

All you Can Eat Soup Diet (Basic)

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| 5 med. carrots cut 1" slices | 2 med. parsnips (1" slices) |
| 3 med. celery stalks | 2 packages (5 ounces each)
baby spinach leaves |
| 3 large onions | 1/2 cup chopped fresh
parsley |
| 1 large garlic clove minced | 2 chicken bouillon cubes |
| 2 cans (28 oz each) tomatoes | 1 tea. salt |
| 1 small head savoy cabbage
(1 1/2 lbs thinly sliced) | 1/2 " pepper |

Spray 8 qt sauce pan - over med. heat add
carrots celery onions & garlic. Cook 5 mins

Stir in tomatoes, add cabbage & 12 cups
water - bring to boil - reduce & simmer till
cooked. 25 cups.

Can be frozen.

Add ins for soup when re-heating.

- ① To 2 or 3 cups basic soup add chicken cooked breast cut in chunks ($\frac{2}{3}$ cup) - 3 tablespoons rice
1 tea soy sauce & $\frac{1}{4}$ tea. thyme.
- ② To 2 or 3 cups basic soup - stir in
 $\frac{1}{2}$ cup drained canned garbanzo beans, 2 teas
lemon juice, & $\frac{1}{2}$ tea vegans.
- ③ Combine $\frac{1}{2}$ tea Curry powder & $\frac{1}{2}$ tea oil. Cook
over low heat 1 minute stirring constantly
add $\frac{1}{2}$ cup drained lentils & $\frac{1}{2}$ cup sweet potatoes
add to basic soup.
- ④ to soup add $3\frac{1}{2}$ ounces cooked roast beef, 2 tea
dijon mustard.
- ⑤ To soup add $\frac{1}{2}$ cup corn - 2 teas lemon juice
& $\frac{1}{4}$ ^{tblsp} ground cumin.
- ⑥ $\frac{2}{3}$ cup chicken - 2 tblsp alphabet macaroni
 $\frac{1}{4}$ cup water