

STONE SOUP RECIPE



INGREDIENTS

- 1 tablespoon olive oil
- 1 cup chopped onion
- 2 potatoes, peeled and chopped
- 2 large carrots, peeled and sliced
- 5 cups broth, stock, or water
- 15.5 ounce can corn or hominy, drained
- 14.5 ounce can petite diced tomatoes
- 1 to 2 cups cooked meat
- 1 cup cooked beans
- 1/2 cup chopped bell pepper, peas, or beans
- 1 teaspoon Italian seasoning mix, [Taco Seasoning Mix](#), or [Jamie's Spice Mix](#)
- salt and pepper to taste

INSTRUCTIONS

1. In a large stockpot, heat the oil until shimmering. Add the onion and cook, stirring, on medium-low for five minutes. Add the potatoes and carrots and stir. Continue cooking for another 5 minutes.
2. Stir in the broth and puree. Add the corn, tomatoes, meat, beans, peppers, and seasonings. Stir well and bring to a simmer.
3. Simmer for 20 to 30 minutes until the vegetables are tender. Adjust seasonings.

Preparation time: 15 minute(s)

Cooking time: 1 hour

Number of servings (yield): 8