



## Hodge Podge Soup

(Serves 10 to 12)

- 1 cup chopped raw carrots
- 1 celery rib, chopped
- 2 medium onions, chopped
- 2 garlic cloves, minced
- 2 medium white potatoes, diced (about ¼ inches)
- 2 cups cold water
- 4 cups or 48 oz box of beef broth (or vegetable broth), divided
- 1 28 oz can of crushed tomatoes
- 2 cups frozen chopped broccoli
- 1 cup frozen green beans (cut to one inch pieces if necessary)
- 1 cup frozen chopped spinach
- 1 cup frozen peas
- 1 cup frozen corn
- ½ teaspoon dried basil or 1 tablespoon fresh basil, finely chopped
- 1 teaspoon sea salt
- 1 teaspoon red wine vinegar
- 1 tablespoon Worcestershire sauce (optional)
- black pepper (optional)
- grated Parmesan cheese (optional)

In a large pot (more than 6 cups), cook the first three ingredients in olive oil (about 1 to 2 Tbs.) until the onions are translucent.

Add minced garlic and cook for one minute or until fragrant.

Add potatoes, cold water, and 2 cups of broth to the pot. Bring the mixture to a boil and cook them for 15 minutes or until the potatoes are fork tender.

Add remaining 2 cups of broth and crushed tomatoes to the pot, and stir.

Add all of the frozen vegetables, basil, sea salt, red wine vinegar, Worcestershire sauce and black pepper.

Stir until well blended, and bring it to a boil.

Immediately reduce heat to low or med-low and let it simmer for 20 minutes, partially covered.  
Add more sea salt if necessary.

Serve in bowls or cups with grated Parmesan cheese on top if desired.

