

## Zero Soup

4 c veggie broth  
2 c diced onions  
1 c celery  
1 c peeled and diced carrots (optional)  
1 c cut green beans (optional)  
1 c orange bell peppers (optional)  
28 oz can tomatoes or tomato sauce (or less)  
2 T soy sauce  
1 T cider vinegar  
1 t dried basil  
1 t dried oregano  
1 t dried dill  
½ t thyme  
½ t black pepper

Put everything in either a soup pot or a crock pot. Could replace (or add to) optional veggies with mixed frozen veggies, artichoke hearts, asparagus, broccoli, cabbage, carrots, cauliflower, eggplant, jicama (when making Mexican version) mushrooms, snow peas, summer squash, zucchini.

Mexican zero soup: replace optional veggies with zucchini and chilis and replace herbs with cumin, coriander, and cilantro. Use lime juice instead of vinegar.

Hungarian Zero Soup: Add mushrooms and replace the herbs with paprika, marjoram, and more dill. Top with nonfat sour cream.