



Garden Vegetable Soup

Makes: 6 (½-cup) servings
 Preparation Time: 10-15 minutes
 Cooking Time: 20-25 minutes

Ingredients:

Non-stick cooking spray
 2 carrots, sliced
 1 small onion, chopped
 ½ garlic clove, minced, or ¼ teaspoon garlic powder
 3 cups broth (beef, chicken, or vegetable)
 1 cup green cabbage, chopped
 1 (8-ounce) can green beans
 1 (8-ounce) can tomatoes, diced, and drained
 ½ teaspoon Italian seasoning
 1 zucchini, chopped

Directions:

1. In a large saucepan sprayed with nonstick cooking spray, sauté the carrot, onion, and garlic over low heat about 5 minutes.
2. Add broth, cabbage, green beans, tomatoes, and Italian seasoning: bring to a boil.
3. Cover, lower heat. Simmer about 15 minutes or until carrots are tender.
4. Stir in zucchini and heat for 3-4 minutes. Serve hot.
5. Refrigerate leftovers.

Be creative!

Try adding any canned vegetables or seasonal fresh vegetables.

Nutrition Facts

Serving Size 1/2 Cup (251g)	
Servings Per Container 6	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 660mg	28%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 4g	



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