



EATING SMART
BEING ACTIVE

Garden Vegetable Soup

Makes: 9 servings (1 cup per serving)

Preparation Time: 10 to 15 minutes

Cooking Time: 20 to 25 minutes

Ingredients

Nonstick cooking spray
2 carrots, peeled and chopped
1 large onion, chopped
2 (14.5 ounce) cans broth (chicken or vegetable)
1 cup chopped green cabbage
1 (14.5 ounce) can green beans, not drained
1 (14.5 ounce) can diced tomatoes, not drained
¼ teaspoon garlic powder
½ teaspoon Italian seasoning
1 medium zucchini, chopped
Salt and black pepper to taste

Directions

1. Wash the vegetables.
2. Collect, cut, and measure all ingredients before starting to prepare the recipe.
3. Spray a large pot with nonstick cooking spray. Add the carrot and onion, and cook over low heat for about 5 minutes.
4. Add broth, cabbage, green beans, tomatoes, garlic powder, and Italian seasoning. Turn the heat up to medium high, and bring to a boil.
5. Reduce heat to low, and cover. Simmer for about 15 minutes or until carrots are tender. Stir in the zucchini, and cook for 3 to 4 minutes.
6. Taste the soup. Add a small amount of salt and black pepper if desired.
7. Remove from heat, and serve hot.
8. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

This recipe freezes well. Defrost in the refrigerator overnight, then reheat and eat!

Be creative! Try adding any canned or fresh vegetables.

Nutrition Facts

varied (9) servings per container	
Serving size	1 Cup (190g)
Amount Per Serving	
Calories	40
% Daily Values*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 320mg	6%
<small>*The % Daily Value (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.</small>	



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Fruits and Veggies: Half Your Plate