

# Common Sense COOKING

## Vegetable Soup

Comment: the longer the vegetables are cooked, the better the taste. This can be made while you are doing other things, just check it periodically. Cooking the vegetables in olive oil improves their taste, plus it makes a meal that is filling and you are not hungry soon afterwards (dietary fat delays the time until hunger).

½ cup extra virgin olive oil  
1 medium onion, chopped (about 1 cup)  
1 cup chopped broccoli (defrosted if frozen)  
1 cup chopped spinach (defrosted if frozen)  
1 cup sliced/chopped carrots (fresh or defrosted if frozen)  
1 –28 oz. can of crushed tomatoes  
6 cups vegetable broth from bouillon  
8 oz. cooked small macaroni  
Salt, pepper, dried herbs (optional)

Heat the olive oil on medium in a large soup pan. Add the onions, stir to coat with oil and cook for about 5 minutes.

Then add the rest of the vegetables, stir to mix in and cook for about 30-40 minutes on medium-low. Stir the mixture every 5-10 minutes to make sure it does not burn. Add any seasonings.

Add the can of crushed tomatoes. Stir to coat and heat 15-20 minutes or longer.

When cooked as much as you want, add the vegetable broth. Heat through.

The soup can be frozen in individual servings. You can add cooked pasta, rice, potatoes or barley, if you like at the time of eating.

Makes approximately 12 cups

Total Calories per serving, ¼ of recipe - 515