**DIETER’S SOUP**

**INGREDIENTS:** 4 beef bouillon cubes 1 tsp Worcestershire sauce

4 cups water 1 package broccoli and/or cauliflower

46 oz. tomato juice Frozen or canned spinach, if desired

3 stalks chopped celery Boiled chicken, cut into small pieces, if desired

I medium cabbage, chopped Garlic powder to taste

¼ cup dehydrated onion Sweet basil to taste

2 large carrots, thinly sliced

2 large bay leaves

2 cans mushrooms, drained

2 cans green beans, drained

**COOKING INSTRUCTIONS:** Put all ingredients into a large pot, bring to a boil and simmer for 2 hours. Refrigerate overnight and serve next day for better taste. Serves 8 to 10.