

Start-Fresh-Anytime Soup

Recipe By *Nitra Ladies Auxiliary*



Cooking and Prep: 
1.5 h

Serves:  25

No Allergens

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Vegan,
Paleo, Pescetarian, Gluten

Free

Source: The Heimishe
Kitchen (Nitra Cookbook)

Full of healthy vegetables and a cinch to prepare, this is one soup to save for the long winter months ahead.

Ingredients (13)

Main ingredients

- 1/2 pound **Beleaf Frozen Broccoli**
- 1/2 pound **Beleaf Frozen Cauliflower**
- 1/2 pound frozen green beans
- 1/2 bunch celery

- 2 large onions
 - 2 zucchini
 - 8 ounces shredded cabbage
 - 3 carrots
 - 1/4 pound mushrooms
 - 1 tomato
 - 2 teaspoons salt
 - dash of black pepper
 - 1/4 teaspoon garlic powder or 2 cubes **Gefen Frozen Garlic**
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Start Cooking

Make the Soup

1. Chop all vegetables.
2. Place vegetables into an eight-quart pot. Add water to cover and bring to a boil. Add seasonings and continue cooking for 50 minutes to an hour.
3. Remove one third of the soup, blend it, and return to the pot.

Note:

Freezes well.