

Kitchen Sink Soup or “Left Over” Soup

Ingredient Amount Suggestions for 4 servings

Liquid

- 4 cups broth, milk, tomato juice, or in combination with water

Vegetables

- ½ medium onion, chopped
- 1½ cups any vegetable(s) (canned, frozen, fresh or leftover)

Meat and/or Beans

- 1 cup combination cooked meat and cooked or canned beans, drained

Starch or Thickener

- 1 cup cooked rice, barley, noodles, pasta

Seasonings

- 1 tablespoon vegetable oil
- 1 clove garlic, minced (optional)
- ½ teaspoon salt, ⅛ teaspoon pepper, herbs or spices to taste

1. In saucepan over medium heat, add oil and onions. Cook for 5 minutes or until onions are soft. Add optional garlic, cook 1 minute more.

2. Add liquid to onion mixture; bring to simmer.

3. Add vegetables, cooked meat and/or beans and starch or thickener. Cook until everything is hot and starch ingredient is cooked.

4. Add remaining seasonings. Cook an additional 5 minutes to combine flavors.

