

## *Vegetable Soup for Two*

**1 TSP. MRS. DASH ORIGINAL BLEND**  
**1 RUSSET POTATOES (PEELED, QUARTERED, AND CUT UP)**  
**1 LARGE CARROTS (PEELED AND CUT INTO ROUNDS)**  
**1CUP V8 OR MIXED VEGETABLE JUICE**  
**1CUPS WATER**  
**1 CAN DICED TOMATOES**  
**1/4 CUP CHOPPED ONION**  
**1/2 LB DRAINED BROWNED GROUND CHUCK**  
**2 CUPS FROZEN MIXED VEGETABLES OR VEGETABLES YOU HAVE ON HAND FROZEN OR FRESH**  
**SALT & PEPPER TO TASTE**

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 and bring to a boil for about 20 minutes. Turn down to lowest setting and simmer 2 hours. Make some cornbread and enjoy! Serves 2-4 persons.