

EASY **Vegetable Soup**

Ingredients

- 3 Tablespoons cooking oil
- large uncooked onion, chopped
- 1 ½ cups carrot – can be fresh, canned or frozen
- 1 cup chopped celery
- 28 oz. canned tomatoes
- 60 oz. vegetable broth
- 3 potatoes (peeled and diced) or 2 cans of potatoes
- 1 green beans -canned or frozen
- 1 corn – canned or frozen
- 1 peas – canned or frozen
- 2 tsp salt
- 1 tsp black pepper

Instructions

1. Heat cooking oil in a large stockpot over medium-low heat. Add onion, carrots, and salt; cook, stirring often, until onion is soft and translucent, about 8 minutes.
2. Add celery, canned tomatoes, broth, potatoes, green beans, corn, peas, pepper, and increase heat to high; bring to a boil.
3. Reduce to low heat and cook for 20 minutes to heat through.

Suggestions:

- Remove any of the vegetables you do not have or do not like!
- Add beef if desired.
- Can be frozen for other meals in the future.
- Add kidney, pinto, or black beans if desired.



SUPER EASY **Chicken Noodle Soup**



Ingredients

- 2 tsp butter
- large uncooked onion, chopped
- 1 ½ tsp salt
- 64 oz chicken broth
- 1 ½ cup uncooked pasta/noodles
- 10 oz frozen or 1 can mixed vegetables, such as peas, carrots, corn, green beans
- 15 oz canned tomatoes, rinsed and drained
- 1 can chicken breast- drained
- 1 Tbsp grated Parmesan cheese
- ¼ tsp black pepper

Instructions

1. Melt butter in a large stockpot over medium-low heat. Add onion and ½ teaspoon salt; cook, stirring often, until onion is soft and translucent, about 10 minutes.
2. Add broth and increase heat to high; bring to a boil.
3. Stir in pasta, vegetables and tomatoes; cook until pasta is done, about 7 minutes.
4. Stir in chicken, cheese, remaining 1 teaspoon salt, pepper; reduce to low heat and cook for 20 minutes to heat through.

