

Back To Action Vegetable Soup

(a family heirloom recipe from Jenny)

Use: 6 quart Sauce Pot

INGREDIENTS:

2-3 boxes Trader Joe's Organic Vegetable Broth

Olive Oil

Onions (2)

Carrots (3lb bag)

Mushrooms (3/4 lb sliced)

Celery (8 stalks)

Garlic (2 cloves, crushed/pressed)

Cabbage (4 cups)

Cilantro (1/4 cup fresh chopped / 1/4 tsp dry)

Sage (1 tsp)

3 Potatoes (peeled, chopped/cubed)

Salt (to taste)

Pepper (to taste)

Lemon Juice (1/2 Lemon)

LET'S BEGIN...

In a 6 QT Sauce Pot Saute:

1/4 cup olive oil

Chopped Onions

... then add

sliced carrots

sliced mushrooms

chopped celery

saute above ingredients 20 min

... then add

fresh crushed/pressed garlic and

saute for 5 min

... then add

Trader Joe's Organic Vegetable Broth

water to make Sauce Pot 3/4 full

Lots of chopped cabbage

fresh/dried chopped cilantro

fresh/dried chopped sage

Salt / pepper

cubed potatoes

Let simmer on Low for 2-3 hours

FINAL STEP

... then add LEMON JUICE

SERVE ANYTIME!!