

Recipe – Home Made Vegetable Soup

This is a wonderful soup to make when you have crudite leftover after a party.

Ingredients:

Long cooking vegetables

- One large onion
- 4 cloves garlic, minced
- 4 carrots
- 4 stalks celery
- 4 parsnips
- ½ head cabbage, shredded

Short Cooking Vegetables

- 2 cups green beans
- 1 head broccoli florets
- 2 cups cauliflower
- Salt/pepper to taste

Directions:

Chop up long cooking vegetables and sauté in enough olive oil to coat the bottom of the soup pot. If you let them brown, they will impart more flavor to the soup.

Add one large can organic diced tomatoes and enough broth to cover the vegetables plus an inch. Optional: a few dashes of hot sauce. Simmer until almost soft, about ½ hour.

Prepare short cooking vegetables: Green beans, broccoli, cauliflower and add to the simmering soup. Simmer until these vegetables are just done. Add broth if needed to make it more like a stew or soup, as desired.

Can be served alone or with some yogurt or Romano cheese.