

Garden Vegetable Soup



Makes: 6 Servings

Total Cost: \$\$\$\$

Italian seasoning and garlic powder bring a punch of flavor to this delicious and easy vegetable soup. Serve it with a whole wheat roll for a satisfying lunch or quick dinner.

Ingredients

- non-stick cooking spray
- 2 carrots, sliced
- 1 small onion, chopped
- 1/4 teaspoon garlic powder (or 1/2 garlic clove, minced)
- 3 cups chicken broth, low-sodium (or low-sodium beef or vegetable)
- 1 cup chopped green cabbage
- 1 can green beans, undrained, low-sodium (14 ounces)
- 1 can diced tomatoes, undrained, low-sodium (14.5 ounces)
- 1/2 teaspoon Italian seasoning
- 1 zucchini, chopped

Directions

1. Wash hands with soap and water.
2. In a large saucepan sprayed with non-stick cooking spray, sauté the carrots, onion, and garlic over low heat about 5 minutes.
3. Add broth, cabbage, green beans, tomatoes, and Italian seasoning; bring to a boil.
4. Cover, lower heat. Simmer about 15 minutes or until carrots are tender.
5. Stir in zucchini and heat for 3 to 4 minutes. Serve hot.
6. Refrigerate leftovers.

Notes

Learn more about:

- [Carrots](#)
- [Onions](#)
- [Cabbage](#)
- [Green Beans](#)
- [Tomatoes](#)
- [Zucchini](#)

Source:

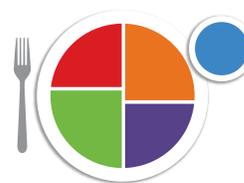
Eating Smart, Being Active

Colorado State University and University of California at Davis

Nutrition Information

Serving Size: 1/6 of recipe

MyPlate Food Groups



Nutrients	Amount
Total Calories	78
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	209 mg
Carbohydrates	15 g
Dietary Fiber	4 g
Total Sugars	7 g
Added Sugars included	0 g
Protein	5 g
Vitamin D	0 mcg
Calcium	80 mg
Iron	2 mg
Potassium	528 mg

 Vegetables 1 1/2 cups

N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated