

Everything but the Kitchen Sink Soup

2 Tablespoons butter, olive oil, or neutral-tasting oil
1 medium onion
1 1/2 cloves garlic, sliced
3-4 cups of vegetables

About 3/4 lb. raw, boneless meat
About 4 cups water or chicken stock
Salt and pepper to taste
Your favorite seasonings

Instructions: Wash your hands with soap and water. Set a large stockpot over medium-high heat and add 2 tablespoons butter or oil. After heating the butter or oil, add onion and garlic and your favorite seasonings. Reduce the heat to medium and cook, stirring occasionally, until the onions are tender, about 15 minutes. Place the meat in the pot. Wash your hands with soap and water after handling raw meat. Then add vegetables and other add-ins into the pot. Add enough liquid to cover and season with your favorite seasonings! Increase to high heat and bring to a boil, then reduce to a simmer. Cook until the flavors come together and the vegetables and greens are tender, about 20 minutes more. If you added raw chicken, remove it from the soup when cooked, allow to cool, shred and return to the soup. Taste and adjust for seasonings. Add more hot liquid if needed to thin the soup to desired consistency. Taste and adjust seasonings. Serve hot, garnish as desired.

Yield: 6-8 servings

Nutrition Facts (per serving): 200 calories, 11 grams fat, 150 milligrams sodium, 4 grams carbohydrate, 1 gram fiber, 18 grams protein