

Vegetable Soup Recipe

ABC Vegetable Soup

(serves six)

Ingredients:

- 1 teaspoon vegetable oil
- 1/2 cup chopped onion
- 1 clove garlic, chopped
- 2 cans (14 1/2 ounces each) reduced salt chicken broth
- 1 can (28 ounces) crushed tomatoes
- 1/3 cup alphabet pasta
- 1/2 cup parsley leaves
- 1 cup chopped broccoli
- 1 cup chopped carrots
- 1 cup sliced celery
- Salt and Pepper to taste
- 2 tablespoons grated parmesan cheese, optional.

Preparation Time: 15 minutes

Stove Method: (Cooking time on the stove: 25 minutes)

1. Heat oil in a saucepan over medium heat. Add onion and garlic and cook until the onion is soft, about 2 minutes. Stir occasionally.
2. Add chicken broth, tomatoes, pasta and parsley to the saucepan. Bring the liquid to a boil, reduce heat, and simmer for 10 minutes.
3. Add broccoli, carrots and celery to soup, cook 10 minutes. Add salt and pepper to taste.
4. With adult help, ladle soup into serving bowl and sprinkle with Parmesan cheese before serving, if desired.

Crock Pot Method: (Cooking time with a crock pot: 2 hours)

Place all ingredients in crock pot on high for two hours.



Nutritional Information (per 8 ounce serving)

- 117 calories
- 4 grams protein
- 2 grams fat (1 g sat.)
- 19 grams carbohydrate
- 471 mg sodium
- 12 mg cholesterol

