Garden Vegetable Soup

**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 chopped green cabbage
- 1 (8-ounce) can green beans, drained
- 1 (8-ounce) can diced tomatoes, 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.
5. Refrigerate leftovers.

_Yields about 6 servings_

**Source:** Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>6 servings per container</th>
<th>1/6th of Recipe (276g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving size</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Calories</strong></td>
<td>70</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>150mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>11g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>5g</td>
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<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
</tr>
</tbody>
</table>

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Original Pam cooking spray; medium carrots and zucchini; low sodium canned chicken broth

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

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