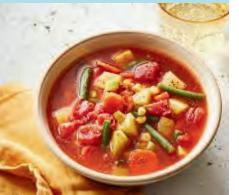
VEGETABLE SOUP

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.
- 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'íwah'aŋ) Project. For more diabetes-friendly recipes, visit www.mbiri.com/projects/cookingforhealth.



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Nutrition Facts Serving Size 1 cup (234g) Servings Per Container 8 Amount Per Serving	
	% Daily Value
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	- 13
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate	10g 3%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	8%

MISSOURI BREAKS



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*Percent Daily Values are based on a 2,000 calone diet