Garden Vegetable Soup
Makes 6 – ½ cup servings

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 or red 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.

Source: Eating Smart Being Active curriculum Colorado State University and University of California Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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