

## 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  $\frac{3}{4}$  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.*