

## Spicy Vegetable Soup

### Ingredients

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1 tsp garlic powder  
1 tsp red pepper flakes, crushed  
1 tsp salt  
2 beef stock cubes  
1 packet onion soup mix  
1/2 head small cabbage  
3 large carrots  
6 stalks large celery  
10 oz mushrooms  
6 large onions  
2 medium green peppers  
27 oz tinned tomatoes  
48 oz vegetable juice  
48 fl oz water



### Directions

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1. Slice onions, put in a pot and start to sauté with cooking spray.
2. Cut green pepper stem ends off and cut in half, take the seeds and membrane out. Cut the green pepper into bite size pieces and add to pot.
3. Take the outer leaf layers off the cabbage, cut into bite size pieces, add to pot.
4. Clean carrots, cut into bite size pieces, and add to pot.
5. Slice mushrooms into thick slices, add to pot.
6. Add small amount of red or cayenne pepper now (if you like it spicy).
7. Use beef or chicken stock cubes for seasonings. These have all the salt and flavours you will need.
8. Use about 12 cups of water (or 8 cups and the vegetable juice), cover and put heat on low. Let soup cook for a long time - two hours works well. Season to taste with salt and pepper.