

Hearty Soup Mix

1 pk (14 oz) small macaroni
1 pk (14 oz) dry green split peas
1 pk (12 oz) pearl barley
1 pk (12 oz) dry lentils
2 cups long grain white rice or brown rice
½ cup dried parsley flakes
½ cup oregano leaves
4 cups dried minced onion

Mix well and store in an air tight container. Use within 6 months.

To make soup:

1 cup of above mix
5 cups water
2 beef or chicken bouillon cubes
2 carrots cut up
1 & ½ cups of cabbage (~1#)
2 stalks celery cut up (and include a handful of chopped leaves)
1 (14 oz) can of tomatoes
salt to taste

boil water
add bouillon cubes
add soup mix and simmer 30 minutes
add rest of items and simmer an additional 20 minutes

Variations: Add 1# of cooked beef and/or 1 24 oz can of V-8 juice.