

SHIRLEY'S VEGETABLE SOUP

From the Kitchen of: Barbara Goodsit, Community Member



Preparation Time: 20 minutes | **Cook Time:** 1-2 hours | **Yield:** 10+ (12-ounce) bowls

Common Allergens: Milk

Who says soup isn't a summertime food? This soup features ingredients available in Michigan in late summer and, according to Barbara, whose mother invented this recipe in the 1950s "it's so delicious, it deserves to be remembered and made for many years to come."

"I want to honor my mother's memory and the love she gave to our family. This is a plant-based soup made of humble ingredients that is one of the most delicious soups that I have ever had. Although I did not grow up in a vegetarian family, this soup fits into a vegan diet. It brings back happy memories of home and love for me," says Barbara.

INSTRUCTIONS:

- In a large stock pot over medium heat, add the carrots, celery, potatoes, and onion.
- Add vegetable broth to cover.
- Bring the soup to a boil, then add the butter beans, stewed tomatoes, sugar, and margarine.
- Stir the soup occasionally, adding more water as it cooks down.
- Simmer the soup for at least 1 hour, preferably more.

NOTES:

- If desired, use dry lima beans in place of butter beans and soak them overnight before cooking.
- "My mother added some refrigerated beans at the very end of cooking. I tend to put all the beans in at the start of cooking," says Barbara.

INGREDIENTS:

- 2 cups carrots, sliced
- 2 cups celery, sliced
- 4 small red potatoes, peeled and diced
- 1 medium sweet vidalia onion, peeled and diced
- 2 (16-ounce) cans vegetarian butter beans
- 1 (28-ounce) can stewed tomatoes
- Salt and pepper, to taste
- Vegetable broth, to cover (or water, plus bullion cubes or vegetable broth paste)
- 3 Tablespoons sugar
- 1/2 stick margarine (or less, if desired)

TRYING TO EAT MORE VEGGIES?

The VegMichigan team suggests adding vegetables to dishes you already enjoy! They say, "sometimes that can mean throwing some chopped spinach (fresh or frozen) into a soup or stew near the end or adding cooked carrots to a pureed sauce."

"Incorporating more plants into your diet can be an adventure," they say. "Try new recipes, ingredients, and techniques. Have fun!"