



Vary Your Veggies... Focus on Fruit



EFNEP

Expanded Food and Nutrition Education Program

Garden Vegetable Soup

Makes: 6 (½ cup) servings

Preparation Time: 10 to 15 minutes

Cooking Time: 20-25 minutes

Ingredients:

- Non-stick cooking spray
- 2 carrots, sliced
- 1 small onion, chopped
- ½ garlic clove, minced, or garlic powder
- 3 cups broth (beef, chicken, or vegetable)
- 1 cup chopped green cabbage
- 1 (8 ounces) can green beans
- 1 (8 ounces) can diced tomatoes, drained
- ½ teaspoon Italian seasoning
- 1 zucchini, chopped

Nutrition Facts

Serving Size 1/2 Cup (251g)
Servings Per Container 6

Amount Per Serving

Calories 50 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 660mg **28%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 4g

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.
4. Stir in zucchini and heat for 3-4 minutes. Serve hot.
5. Refrigerate leftovers.

Be Creative!

Try adding any canned vegetables or seasonal fresh vegetables.

