

Vegetarian Vegetable (Barley, Bean or Rice) Soup
(Good for strict fast days) Fr. Michael Hayduk

1 cup of chopped celery

1 cup of diced carrots

1 cup of shredded cabbage

1 small can (6 oz.) tomato juice

1 cup of diced potatoes with peels on

1 diced parsnip

1 small can (8oz.) stewed tomatoes

About ¼ cup of chopped parsley

1 small chopped onion

1 bay leaf

About 2 quarts of cold water

2 tablespoons of salt (more or less to taste)

Add all ingredients to a large pot with a lid. Bring to a slow boil and cook until vegetables are tender: (about 2 hours by stove or 4 – 6 hours in a crock pot). May be served as is or over barley, beans or rice already prepared according to package directions.