



One Pot Vegetable Soup

Serves 2 - 4

ingredients

- 2 cans low/no salt tomato sauce
- 2 cans low/no salt diced tomatoes
- any vegetables on hand, chopped
- 1 tbs garlic powder
- 1 tbs dried oregano
- salt and pepper to taste

directions

1. throw everything in one large pot
2. cook med-low for one hour, covered

ALTERNATE:

1. saute 2-3 minced garlic cloves for 30 seconds
2. add onion, and cook until translucent (about 3 min)
3. add all other ingredients
4. cook med-low for one hour, covered

*sauteing onion and garlic ahead of time brings out more flavor because you aren't doing a slow cook, like in a crock pot