



# GRANNY'S VEGETABLE SOUP

“I wanted to keep her legacy alive through one of her favorite pastimes and ways to connect with her family. I’m the fourth generation to use this vegetable soup recipe in my own kitchen, and I plan to teach my children how to prepare it, too.”

Recipe Submitted by: Kaylin Staten



**EXTRAMILE**



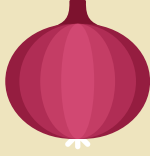
1 64-ounce  
can of tomato  
juice



3 potatoes,  
peeled and  
sliced



3-4 carrots,  
peeled and  
sliced



1 onion,  
peeled and  
sliced



1 can of  
peas,  
undrained



1 can of  
corn,  
undrained



1 small head  
of cabbage,  
shredded



1 Tbsp.  
of sugar



1 pound  
ground beef  
(optional)



salt and  
pepper to  
taste

## STEP ONE

Place potatoes, carrots, onions, and cabbage in a large pot. Cover vegetables with water and place lid on the pot.

Boil vegetables until tender.

## STEP TWO

If using ground beef, cook in a separate pan at this time, then drain grease.

## STEP THREE

After the vegetables are tender, drain approximately 1/2 of the water left in the pot. Add peas, corn, ground beef (if used), salt, pepper, tomato juice, and sugar to the vegetables.

## STEP FOUR

Bring soup to a boil. Cook and simmer for at least 1 hour.

## STEP FIVE, ENJOY!

For more recipes, articles and advice related to family, visit us at:

<https://extramile.thehartford.com/family/>



**EXTRAMILE**