10-3 Vegetable Beef Soup  
(ten fresh vegetables, three processed veggies)

1. 1 large onion – chopped
2. 1 red bell pepper – chopped
3. 1 yellow bell pepper – chopped
4. 3 small jalapenos – chopped
5. 2 stalks of chopped celery – chopped
6. 2 TBL of olive oil.
7. 1 cup chopped mushrooms
8. ½ cup chopped asparagus
9. 1 cup of chopped carrots
10. 1 yellow squash
11. 3 cups of red potatoes
12. 1 can cut tomatoes
13. 1 10oz package of frozen corn (I use the organic frozen corn)
14. 1 10oz package of frozen green beans (I use the organic frozen green beans)
15. 2 lbs of ground beef
16. 4 tablespoons of olive oil
17. 7 cups of water, followed by 4 cups of water (see instructions below)
18. 4 cans of condensed beef broth (10.5 oz) (do not substitute with boxed beef broth)
19. 1 TBL of oregano (or 2 tsp dried oregano)
20. 1 teaspoon of fresh marjoram (or ½ teaspoon dried marjoram)
21. 1.5 teaspoons of salt
22. 1 teaspoon black pepper
23. 4 bay leaves
24. 8 oz. (half a box) of bow-tie pasta
25. Brown the hamburger, set aside on paper towels (to help drain the extra fat).
26. Chop the onion, celery, bell peppers and jalapenos, and put in a bowl.
27. Chop all the other vegetables (mushrooms, asparagus, carrots, squash, red potatoes) and put in a different bowl
28. You will need a large stockpot for this recipe (I use my 12-quart pot). Add the olive oil to the pot and on medium-high heat, cook the first bowl of vegetables (onions, et. al), with the oregano, marjoram, salt, and pepper. Cook until you start to get stickage (8-10 minutes).
29. Add the previously browned ground beef.
30. Add 7 cups of water
31. Add beef broth
32. Add the vegetables from bowl 2 (mushrooms, et. al.) and the bay leaves.
33. Bring pot to a boil, reduce heat and simmer uncovered for 45 minutes
34. Add canned tomatoes, frozen corn & frozen green beans, bring to a boil and cook for 20 minutes
35. Add pasta & four cups of water.
36. Bring pot to a boil, reduce heat and simmer uncovered for 20 minutes