

# Vista Soup

## Ingredients

1	stalk celery –sliced or chunked
1	sm. bell pepper diced in larger sized chunks
4	green onions sliced
½	sm. eggplant chunked
½ lb	mushrooms chunked
2 cup	broccoli (slice the stalks and use big chunks of the tops)
1	Can diced tomatoes
¼ cup	Spike’s all purpose all natural seasoning
½ tsp.	garlic powder, or 3 fresh cloves crushed, or finely diced garlic
4 ¾ cup	water

## Preparation

- Sauté celery & pepper in ¾ cup of water
- Add eggplant, mushrooms, onions broccoli, tomatoes, 4c water spices
- Bring to boil
- Lower heat to simmer for 40 minutes.

Serves 2 hearty eaters or 2 adults and 2 young children. Double recipe if needed.

## Preparation Variations

If no Spikes is available use 2 T dry Basil (crushed in palm of hand) and 1T dry Oregano (crushed in palm of hand).