

## Soup/Vegetable Soup

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This vegetable soup is based on Ruth Frye's classic soup, enjoyed by her children and grandchildren for many years.

- A: 1kg tomatoes, cut into small chunks  
1L water  
1 head cabbage, chopped  
400g carrot, chopped  
300g celery, chopped  
300g hot peppers, chopped  
2 onions, chopped  
1T salt  
1T pepper

- B: 450g white beans, cooked  
1kg ground beef, sauteed  
2t red pepper flakes

1. Bring (A) to boil slowly in large pot. Simmer for a few hours, covered.
2. Add (B) and simmer for 30 minutes more.

