



# Dinah's Kitchen

## Seasoning Hints For Sauces, Broth and Soups

My favorite ingredients to season are:

Olive Oil, Garlic, Onion, and Parsley.

For soups I also include:

Carrot and celery before remaining ingredients.

To thicken any soup add 1 cut up yam to the cooking vegetables (white potato if the yellow color is not what you want for the recipe).

Take the time to experiment with herbs. They can change any dish in a subtle or dramatic way and they are so healthy.