

Autumn Soup - Weight Watchers

1 cup ch. onion

4" hot water

1" each diced carrots + celery

2 can each mushrooms + gr. beans

2 tsp salt + $\frac{1}{2}$ tsp pepper

2" veg bullion (liquid)

1 bay leaf

6 whole tamales or 1 qt canned

Heat - can freeze.