

Vegetable Tomato Soup

Serves 4 to 6

Ingredients:

1 medium yellow onion, diced small

1 medium carrot, diced small, 2 celery stalks, diced small

1 large fennel bulb, trimmed and diced small

1 **Wellness Forum Health large Whata Tomata Soup mix**

6 cups water

Instructions:

- Saute the onion, carrot, and celery in a large saucepan over medium high heat for 10 minutes. Add water 1 to 2 tablespoons at a time as needed to keep the vegetables from sticking to the pan.
- When the vegetables start to brown, add the 6 cups of water.
- Raise the heat to high, and bring the pot to a boil.
- Remove the pot from the flame and add the soup mix.
- Let it sit for 5 minutes before serving.