

# Vegetable Soup II

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*2 pounds ham bone  
(smoked, if desired)  
2 quarts cold water  
1 quart diced carrots or half  
string beans  
1 large onion, chopped  
salt  
1 stick mint  
1 cup diced potatoes*

Place the bone in a pot in cold water. Let boil slowly for one hour.

Add the salt, carrots, onion, beans and mint stick.

Boil for one hour or until the vegetables are cooked.

Add the potatoes. Boil for 15 minutes.

Serve with a little cream.

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Per Serving (excluding unknown items): 163 Calories; trace Fat (1.9% calories from fat); 5g Protein; 37g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 71mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Vegetable.