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Hearty Vegetable Soup

Yields: 5 quarts (10-12 servings)

- 1-46 oz. can vegetable juice
- 1-15 oz. can kidney beans
- 1 lb. cooked and drained ground beef
- 4 medium size potatoes
- 6 medium carrots
- 1 yellow onion
- 1-10 oz. pkg. frozen peas
- 1-10 oz. pkg. frozen corn or 1-15 oz. canned corn, drained
- salt and pepper
- basil
- bay leaf
- chili powder

Cut the carrots into round pieces and potatoes into cubes. Cut the onion into squares. Place the carrot, potatoes, and the onion into a microwave safe bowl with 1 cup water. Microwave for 15 minutes until vegetables are tender.

Place vegetable juice, carrots, potatoes, onions, beans, salt and pepper, and seasonings into a pot. Place on stove on low heat, until heated through. Add peas and corn and continue heating until peas and corn are soft and hot. Add ground beef. Make sure all ingredients are warm. Season to taste.

Serve with cornbread, toast, biscuits or rolls. You can grate some cheddar cheese into the bowls of soup. Feel free to adjust the ingredients and seasoning to you and your family's taste. Leftovers can be frozen and heated for later meals.

Easy Cornbread

- 1 1/4 cups all-purpose flour
- 3/4 cup corn meal
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 1/4 cup vegetable oil
- 1 egg, beaten

Heat oven to 400°F. Grease 9x9 inch pan. Combine flour, corn meal, sugar, baking powder, and salt. Stir in milk, oil, and egg, mixing just until all ingredients are moistened. Pour batter into greased pan. Bake 20 to 25 minutes or until light golden brown and wooden pick inserted in center comes out clean. Serve warm.

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Designed by MarLee Harris, Utah State University Dietetics student



For more information contact your county Utah State University Extension Office.