

This Month's Recipe, **Make Ahead Garden Soup**
Alan Nichols

I cannot take credit for this Month's recipe. Back in 1988, I requested the free copy of Del Monte Quality, Premier Edition, of "The Tomato Times", with 9 pages full of tomato related recipes. I still have the worn copy stashed inside the "Good Housekeeping Cook Book" that I gave my mom back in the 1970s. Mom is gone. I now have the book that is full of her fingerprints, daydreams and handwritten recipes. It is so worn that a piece of gray duck tape holds the spine together that my dad added at some point. My prized book is kept in a bookcase full of my cookbooks and recipes. The spices in this recipe makes for a tasty broth. I had been making the recipe a few years. I went to lunch in South Charleston WV, where the restaurant brought the patrons a cup of a similar soup. It was broth with a small amount of cabbage. It put a smile on my face to see this tasty treat in a restaurant. Here is the recipe as printed in the book:

Hollywood on the vine

Word is, health-conscious visitors to the spa that caters to the stars voted this satisfying GARDEN SOUP their favorite light lunch. The chef tells us her flavor secret is making the soup a day ahead to let the flavors develop.

Incidentally, tomatoes add vitamins C and A to your diet and they weigh in at 35 calories per half cup serving – a good nutritional bargain.

MAKE AHEAD GARDEN SOUP

A mouthwatering soup without salt.

1 can (14 ½ oz.) Del Monte Stewed Tomatoes (No Salt Added)

6 C unsalted chicken broth

2 C dry white wine

1 carrot, sliced

1 onion, coarsely chopped

2 cloves garlic, minced

1 bay leaf

½ tsp. basil

½ tsp. oregano

½ tsp. Thyme

1/8 tsp. Pepper

1 can (17 oz.) Del Monte Sweet Peas (No Salt Added)

1 can (16 oz.) Del Monte Blue Lake Cut Green Beans (No Salt Added)

Place all ingredients (except peas and beans) in 3 qt. Saucepan. Add liquid from peas and beans. Simmer 1 hour. Remove from heat; add peas and beans. Refrigerate overnight. Bring to boil. Reduce heat; simmer 15 minutes.

8 servings (approx. 1 cup each)

Sodium per serving: 47 mg

Note: Sodium content for unsalted broth varies with individual homemade recipes.

I make this without carrots, peas and beans but added shredded cabbage at the beginning.

Email me: dogpatchwv@yahoo.com, if you want a printable copy of the recipe.