

Summer Vegetable Soup



Ingredients:

- 2 carrots, sliced
- 1 small onion, chopped
- 1/4 teaspoon garlic powder
- 3 cups low-sodium chicken broth
- 1 cup green cabbage, chopped
- 1 can no salt added green beans, undrained
- 1 can diced tomatoes, undrained
- 1/2 teaspoon Italian seasoning
- 1 zucchini, chopped
- Nonstick cooking spray

Directions:

1. In a large saucepan prepared with nonstick cooking spray, sauté carrots, and onion over low heat for 5 minutes.
2. Add broth, cabbage, green beans, tomatoes, garlic powder, and Italian seasoning. Bring to a boil.
3. Lower heat to a simmer. Cover and cook about 15 minutes or until carrots are tender.
4. Stir in zucchini and heat for 4 minutes.

Makes 6 servings.



Tarrant County Public Health
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