

# Old-Fashioned Vegetable Soup



Preparation: **30 min.**

Cooking time: **30 min.**

Serves: **4**

## INGREDIENTS:

- 1 medium onion, chopped
- 1 bunch leeks (3 or 4), thinly sliced
- 1 cup thinly sliced celery
- 2 Tbsp. butter or margarine
- 1 green pepper, cut into thin strips
- 2 cans (14½ oz. **each**) chicken broth
- 2 medium potatoes, sliced
- 3 medium carrots, thinly sliced
- 1 tsp. salt
- ¼ tsp. dried marjoram leaves
- 1 bay leaf
- 2 cups milk
- ¼ cup chopped parsley
- 1 cup frozen peas, thawed
- Freshly grated nutmeg, optional

Recipe may be halved or doubled.  
For 8 servings, use only 3½ cups milk.

## PREPARATION:

- 1** Saute onion, leeks and celery in heated butter in a 5-quart kettle or Dutch oven. Cook until onions are tender.
- 2** Stir in green pepper. Cook 1 minute longer. Add broth, potatoes, carrots, salt, marjoram and bay leaf. Bring to a boil. Cover. Reduce heat and simmer 20 to 25 minutes, until potatoes are tender.
- 3** Stir in milk, parsley and peas. Heat uncovered, stirring occasionally, until soup is steaming hot. Season with nutmeg, if used.

**Tips:** This thrifty soup will be even more economical made with 3½ to 4 cups of your own chicken broth. When you cut up a chicken or bone chicken breasts, freeze bones and trimmings (wing tips, backs, necks) until you have a quantity. Then simmer with chopped onion, carrot, celery, salt, whole peppercorns, a pinch of thyme, parsley sprig and water to cover, for several hours until liquid is flavorful. Strain, cool and freeze.

All nutritional information is per single serving.

Protein.....13 g

Carbohydrates.....47 g

Calories.....330

Fat.....5 g

Calcium.....243 mg

Sodium.....693 mg

Cholesterol.....15 mg