

Vitameatavegamin Soup

Yields approximately 16 bowls

Ingredients

- 2 Smoked Ham Shanks (Frozen)
- 4 Carrots (Diced)
- 2 Sweet Round Onions (Diced)
- 3 Stalks of Celery (Diced)
- Whole Stewed Tomatoes (16oz can)
- Whole Kernel Corn (15oz can)
- 10oz Frozen Spinach (or 16oz Fresh Spinach) Chopped
- Box Small Shell Macaroni
- 1/4 Cup Vegetable Oil or Butter
- 1/4 Cup Flour
- 1/2 Cup Corn Starch
- Salt & Ground Pepper to taste

Directions

Soup Broth:

- In a stock pot place the Smoked Ham Shanks, and fill with water covering the Shanks by a few inches. Bring to a boil, then cover, adjust heat to medium and let simmer for minimum 2.5 hours (The longer you simmer the deeper the flavor will get).
- Once the Smoked Ham Shanks are cooked remove from the broth to cool. Place the broth in a separate container so the stock pit can be reused.

Roux:

- Heat the Vegetable Oil or Butter (till melted), then add flour. Mix flour until the oil or butter is incorporated thoroughly.
- Keep on high heat, add broth to Roux one cup at a time, using a whisk to incorporate the liquid till no lumps are present, before adding the next cup of broth till all of the broth has been added.
- Add the following to the Broth:
Carrots, Onions, Celery, Spinach, Corn, and Crush the Whole Stewed Tomatoes (crush whole tomatoes in hand), 2 Tablespoons Salt, 1 Tablespoons Ground Pepper, 6 cups of water.
- Remove and discard the bones from the Smoked Ham Shanks. Chop the Ham into to small pieces and return to broth.
- Bring broth to a boil then reduce heat to simmer and cover. Simmer for an hour, then bring Soup up to a boil add 2.5 cups of Small Shell Macaroni.
- Combine cornstarch and cup of water into a slurry, this will be used to thicken your soup to the final consistency.
- Add cornstarch slurry to the boiling soup a quarter cup at a time, and stir, the soup will start to thicken as the cornstarch cooks, continue to add cornstarch as needed till the soup is the consistency desired.
- Turn off heat and stir soup occasionally so that the macaroni does not clump together at the bottom. Add salt and pepper as needed to your taste. The soup will be ready to eat in 1/2 hour.