SOUPS & SUPPERS

Co-op Soup

The co-op's lentil, split pea, barley, and rice mix in a tomato broth.

Ingredients

1½ cups co-op soup mix

6 cups water

2 carrots, sliced

1½ cups shredded cabbage

2 cans tomato sauce (15 oz each)

24 oz tomato juice or vegetable juice

1 lb soup meat

Directions

1. Combine the soup mix, water, vegetables, tomato sauce, juice, and meat in a soup pot.
2. Simmer until the mix is tender and the meat is cooked through. Allow 3–4 hours if starting with raw meat.

The mix contains equal parts lentils, split green peas, pearl barley, brown rice, and dried onions.