



Oma's Vegetable Soup

Instructions:

Coat a pot with olive oil and sauté the carrots, onions, parsnip, and celery for 10 minutes.

Add the rest of the ingredients and bring to a boil.

Lower the flame and let simmer for 1.5 hours.

A 12 oz. bowl counts as 1 dinner side

Prep Time:

15 minutes

Cook Time:

2 hours

Ingredients:

3 large carrots - chopped

1 small onion - chopped

1 small parsnip - chopped

2 stalks celery - chopped

2 quarts water

2 cloves garlic

1 TBSP. olive oil

1/2 cup rolled oats

1/2 cup peas

2 tomatoes - diced