

# VEGETABLE SOUP

## INGREDIENTS

- 4 1/2 cups low-sodium vegetable, chicken or beef broth
- 1/2 cup chopped onion
- 2 teaspoons Italian seasoning
- 1 bay leaf
- 1/4 teaspoon ground black pepper
- 1 10 ounce package frozen mixed vegetables (2 cups)
- 1 15 ounce can chopped tomatoes



## DIRECTIONS

1. In a large saucepan, mix onion, broth, Italian seasoning, bay leaf and pepper.
2. Stir in mixed vegetables.
3. Bring to boil; reduce heat. Cover and simmer 6-8 minutes or until vegetables are tender crisp.
4. Remove bay leaf.
5. Stir in tomatoes and heat through. Serve hot.

## TIPS

- Add one pound of cooked ground beef, buffalo, turkey or pork.
- Add a 15 ounce can of cooked kidney beans.



This recipe card has been developed as part of the Cheyenne River **Cooking for Health** (Wičhózaŋni Étkiya Lol'íwaŋ'aŋ) Project. For more diabetes-friendly recipes, visit [www.mbiri.com/projects/cookingforhealth](http://www.mbiri.com/projects/cookingforhealth).



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## Nutrition Facts

Serving Size 1 cup (234g)

Servings Per Container 8

### Amount Per Serving

**Calories** 70

Calories from Fat 10

% Daily Value\*

**Total Fat** 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 140mg 6%

**Total Carbohydrate** 10g 3%

Dietary Fiber 2g 8%

Sugars 2g

**Protein** 4g 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

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