

Brett's Vegetable Soup

potato (1 large)

leek tops (1 cup)

celery (2 cups, use the leaves)

carrots (2 cups)

red pepper (1/2 of a gigantic one)

mushrooms (canned, added 1/2 the juice too)

black beans (canned, added all the juice too)

sesame seeds

cumin

Salad Supreme (McCormick)

hickory seasoning (powder)

amino acids (similar to soy sauce)

garlic

basil

black pepper

Amazingly enough, Brett didn't use any meat stock, just A LOT of spices, and it was very tasty!