

* Hot + Low Vegetable Soup

- 2/3 c. sliced carrots
 - 1/2 c. chopped onion
 - 2 Claves garlic minced
 - 3 cups veg. broth or chicken (veg. better)
 - 1 1/2 cups sliced green Cabbage
 - 2 cans (14.5 oz ea) tomatoes (basil & oregano)
(onions & garlic)
 - 1/2 cup green beans
 - 1/2 cup frozen corn
 - 1 tablesp tomato paste
 - 1/4 tea. oregano
 - 1/4 tea salt
 - 2 tablesp balsamic balsamic vinegas
 - Hot red pepper sauce (opt)
- (30 mins)* Sauté first 3 ingredi.