

Vegetable Soup

From Jeanne Marie Martin's Book "Hearty Vegetarian Soups and Stews".

- 7 cups water
- 2 vegetable bouillon cubes
- 1 cup frozen peas
- 1 cup fresh mushrooms sliced
- 1 large can tomatoes
- 2 carrots thinly sliced
- 1 large onion
- 1 cup frozen corn (optional)
- 2 Tbsp olive oil
- 2 Tbsp tamari soy sauce
- 3 tsp parsley
- 1 tsp salt
- ½ tsp each of basil, oregano, and sea kelp
- cayenne pepper to taste

I throw everything into the pot and boil at low temperature for 1 hour. Keeps for a week refrigerated.