

Vegetarian Vegetable Soup by Alexandra Prevost [low salt]

1T minced garlic
½ stick of butter, [no-salt]
1½ T of Olive Oil
1T, Mrs. Dash, no-salt, original
1T dried shallots
2T Italian Seasoning
1 teasp salt [for entire pot]

2 cups of sliced carrots
1½ cup of sliced celery
1 Large sweet onion, sliced and diced
½ green pepper cut up

4 cups of quartered, small, white potatoes [already steamed and cooked in the microwave.]
2, 32oz veg stock non/gmo, fat free, broth
2, cans 14.5 oz diced tomatoes
2, 6oz cans tomato paste
2, cans, low sodium, great northern beans
4 T chopped-up fresh parsley
1 pkg of mixed frozen peas, corn, green beans

Directions:

-Place the first 7 ingredients in a large pot and mix together on medium high heat until butter melts.

- Place the next 4 ingredients in the pot and put on medium heat. Stir the carrots, celery, onion, and green pepper in the butter mixture and stir until onions become clear.

-Add in the remaining 7 ingredients and cook together until the soup boils, then turn heat to low for about 30 minutes. Pepper and salt to taste. Serve.