



Onions

medium onion (5-ounce, diced)



water

4 cup

Amount per serving 115 Calories

7 cups peeled, chopped fresh tomatoes or 2, 28-oz. cans no salt added diced tomatoes



1/2 lbs ground chuck ((this is a cut of beef))



Green beans

can cut green beans (14.5-ounce, no salt added, drained and rinsed)



I can peas (15-ounce, no salt added, drained and rinsed)

Corn

can corn

salt added

(15.25-ounce, no

drained and rinsed)

Favorite Vegetable Soup

2 medium carrots (3-ounce each, peeled and chopped)

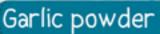


Potatoes

3 medium potatoes (5-ounce each, peeled and diced)

Dry rice

1/4 cup



1/2 tsp

I/8 tsp



Ingredients

Red pepper flakes

1/8 tsp crushed red pepper flakes













