

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 TABLEspoon

No Salt **ITALIAN SEASONING** 1 TABLEspoon

Minced **GARLIC** 1 TABLEspoon

Crushed **RED PEPPER** 1/4 teaspoon

Ground **CUMIN** 1/8 teaspoon

Ground **PAPRIKA** 1/8 teaspoon