

SAMSSites Recipes

Heart Soup

Aunt Marie

My aunt liked to make healthy meals and this is low sodium and very low fat. It is called heart soup because it is good for the heart. My aunt made this soup a lot and gave me the recipe. I don't have the original recipe so proportions are my own. This also is gluten free.

- 1 quart (about) Turkey or Chicken broth
- 2 small cans of diced tomatoes low sodium
- 2 apples diced
- 1/2 onion diced
- 1/4 green pepper
- 1/2 cup of different vegies (carrots, cauliflower, cabbage, squash, broccoli)
- 1/2 teaspoon ground cloves
- 1/2 teaspoon curry
- 1/2 teaspoon crushed red peppers

Cook altogether on low heat for about 2 hours. Eat.

