

Vegetable Soup

eatrealfoodacademy.com



Preparation:

Today's recipe started with some left over chili, perhaps a cup or so.

Using a large saucepan, add diced celery and chopped onion.

Add in some mixed vegetables - broccoli, cauliflower, carrots, parsnip, ends of some asparagus - chopped small, ~1/2 cup of each.

Add 1 cup crushed tomatoes.

Add ~2 cups of water.

Salt and pepper to taste

Oregano and/or thyme optional

Cut spinach into small pieces and combine.

Simmer for ~1 hour.