



Garden Vegetable Soup

Makes: 9 (1 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

2 (14 ounces) cans broth (beef, chicken, or vegetable)

1 cup green cabbage, chopped

1 (14 ounces) can green beans, un-drained

1 (14 ounces) can tomatoes, diced and un-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.

Nutrition Facts	
Serving Size 1 cup (227g)	
Servings Per Container 9.12	
Amount Per Serving	
Calories 35	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	22%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 2g	
Vitamin A 50%	Vitamin C 30%
Calcium 6%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Be Creative!

Try adding any canned vegetables or seasonal fresh vegetables.

