

Vegetable Soup

Ingredients:

- 2 tablespoons olive oil
- 1 medium yellow onion, chopped
- 3 carrots, chopped
- 2 celery ribs, chopped
- 5 garlic cloves, minced
- 1 red bell pepper, chopped
- 2 – 3 Yukon gold potatoes, chopped (about 2 cups)
- 3 (14.5 oz) cans vegetable broth
- 1 (28 oz) can diced tomatoes
- 2 bay leaves
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 1/2 cups green beans (frozen or canned, rinsed and drained)
- 1 cup corn (frozen or canned, rinsed and drained)
- 1 cup peas (frozen or canned, rinsed and drained)

Directions

1. In a large pot, heat olive oil over medium-high heat.
2. Add onion, carrot, celery; cook for 5 minutes or until vegetables are tender.
3. Add in the garlic, red pepper, and potatoes; cook for 3 minutes.
4. Add the vegetable broth, tomatoes, bay leaves, thyme, basil, salt, and pepper.
5. Reduce heat to medium-low, cover, and let soup simmer for 25 – 30 minutes, or until potatoes are soft.
6. Stir in green beans, corn, and peas; cook for 5 – 7 minutes or until vegetables are cooked through.
7. Remove bay leaves and season with additional salt and pepper if necessary. Serve warm.

Nutrition Facts

Serving Size (455g)
Servings Per Container 10

Amount Per Serving

Calories 230 Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 39g 13%

Dietary Fiber 11g 44%

Sugars 13g

Protein 12g

Vitamin A 170% • Vitamin C 60%

Calcium 8% • Iron 4%

*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	30g	35g
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

