



A Nutrition Resource

# GARDEN VEGETABLE SOUP

**Yield: 9 Servings | Serving Size: 1 cup**

**Cost/Serving: \$1.30**

## Ingredients:

- Nonstick cooking spray
- 2 carrots, peeled and chopped
- 1 large onion, chopped
- 2 (14.5 ounce) cans broth (chicken or vegetable)
- 1 cup chopped green cabbage
- 1 (14.5 ounce) can green beans, not drained
- 1 (14.5 ounce) can diced tomatoes, not drained
- 1/4 teaspoon garlic powder
- 1/2 teaspoon Italian seasoning
- 1 medium zucchini, chopped
- Salt and black pepper to taste

## Directions:

- 1) Wash the vegetables.
- 2) Collect, cut, and measure all ingredients before starting to prepare the recipe.
- 3) Spray a large pot with nonstick cooking spray. Add the carrot and onion and cook over low heat for about 5 minutes.
- 4) Add broth, cabbage, green beans, tomatoes, garlic powder, and Italian seasoning. Turn the heat up to medium high and bring to a boil.
- 5) Reduce heat to low, and cover. Simmer for about 15 minutes or until carrots are tender. Stir in the zucchini and cook for 3 to 4 minutes.
- 6) Taste the soup. Add a small amount of salt and black pepper if desired.
- 7) Remove from heat and serve hot.

## Nutrition Facts

varied (9) servings per container

**Serving size** 1 Cup (190g)

**Amount Per Serving**

**Calories** 40

% Daily Values\*

<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 130mg	6%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	6%
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 320mg	6%

\*The % Daily Value (DV) 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.

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- 8) Refrigerate leftovers within two hours. Eat within 3 to 5 days. This recipe freezes well. Defrost in the refrigerator overnight, reheat and eat!

**Be Creative!** Try adding any canned or fresh vegetables.

*This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active Program*



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