



Need to feed a crowd? Try the 5-gallon version of Angel Harvest's Vegetable and Potato Soup at [relishmag.com/vegetablesoup](http://relishmag.com/vegetablesoup)

## Angel Harvest Vegetable and Potato Soup

*Perfect for cold, dreary nights or as a nourishing antidote to rich holiday foods.*

- 4 cups cubed potatoes (do not peel)
- 1½ cups coarsely chopped carrots
- 1 cup coarsely chopped celery
- ½ cup string beans
- 1 green, red or yellow bell pepper, coarsely chopped
- 1 cup sweet peas
- 1 large onion, peeled and coarsely chopped

- 1 (10-ounce) bag spinach
- 6 cups water
- ¼ cup butter
- 1½ teaspoons salt
- 1 teaspoon black pepper
- 1½ teaspoons dried sage
- 1 tablespoon dried basil
- ¼ cup chopped fresh parsley

1. Place vegetables in a Dutch oven. Add water; bring to a boil. Add butter, salt, pepper and herbs. Simmer until vegetables are tender, about 30 minutes. Serves 10.

*Per (1½-cup serving): 130 calories, 5g fat, 4g prot., 19g carbs, 4g fiber, 105mg sodium.*

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