

## Donald's Vegetable Soup

Originally based on the "Big Batch Vegetable Soup" found at <https://www.marthastewart.com/318100/big-batch-vegetable-soup>

This recipe is flexible (add, subtract, or substitute ingredients and amounts as you please), and halves and doubles easily.

### Ingredients:

- 1 x 28oz (798mL) can of crushed tomatoes
- 1 x 28oz (798mL) can of diced tomatoes
- 1 x 19oz (540mL) can of kidney beans
- 1 box 32oz (900mL) of vegetable broth / stock
- 945mL bottle (about 32oz) or half of a 1.89 litre (64oz) bottle of garden vegetable cocktail (tomato based)
- 1kg (2lbs to 2.2lbs) mixed frozen vegetables (typically the mix I get contains peas, diced carrots, corn kernels, and green beans; get the bag of mixed vegetables you like)
- 2 small to medium onions
- 2 stalks of celery (optional)
- 1 medium to large potato
- 2 medium to large carrots
- Olive oil
- 1/2 cup of rice
- Dried "fine herbs" to taste (in the spice aisle, there will be a sachet called "fine herbs" or the like) (optional)
- Salt to taste
- Water to bring volume of soup to eight quarts

### Equipment:

- Kitchen stove, or one or more single burner portable stoves if you're cooking for a crowd in a non-standard cooking location
- 8 quart (or larger) soup pot
- Oven mitts
- Can opener
- Cutting board
- Kitchen knife
- Skillet / frypan (I use a cast iron skillet)
- Spatula / flipper
- Measuring cup
- Optional: kettle to boil water
- Large mixing spoon
- Soup ladle
- Appropriate number of plastic containers for freezing (optional as per your plans)

### Making the soup:

Note: Stir soup frequently to avoid burning.

01. Empty cans of crushed and diced tomatoes into the pot; rinse cans with water, and pour rinse water into the pot.
02. Empty can of kidney beans into the pot; rinse can with water and put rinse water into the pot.
03. Empty box of vegetable broth / stock into the pot; rinse box with water and put rinse water into the pot.
04. Empty bottle (or half of bottle) of vegetable cocktail into the pot; rinse bottle with water and put rinse water into the pot.
05. Empty bag of frozen mixed vegetables into the pot.
06. Mix ingredients in pot.
07. Place pot on stove, and begin heating soup. Continue mixing soup continuously to avoid burning.

08. Clean, trim, and chop onions coarsely, and place in a mixing bowl.
09. Clean, trim, and chop celery coarsely, and place in the mixing bowl with the chopped onion.
10. Clean and dice potato coarsely, and place in the mixing bowl with the chopped onion and celery.
11. Clean, trim, and chop carrots coarsely, and place in the large bowl with the chopped onion, chopped celery, and diced potato.
12. Add olive oil to lightly coat the chopped vegetables in the mixing bowl.
13. Mix the chopped vegetables and olive oil in the mixing bowl.
14. Transfer chopped vegetables to the skillet.
15. Skillet-fry the mixed chopped fresh vegetables until they begin to brown.
  - as desired, add some salt to the frying vegetables.
16. Transfer the skillet-fried mixed chopped vegetables to the pot of heating soup.
17. Add a small amount of water or vegetable broth to the hot skillet ("deglazing"), and dissolve the residues in the pan.
18. Add resulting deglazing liquid to the soup pot.
19. As required, add water to the pot to bring liquid level to eight quarts.
20. Bring the soup to a boil.
  - A foam will form; do not skim foam; allow foam to be reabsorbed by the soup.
21. Add rice to the soup.
22. As desired, continue add salt to taste.
23. Reduce heat and continue simmering to boiling soup, constantly stirring to avoid burning, for approximately 30 minutes or more, until the liquid part becomes thickened and sauce like.
24. Serve your hungry crowd! Or place in single-serve plastic containers and freeze.

Tips to prepare in advance of making soup, such as to save a bit of time for when you're making the soup fresh for a group in a non-standard cooking location:

- perform steps 08, 09, 10, 11, 12, and 13 in advance, such as the day before;
- defrost the frozen mixed vegetables in the fridge the overnight before making the soup;
- when cooking soup, seperately boil any added water used to top up the soup.