

Delicious Vegetable Soup

Ingredients

- 1 Onion
- 3 stalks of celery
- 4 large carrots
- 1 can of chopped fire roasted tomatoes
- 1/4th cup water
- 2 medium peeled potatoes
- Mrs. Dash original spice – 2 teaspoons or whatever you like
- One carton of vegetable broth (I use low sodium)
- Green Beans
- 1/4th head of chopped cabbage
- 4 small or 2 large chopped zucchini

STEP BY STEP INSTRUCTIONS

Finely chop 1 medium onion, 3 stalks of celery and 4 large carrots, sauté in soup pan with a splash of vegetable broth.

Cook for about 10 minutes to soften then add a can of chopped tomatoes; your choice of flavors. I like to use fire roasted tomatoes.

Add quarter can water, swirl around the can to get all the remains.

Chop 2 medium peeled potatoes and add. Keep cooking at medium flame.

Use seasonings to your taste. You can make it with Mexican flavors, or Italian; whatever suits your taste. I like to use original Mrs. Dash spice.

Add one carton of vegetable broth. I use low sodium, but you can use whatever you like.

If you are using frozen vegetables be sure to defrost and rinse first. I like to use fresh vegetables, but frozen will also work.

Cook at a low boil for about 15 minutes, then add 1/4 head of chopped cabbage and 4 small or 2 large chopped zucchini.

You want them to stay firm, so make sure to add the cabbage and zucchini at the end.

Keep cooking until zucchini is cooked, but not overdone.

Delicious vegetable soup for a cold day with a slice of toasted sour dough bread.