating as a leaf, flower, root, seed fruit or stem.

Use this great recipe, along with the book, for a wonderful lesson teaching students to better understand how garden vegetables grow and what part of the vegetable plant they can eat.

'Tops & Bottoms', adapted and illustrated by Janet Stevens, is a story which has its origins in slave stories from the American South. In this trickster tale, a clever hare outwits the lazy bear while planting and harvesting the tops and bottoms of their vegetable garden.

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