

HOT SOUP

Updated by Larry L Reutzel 12/26/2023

OVERVIEW

PREP in 6 quart container mix cold store in fridge

1 ¼ Gallons makes 10 2 Cup Servings

HEAT a serving when ready

Pour COLD SOUP over CRUCIFEROUS GREENS Then HEAT

add 1/4 Cup **WALNUTS** raw unsalted for taste & health

plus 1 TABLEspoon **FLAX SEEDS** raw ground for taste & health

plus 1 TABLEspoon **NUTRITIONAL YEAST** for taste & health

COLD SOUP

SOUP BASE TOMATOES

e.g. Colavita CRUSHED Tomatoes

7 Cups

FOUR 14 fluid ounces food packs

Pre-Cooked PROTEIN of choice

e.g. FOUR cans total of Kidney / Pinto / Other Beans

7 Cups

tasty & healthy

(do Not Drain)

Add various healthy veggies & flavors of choice to taste

ONIONS	CELERY	PEPPERS	1	Cup	frozen diced
CARROTS	PEAS		1	Cup	frozen diced
FROZEN CORN			1	Cup	frozen diced
MUSHROOMS	Drain	8 oz can	1	Cup	pre-cooked
SOUP BASE	WATER		2	Cups	(distilled, filtered)

Ground	BLACK PEPPER	1	<u>TABLE</u> spoon
No Salt	ITALIAN SEASONING	1	<u>TABLE</u> spoon
Minced	GARLIC	1	<u>TABLE</u> spoon

OPTIONAL warm spicy flavors

below are suggested MAXIMUM starter amounts
because various people have different taste sensitivities

Crushed	RED PEPPER	1/2	teaspoon
Ground	CUMIN	1/8	teaspoon
Ground	PAPRIKA	1/8	teaspoon