



Grandma Gower's Vegetable Soup

½ cup (84 grams) chopped onion
1 cup (110 grams) chopped carrots
1 cup (70 grams) sliced mushrooms
1 cup (68 grams) green beans
½ cup (93 grams, dry) Anellini pasta
10 ounces V8 Vegetable juice

- Cook pasta.
- Saute onions.
- Add carrots and mushrooms.
- Add cooked pasta and green beans.
- Add V8 vegetable juice. Add 4–6 ounces water, if desired
- Simmer until vegetables are tender.

½ cup serving = 17 mg phe
6 cups (entire recipe) = 208 mg phe

Recipe from Evelyn Gower, Lucy Salazar's grandmother.



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