

Vegetable Soup III

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

*1 rib beef
1 onion
2 quarts water
1 small potato, shredded
1 piece turnip, shredded
1 carrot, shredded
2 tablespoons rice
2 tablespoons oatmeal
tomato juice
cream or milk*

In a pot at low heat, boil the beef rib and onion until the meat is tender.

Add the potato, turnip, carrot, rice and oatmeal.

In a spice container, place a sprig of parsley, one bay leaf and twelve whole black peppers. Place into the soup.

Add salt to taste.

When the soup is done, add some tomato juice and cream. Simmer a few minutes longer.

Per Serving (excluding unknown items): 853 Calories; 45g Fat (47.6% calories from fat); 49g Protein; 62g Carbohydrate; 8g Dietary Fiber; 152mg Cholesterol; 300mg Sodium. Exchanges: 3 Grain(Starch); 6 Lean Meat; 3 Vegetable; 5 Fat.