

VEGETABLE SOUP

Prep Time: 5 minutes

Cook Time: 20 minutes

Included in Box:

- 1 (15 oz) can no salt mixed vegetables, drained and rinsed
- 1 (15 oz) can no salt carrots, drained and rinsed
- 1 (14.5 oz) can low sodium diced tomatoes

Additional Ingredients Needed:

- 2 small onions (-1 c.), diced
- 4 c. (32 oz) low sodium vegetable broth
- 1 T lemon juice
- 2 T garlic powder
- 2 T dried parsley

Directions:

1. Add $\frac{1}{4}$ c. water and onion to pot over medium-high heat; cook until translucent (3-4 minutes).
2. Add diced tomatoes and seasonings. Stir to mix and cook for 1 minute.
3. Add mixed vegetables, carrots, kidney beans and vegetable broth. Bring to boil, reduce heat and simmer for 15 minutes.

Tip: Add kale for extra flavor and nutritional punch!



Nutrition Facts*

Total Servings: 4
Serving Size: 1 $\frac{1}{2}$ c.
Calories: 141
Fat: 0 g
Sodium: 202 mg
Carbohydrates: 30 g
Fiber: 8 g
Protein: 5.5 g
Carbohydrate Servings: 2

**Nutrient facts include canned unsalted mixed vegetables, canned unsalted sliced carrots, canned no salt added diced tomatoes, small white onions, 32 oz low sodium vegetable broth, fresh lemon juice, and seasonings.*