



## LOW SODIUM VEGETABLE SOUP

1 BOTTLE LOW SODIUM V-8 JUICE  
2 CUPS CHOPPED CELERY  
2 CUPS CHOPPED TOMATO OR 1 LARGE CAN OF DICED TOMATOES  
1 CUP ONION  
1 CUP CARROTS  
1-2 CUPS CUT GREEN BEANS  
4 CUPS SHREDDED CABBAGE  
2 TBS. - CHOPPED GARLIC OR USE GARLIC POWDER TO TASTE  
DASH OF CAYENNE PEPPER - optional  
BAY LEAF  
CRACKED PEPPER

PUT EVERYTHING IN A LARGE POT AND BRING TO BOIL. REDUCE HEAT AND SIMMER UNTIL READY TO EAT...ABOUT 1/2 AN HOUR.

TIPS: YOU CAN USE A BAG OF ANY FROZEN VEGETABLES THAT YOU WANT. OKRA, CORN, CALIFLOWER, PEAS, PEPPERS, ETC.

SOME LIKE TO ADD A 1/2 SUP OF MILD, MEDIUM OR HOT SALSA TO THE SOUP FOR ADDED FLAVOR AND THIS WILLNOT ADD MUCH MORE SODIUM.