

When I heat up an individual serving of the soup for myself, I like to add meatball halves and shredded cheese.

Marie Rice

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Veggie Soup

Cooking Time - Approx 3.5 hours

2 large onions, diced
10 medium-to-large zucchini - peeled, quartered and sliced
6 medium yellow squash - peeled, quartered and sliced
5lb bag of carrots, shredded
4 (10 oz) packages frozen chopped spinach, thawed
2 Tbsp white sugar
2 Tbsp black pepper
1 Tbsp basil
2 Tbsp thyme
2 Tbsp oregano
2 Tbsp minced garlic
6 (28 oz) cans peeled and diced tomatoes

In a large stock pot (I use my 16-qt pot), cook onions until translucent. Stir in zucchini, yellow squash, and carrots and cook until just tender. Stir in remaining ingredients and stir well. Adjust seasoning as needed. Reduce heat, cover and simmer 3 hours, stirring occasionally. Makes approximately 13 quarts.

Freezes well.

Notes:

* Add extra black pepper or some cayenne pepper to make it a bit spicy. ~grin~

* Substitute or add in other vegetables if you desire - mushrooms, green bell pepper, red bell pepper, yellow bell pepper, etc.

* If you don't have a pot large enough for this size batch, just halve the recipe.