

Vegetable Soup

Makes 8 servings

Ingredients

- 4½ cups chicken, beef or vegetable broth, low sodium
- ½ cup chopped onion
- 2 teaspoons Italian Seasoning
- 1 bay leaf
- ¼ teaspoon black pepper
- 1 10-ounce package frozen mixed vegetables (2 cups)
- 1 15-ounce can chopped tomatoes

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.



Directions

1. In large saucepan, mix broth, onion, Italian Seasoning, bay leaf, and pepper.
2. Stir in mixed vegetables but not tomatoes.
3. Bring to boil; reduce heat. Cover and simmer 6 to 8 minutes or until vegetables are tender crisp. Remove and throw away bay leaf.
4. Stir in tomatoes. Heat through. Serve hot.

Variation

Meat - Add 1 pound of cooked ground beef, turkey or pork.

Beans - Add 2 cups of cooked kidney beans, or one 15-ounce can