

Healthy Garden Veg. Soup

**8-10 MEDIUM ROMA TOMATOES (SKINS
 REMOVED, CHOPPED)**
OR 28 OZ. CAN DICED TOMATOES
4 CUPS WATER
1 LARGE CARROT (PEELED, SLICED THIN)
1/2 CHOPPED ONION
1/3 CUP FRESH PEAS (OR FROZEN)
**1/3 CUP FROZEN SHOE PEG CORN (NOT
 CANNED OR SWEET CORN)**
1/4 LARGE CABBAGE (CHOPPED)
1 GARDEN SWEET BANANA PEPPER (OPTIONAL)
1 TSP. ORIGINAL MRS. DASH
1/2 TSP. GOYA VEGETABLE & SALAD BLEND
**2 TSP. ORGANIC BETTER THAN BOUILLION BEEF
 LOW SODIUM**
**OR 1 LARGE CUBE KNORR BEEF
 BOUILLION**
SALT & PEPPER (TO TASTE)

Add any vegetable of your choice (chopped fresh cabbage, cut green beans, peas, etc.) Just use what you have in freezer or refrigerator!

Combine all ingredients, simmer on lowest setting for 1-2 hours. Make cornbread and enjoy! Serves 3-4 persons.