

CO-OP SOUP

Simmer till fully cooked (3-4 hours, if the meat is raw):

1 1/2 cups soup mix*
6 cups water
2 carrots, sliced
1 1/2 cup shredded cabbage
2 (15 oz.) cans tomato sauce
24 oz. tomato juice or V-8
1 lb. soup meat

*Contains equal parts: lentils, split green peas, pearl barley, Brown rice, dried onions.

COUSCOUS DIRECTIONS

1. Mix equal amounts of water and couscous in a pot.
2. Bring water to boil, stir in couscous.
3. Cover and take off heat.
4. Let sit for 10-15 minutes.