

Basic Soup

I made a half recipe the first time and I will make the whole thing from now on. I will freeze it in four cup amounts that will make plenty of soup for two.

Ingredients: 5 medium carrots, peeled and cut into 1-inch slices

3 medium celery stalks, sliced

3 medium leeks, cut into 1-inch slices, or 3 large onions, chopped

1 large garlic clove, minced

2 cans (28 ounces each) whole tomatoes in juice

1 small head savoy cabbage (about 1 ½ lbs). Thinly sliced.

2 medium parsnips, peeled and cut into 1-inch slices

½ cup chopped fresh parsley leaves

2 chicken flavored bouillon cubes or envelopes

1 teaspoon salt

½ teaspoon freshly ground black pepper

Directions: 1. Coat 8 qt. sauce pot with *nonstick cooking spray*. Over medium-high heat, add carrots, celery, leeks, and garlic. Cook, stirring occasionally, 5 min.

2. Stir in tomatoes with their liquid, breaking up tomatoes with side of spoon. Add cabbage, remaining ingredients, and *12 cups water*. Heat to boiling over high heat stirring occasionally.

3. Reduce heat to low; cover and simmer, stirring occasionally, 15 min. or until vegetables become tender. Add more salt and pepper if desired.

Makes about 25 cups; 40 calories per cup.