

# Sayler Soup

*from "A Better Way to Homeschool"*

Preparation time: 5 minutes

Cook time: 20 minutes- 2 hours

Serves: 6 to 8

## *Ingredients*

- 4 Large Cans Diced Tomatoes
  - 1 large bag mixed vegetables (I buy the huge organic bag from our Costco and use ¼ of bag)
  - 3 C. Chicken Broth
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## *Directions*

Add everything to a large pot. Heat to boil; let simmer about 20 minutes-2 hours. (longer simmer+better soup). You cannot go wrong with this soup. Add more broth depending on preference. Can substitute broth with water. Serve this with bread and butter, biscuits, or corn bread.

*Homeschool Hint: Double this one and freeze for "One of those days".*

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## *History:*

When my husband was little he was looked after by a WWII vet. This war hero described a battle where he and his battalion were caught completely off guard. He and the cook ran with that day's food ration: vegetable soup. We honor the men and women who fought to keep our country free when we make this soup.

Its the easiest recipe in the world, but it is delicious and tastes like **freedom**.

## *Variations:*

You cannot go wrong with this soup. Add chicken, rice, or noodles to change it up!

# White Bean Chili

*from "A Better Way to Homeschool"*

<b>Preparation time: 5 minutes</b>	<b>Cook time: 20 minutes- 2 hours</b>	<b>Serves: 6 to 8</b>
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## *Ingredients*

- 2 Cups Shredded Chicken
  - 4 cans white beans
  - 2 C. Chicken Broth
  - 1 sm. yellow onion diced
  - 4 cloves garlic
  - Tbsp butter
  - 1 4oz can diced green chilis (optional)
  - 2 tsp cumin
  - 1 tsp each cayenne and oregano
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## *Directions*

Drain beans. Saute garlic and onions with butter until soft. Add everything else and heat. That's it! Simmer for about 10 minutes, then you are done. Want to make it even easier? Grab a pre-roasted chicken at the store, shred and prepare as above. Definitely double this one and freeze half for a "one of those days" occasion.

Really Yummy with warm french bread!

***Homeschool Hint: Double this one and freeze for "One of those days".***

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