

# Hearty Vegetable and Brown Rice Soup

## Ingredients:

1/2 cup instant brown rice	2 teaspoons dried basil
1 cup chopped broccoli florets	1 teaspoon dried oregano
1 cup chopped cauliflower florets	1 teaspoon ground dried cumin
1 thinly sliced carrot	1/2 teaspoon kosher salt
15 – oz. fat-free, reduced sodium chicken broth	1/2 cup cheddar (Romano or parmesan)

## Directions:

1. In a large saucepan, heat broth to boiling. Stir in brown rice. Cover and cook over low heat for 5 minutes.
2. Add vegetables and oregano. Simmer for about 5 minutes or until the vegetables are tender.
3. Add basil, cumin, and salt. Ladle soup into bowls and sprinkle each with grated cheese.

## Nutrition Facts

Serving Size (235g)	
Servings Per Container 5	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
Dietary Fiber 2g	8%
Sugars 1g	
<b>Protein 5g</b>	
Vitamin A 60%	Vitamin C 40%
Calcium 6%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: <https://stanfordhealthcare.org/medical-clinics/cancer-nutrition-services/recipes/hearty-vegetable-brown-rice-soup.html>

