



The Birkett Mills Recipes

The Birkett Mills © 2014

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Soup: Balkan Soup

Serves: Eight

Ingredients

1 24-oz. frozen mixed vegetables	1 cup chopped onion
4 cups chicken broth	1 cup sliced cabbage
4 cups water	Salt optional
1 16-oz. can tomatoes	1 cup uncooked kasha
1 cup chopped celery	

Directions

In large pot, combine mixed vegetables, broth, water, tomatoes, celery, onion, and cabbage. Cook over medium heat for 10 minutes or until raw vegetables are almost tender. Add kasha to soup and simmer for 30 minutes or until kasha is tender. Salt to taste. If soup is too thick, thin with broth, tomato juice, or water. Serve hot.