

Old-Fashioned Vegetable Soup

1 16-ounce package frozen mixed soup vegetables
(carrots, potatoes, peas, green beans, corn, onion, etc.)
1/2 cup frozen chopped onion
1/4 cup frozen chopped green peppers
46 ounces canned low-sodium tomato juice
1/2 cup water
1 cup sliced fresh or canned mushrooms
1 bay leaf
1 teaspoon dried whole basil
1/2 teaspoon salt
1/2 teaspoon pepper

Combine all ingredients in a large heavy-duty cooking pot with a lid. Bring to a boil. Cover; reduce heat to a simmer. Simmer for 30 to 45 minutes. Remove bay leaf before serving. Makes 8 servings.

Selection and Storage

Carrots

Pick carrots that are firm, well-shaped and have a bright orange color. Avoid soft or cracked carrots.

Remove green leaves and refrigerate. Use within 1–2 weeks.

Corn

Look for cobs with shiny, plump, firm kernels. Avoid corn with tiny kernels or decay.

Refrigerate and use within 3–5 days.

Peppers

(chili, sweet, bell, hot, banana)

Select firm, smooth peppers that have a shiny color. Avoid peppers with soft spots or bruised skin.

Refrigerate and use within 3–5 days.

Potatoes

Choose firm, fairly smooth potatoes. Avoid potatoes with cuts, bruises or buds. Do not refrigerate. Keep in a cool, dry place and use within 2–3 months.