



MILESTONE' S FAMOUS VEGETABLE SOUP

INGREDIENTS:

- 2.5 pounds russet potatoes, peeled and diced
- 2 large carrots or 2 cups baby carrots, sliced
- 1 medium onion, chopped
- 6 cups water*
- 2 tablespoon vegetable base paste (Better than Bouillon is a good brand that's readily available)*
- 1-28 oz can diced tomatoes
- 1 15 oz can tomato sauce
- 1.5 tsp black pepper
- 1.5 tsp. dried oregano
- 1.5 tsp. dried basil
- 8 cups frozen mixed veggies
- 2 cups frozen lima beans

In a large stock pot at potatoes, carrots, onion, water, base, tomatoes and spices. Bring to a boil and simmer for an hour. Add frozen veggies and cook 30 minutes longer.

*The water and base can be replaced by vegetable broth if preferred. Also, if you don't mind if its not vegan, you can use chicken bone broth for added protein.

Recipe courtesy of,
Center Café Chef, Teresa McKenna

