

## BIELER'S BROTH

FOR YOU... COMPLIMENTS OF DIET CARE INTERNATIONAL

8 LG. ZUCCHINI SQUASH (CUT IN SHORT LENGTHS)

8 STALKS OF CELERY (CHOPPED)

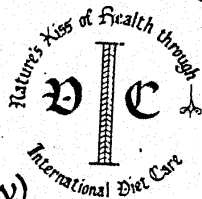
2 PKGS. STRING BEANS (FROZEN OR FRESH EQUIV.)

A TOUCH OF PARSLEY (IF DESIRED)

1 1/2 C. DISTILLED WATER (MORE IF YOU WISH SOUP THINNER)

NO SEASONING IF FASTING

STEAM VEGETABLES UNTIL TENDER. THEN PLACE VEGETABLES AND COOKING WATER IN A BLENDER, BLEND THICK OR THIN AS DESIRED. ADD A TOUCH OF UNSALTED BUTTER, PAPRIKA, AND ONION OR GARLIC POWDER IF DESIRED. NOTE: ADJUST AMOUNT OF VEGETABLES ACCORDING TO NEED.



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