



Vegetable Soup

INGREDIENTS:

1 t.	olive oil
½ c.	diced onion
½ c.	sliced celery
2 c.	diced potatoes
4 c.	vegetable broth
1 (10oz.) pkg.	frozen soup vegetables
1 (14 1/2 oz) can	diced tomatoes
1 t.	dried basil
½ t.	Tabasco sauce
¼ t.	salt
¼ t.	ground black pepper
3 c.	chopped cabbage

PREPARATION:

- On medium-high heat, in stock pot or Dutch oven, add oil.
- Stir in onion and celery for 2 minutes.
- Add potatoes and vegetable broth.
- Bring to a boil, reduce to simmer for 5 minutes, then add frozen vegetables, tomatoes and seasonings.
- Continue cooking another 10 minutes until vegetables are tender.
- About 5 minutes before service, stir in cabbage.

Yield: 13 cups

Number servings: 8

Serving size: 1 ½ cups

Calories per serving: 169

Fat grams per serving: 3

