

ANOTHER QUICK RECIPE FROM WNEP...

HEARTY WINTER SOUP

2 c. uncooked meat or poultry
2 c. uncooked vegetables, fresh, frozen or canned
2 c. beef or chicken broth, canned or made
from bouillon cubes
½ tsp. dried parsley, Italian seasoning, etc.
Salt and pepper, to taste



1. Cut meat or poultry into small pieces.
2. Cut vegetables into small pieces
3. Heat broth in a large saucepan to boiling, add the meat or poultry, vegetables, and herbs.
4. Lower the heat, cover and simmer until ingredients are cooked and tender, about 1 hour. (If the soup gets too thick, add some water.)
5. Taste for seasoning and add salt and pepper, if needed

Makes 4 servings, about 1 1/4 cup each.