



Hearty Vegetable Soup

Instructions:

Sauté the onions in 1 TBSP. of oil in a 6 quart pot.

Add the rest of the ingredients and simmer for 15 minutes. Mix occasionally.

Boil 8 cups of water separately.

Add boiled water to pot and cover.

Bring to a boil and lower to a simmer for 2 1/2 hours.

A 16 oz. bowl counts as 1 dinner side

Prep Time:

20 minutes

Cook Time:

3 hours

Ingredients:

2 large onions

1 TBSP. oil

1 cup tomatoes - cubed

1/2 cup small white beans

6 large carrots - cubed

5 stalks celery - cubed

2 zucchinis - unpeeled -
cubed

1 parsnip - cubed

1 cup butternut squash -
cubed

salt & pepper to taste