Guadalupe’s Vegetable Soup

From the kitchen of Guadalupe Escandòn, Eagle Pass
Preparation time: 45-60 minutes
Number of servings: 10

Ingredients:
- 1½ gallons water
- 10 small red potatoes, chopped
- 2 cloves garlic, crushed
- 2 squash, cut into slices
- ½ large onion, chopped
- 1 pound baby carrots
- 2 medium tomatoes, chopped
- 10 ounces corn
- 1 teaspoon margarine
- ½ pound green beans (fresh or frozen)
- ½ head of cabbage, shredded
- ½ pound mushrooms, sliced
- 4 cups broccoli florets
- 4 sprigs cilantro
- 4 cups cauliflower, chopped
- Salt to taste (optional)

Preparation:
1. Add margarine, garlic, onion, and tomato to 8-quart pot and sauté for about 1-2 minutes.
2. Add water, salt and remaining vegetables and bring to a boil (pot should be about ¾ full).
3. Reduce heat and cover. Cook at a low boil until vegetables are tender (not soft), about 40-45 minutes.
*Serve with corn tortillas

Nutrition information per serving:
FAT: 5% of calories from fat (low)
FIBER: 8 grams (high)
CALORIES: 136

TIP
Vegetables are rich in vitamins A & C.