

Vegetable Soup



Makes:

8

Utensil:

Saladmaster Food Processor
7 Qt./6.6 L Roaster with Cover

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Recipe:

Contributed By:

Diana Valenciano

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Recipe Description:

Perfect to make in your 7 Qt. Roaster with Cover, this vegetarian soup is simple, healthy and can be served hot or cold! Serve with your choice of rice or on it's own!

3 garlic cloves, use Cone #1
1 yellow onion, use Cone #2
3 celery stalks, use Cone #2
½ head of cabbage, use Cone #2
2 medium tomatoes, diced
2 tbsp
tomato paste
(32
g)
1 package
frozen vegetable medley
4 tbsp
fresh parsley, divided

(11
g)
1/2 lemon, juice
4 cup
vegetable stock
(950
ml)
salt & pepper to taste (optional)

Directions:

1. Preheat roaster over medium heat. When several drops of water sprinkled in roaster skitter and dissipate, add onions, celery, garlic and tomato paste. Saute for 4 minutes.
2. Add tomato and half of the parsley, saute for 3 minutes.
3. Add mixed vegetable medley, cabbage and vegetable stock. Cover. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 30 minutes.
4. Squeeze in lemon juice from half a lemon and add remaining parsley.
5. Cook for an additional 3 minutes. Serve hot or cold.

Nutritional Information per

▼ Serving

Calories: 129
Total Fat: 2g
Cholesterol: 1mg
Sodium: 879mg
Total 23g
Carbs:
Dietary Fiber: 4g
Sugar: 2g
Protein: 5g