

# H. H. Vegetable Soup

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 1 hour

Makes: 6 quarts

**CC**hints: H.H. stands for Heart Healthy. This recipe makes a yummy drink but is also a vegetable soup. Either way it is high in vitamins and fiber and is good any time during the day puree as a drink for breakfast or as a bowl of soup for lunch or dinner. You can save a little time by buying carrots already sliced. Carole's Seasoning is a blend of herbs and spices that are used in this recipe as well as many others soups on this website. The recipe below makes enough for this recipe and store the rest for your next use.



28 ounce can diced tomatoes, undrained	1 teaspoon cumin
14 ounce can low sodium beef broth	2 teaspoons smoked paprika
3 cups water	1 teaspoon salt and dash of pepper
1 pound carrots, cut into bite size pieces	water
4 stalks of celery cut into bite size pieces	9 ounce bag fresh, washed spinach
2 cups frozen, sliced okra, thawed	
Half of a head of cabbage, core removed and chopped	
2 tablespoons Carole's Seasoning blend, see recipe below	
3 gloves of minced garlic, fresh or from a jar	
4 green onions, green and white parts diced	
14 ounce can green beans, any style, drained	
1 green bell pepper, diced	

You will need a large soup pot, at least 6 quarts, with a lid to cook this recipe.

Put the pot on the stove and add the tomatoes, beef broth and water. Turn the heat to medium and begin chopping the vegetables in the order they are listed. Add each to the pot as you chop. If the mixture comes to a boil before you have finished chopping, reduce the heat so it simmers until you have added everything up through the salt and pepper.

Add enough water to cover the vegetables and begin to add the spinach. Stir in a little at a time and wait a minute for it to wilt down and add more until all the spinach is in the pot. Cover the pot and allow the mixture to low simmer for 1 hour. Stir at least 3 times during the hour. After the hour has passed, remove it from the heat and allow it to cool down. You can enjoy it as a soup now or as a drink warm or cold.

Drink: To try it now while it is warm pour 1 cup of the mixture into a blender, making sure you have some of the broth. Cover and blend until purified. If it is too thick, add more broth or water and blend again. Pour into a glass and enjoy.

Store the mixture in a sealable container in the refrigerator for up to 5 days.

## Carole's Seasoning Blend:

1 Tablespoon + 1 teaspoon smoked paprika	1 Tablespoon salt
2 teaspoons chili powder	1 teaspoon black pepper
1 teaspoon cumin	1 Tablespoon garlic powder
1 Tablespoon onion powder	1 teaspoon dried thyme
1 Tablespoon dried oregano	1 teaspoon dried basil

Combine all ingredients thoroughly and store in an airtight jar or container in a dark location. Herbs will last long in a dark area. You can use this in a variety of recipes, like soups.