

Vegetable Soup

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*1 soup bone
salt
1 onion, chopped
1 head cabbage, chopped
4 carrots, chopped fine
3 parsnips, chopped fine
2 potatoes, chopped
1/2 cup pot barley
1 bay leaf
2 small chili peppers
dill (to taste)
parsley (to taste)
1 can (16 ounce) peas,
drained
1 quart tomatoes, chopped
2 cups cream*

Place the soup bone in a pot with one gallon of water. Boil for one hour.

Add the salt, onion, cabbage, carrots, parsnip, potatoes, barley, bay leaf, chilli peppers, dill and parsley.

Let boil slowly for one hour.

Add the peas, tomatoes and cream. Bring to a boil.

Serve.

Per Serving (excluding unknown items): 2362 Calories; 126g Fat (45.8% calories from fat); 46g Protein; 289g Carbohydrate; 67g Dietary Fiber; 418mg Cholesterol; 458mg Sodium. Exchanges: 12 Grain(Starch); 16 1/2 Vegetable; 24 Fat.