

Culinary Creations

Spring Vegetable Soup

Cooking Time: 30 mins Yielding: 4 Servings Level: Easy

Ingredients:

- 1 tbsp. extra-virgin olive oil
- 1/4 red cabbage, finely shredded
- 2 ripe tomatoes, chopped)
- 1/2 cup canned artichoke hearts, drained
- 1 cup green peas
- 2 1/2 cups vegetable juice or
- 2 teaspoons dried basil
- Salt and pepper, to taste

Instructions:

In a large soup pot, heat oil over medium heat. Saute cabbage, tomatoes, artichoke hearts and peas for 10 minutes. Add tomato juice and water. Bring to boil. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot. Serve in individual serving bowls. Season to taste with salt and pepper.

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