



Vegetable Soup

SERVING SIZE: 1 cup
SERVINGS: 12
PREPARATION TIME: 5 minutes
COOK TIME: 20-25 minutes

INGREDIENTS:

- 2 bouillon cubes (beef, chicken or vegetable)
- 4 cups of water
- ¾ cup onion, chopped
- 1 30-ounce can crushed tomatoes
- 1 15-ounce can green beans
- 1 15-ounce can corn
- 1 15-ounce can carrots, drained and rinsed
- 1 15-ounce can peas, drained and rinsed
- 1 15-ounce can kidney beans, drained and rinsed
- 1/2 tsp. garlic powder
- Pepper to taste

DIRECTIONS:

1. Pour water into pot. Turn stove to medium heat and add the bouillon cubes.
2. Add the chopped onion and crushed tomatoes and bring to a boil.
3. Drain and rinse the other canned vegetables and add them to the pot.
4. Reduce heat to a simmer and add garlic powder and pepper.
5. Cook uncovered for 20-25 minutes.

RECIPE TIPS:

- Use leftover cooked vegetables or your favorite canned or frozen veggies.
- For a hearty soup add cooked, diced or canned chicken.
- Freeze extra soup in small containers for a quick meal or snack.



NUTRITION FACTS:

Amount Per Serving	
Calories	94
Total fat	1 g
Saturated fat	0g
Cholesterol	0mg
Sodium	298mg
Total Carbohydrate	19g
Fiber	5g
Sugar	5g
Includes 0g of Added Sugars	
Protein	5g
Phosphorus	98mg
Potassium	357mg

EQUIPMENT NEEDED:

- Stove or hot plate
- Large pot
- Can opener
- Strainer

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: healthyshelves.org