

Autumn Vegetable Soup

½ cup onion (chopped)

2 cloves garlic (minced)

In soup pot sauté onion in 1 tbs olive oil over medium heat until soft. Add garlic and sauté 1 minute.

½ cup each: kale, cabbage, carrots, red or green sweet pepper, celery, potatoes (chopped) Whatever you have...clean out your refrigerator

½ tsp each salt, dried basil, dried oregano

1/8 tsp pepper

Add and sauté a little, then turn heat down to low, cover pan, and let cook about 5 minutes, stirring occasionally.

2 cups cooking liquid or vegetable broth

1 cup tomato juice

¾ cup cooked beans

½ cup corn

2 tsp dried instant barley

2 tsp alphabet or orzo pasta

1 ½ Tbs. red cooking wine (optional)

Add and bring to a gentle boil and simmer about 15 minutes.

½ cup tomatoes (chopped)

1 Tbs fresh parsley (chopped)

Add tomatoes and parsley, simmer another few minutes