

MARCY'S CARROT SOUP

Vegan, Pareve, No Wheat, Kosher for Passover;

also, very low-calorie and low-fat!

Serves 6-8

INGREDIENTS:

Step 1:

1/2 head Cabbage (medium)
2 Onions (medium)
2 Tbsp Olive Oil
1 small bag Baby Carrots
2 Celery Stalks
2 14-oz cans Diced Tomatoes
1 Tbsp Osem Pareve Soup Powder -
("Chicken" flavor)
1/2 bottle V-8 Vegetable
Juice, Low-Sodium
1 Tbsp Dried Basil

Step 2:

Cayenne Pepper

PROCEDURES:

Step 1:

- Wash Cabbage and slice in half and discard half*. Then cut into slices about 1/4" thick.
- Peel and slice Onions.
- Wash and slice Celery Stalks into 1/2 inch slices.
- Dissolve Soup Powder in 1 Qt Hot Water.
- In medium soup pot, saute Onions and Cabbage in Olive Oil until Onions are soft.
- Add Carrots, Celery, Tomatoes, Soup Broth, V-8, and Basil.
- Simmer covered until Carrots are almost soft (about 1 hour).

Step 2:

- Puree soup with food processor wand until slightly chunky.
- Add Cayenne Pepper to taste.