

Versatile Vegetable Soup

Ingredients:

- 1 Tablespoon olive oil
- 1 cup diced celery
- ½ cup carrots
- 1 cup diced onion
- ½ cup diced green bell pepper
- 2 cups chopped green cabbage
- ½ Tablespoon minced garlic
- 1 envelope onion soup starter
- 16 ounces chicken broth
- 16 ounces vegetable juice
- 1 can diced tomatoes (herbs and spices OK)
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon dried thyme
- 1 teaspoon rosemary
- 1 bay leaf

Preparation Time: 30 minutes

Simmering time: 1 ½ hours

Yield: six 12-ounce servings

You will need a soup pot or Dutch oven.

Directions:

- 1) Heat the olive oil in the soup pot.
- 2) Sauté the celery, onion, carrots, and bell pepper until the onions begin to turn clear.
- 3) Stir in the cabbage, garlic and sauté a few minutes more.
- 4) Prepare the onion soup mix with 8 ounces of water. Add the prepared soup mix, chicken broth, vegetable juice, and canned tomatoes. Stir thoroughly and bring to a boil.
- 5) While waiting for the soup to boil, add the herbs and spices. Stir.
- 6) Simmer the soup on low for 1 ½ hours, stirring occasionally.
- 7) Take out the bay leaf before serving.

Substitutions:

- You can chop 4 ounces of packaged Cole slaw mix into small pieces in place of the cabbage.
- You can use Bloody Mary mix in place of vegetable juice, or a combination of both.

Additions/Options:

- 1 cup green beans, garbanzo beans or black beans
- 1 cup chopped vegetables such as mushrooms, broccoli, cauliflower, peas, or corn
- Chopped meats or sausages (such as turkey, beef, or chicken)
- 1 teaspoon of one or more: tarragon, turmeric, basil, chili powder, cumin, hot sauce
- Note: For each cup of additional ingredients, add an additional 8 ounces of broth.

Nutrition Per Serving:

Calories: 133, Fat: 13 grams, Carbohydrate: 13 grams, Fiber: 3 grams, Sugars: 7 grams, Protein: 7 grams