

COUNTRY VEGETABLE SOUP

A hearty soup starting from scratch or using leftovers ... a real meal! (A cooking school favorite, we call it garbage soup, as it is a real "refrigerator cleaner-outer" ... different soup every Friday!).

UTENSILS: SIMMER POT

1 lb	ground beef	450 g
4 oz	chopped onion	100 g
1 Tbsp	beef bouillon concentrate	25 ml
½ cup	medium noodles	100 g
½ cup	celery, chopped	125 ml
½ cup	frozen peas	125 ml
½ cup	carrots, chopped	125 ml
6 oz	cabbage, shredded	175 ml
8 oz	potato peeled & cubed	250 ml
1 lb	tomatoes, peeled, chopped	250 ml

METHOD:

1. In Simmer Pot, combine beef, chopped onion, and bouillon.
2. Microwave for 3½ to 4 minutes on 100% power. Meat will be slightly pink in center.* Stir.
3. Add all vegetables and the noodles.
4. Fill Simmer Pot to ½" from top with soup stock, water, tomato or V8 juice; salt and pepper to season.
5. Microwave on 100% power for 15-18 minutes. All to stand for 15 to 20 minutes before serving.

MICRO MEMO:

Do not cook meat until all pink disappears or it will be tough and rubbery. When using leftovers or "planned-overs" substitute 1-2 cups cooked leftover meat for the ground beef. Step 2 is omitted. Then add 5-6 cups of assorted leftover vegetables in place of vegetables in the recipe, flavors blend beautifully in the Simmer Pot. Make soup an hour or two before needed ... the Micro Simmer Pot will retain the heat at least that long (without reheating). This will permit greater flavor development.