

Basic Vegetable Soup

Makes 8 servings | Vegetable

Ingredients

- 4½ cups low sodium broth
- ½ cup chopped onion
- 2 teaspoons Italian seasoning
- 1 bay leaf
- ¼ teaspoon black pepper
- 1 10-ounce package frozen or 1 15-ounce can mixed vegetables (2 cups)
- 1 15-ounce can chopped tomatoes

Directions

1. Wash hands with warm, soapy water.
2. In large saucepan, mix broth, onion, Italian seasoning, bay leaf, and pepper.
3. Stir in mixed vegetables but not tomatoes.
4. Bring to boil; reduce heat. Cover and simmer 6-8 minutes or until vegetables are tender crisp. Remove bay leaf and throw away.
5. Stir in tomatoes. Heat through. Serve hot.

Optional:

- Add 2 cups cooked beans or 1 15-ounce can for added protein





UW

College of Agriculture
and Natural Resources
Extension

1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwo.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.

Nutrition Facts	
8 servings per container	
Serving size	1 cup (239g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	9%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	8%
Potassium 366mg	8%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.