

## Italian Vegetable Soup

*(Makes 6 servings; 1 serving = 2 cups)*

### **Ingredients:**

- 64 ounce low sodium chicken broth
- 1 tablespoon tomato paste
- 6 small green onions, chopped
- 3 large carrots, chopped
- 3 cups Chinese cabbage (savoy)
- 2 cloves garlic, crushed
- 1 cup fresh or frozen green beans
- 1 ½ cups celery, chopped
- 2 bay leaves
- 1 teaspoon dry oregano
- ¼ cup parsley, chopped



### **Directions:**

- 1) Combine all vegetables in soup pot. Add garlic, bay leaves and oregano. Pour broth over vegetables and stir.
- 2) When hot, add tomato paste in soup. Let simmer until vegetables are tender.

### **Nutritional Analysis:** *(per serving)*

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|-----------------------|----------------------|
| ▪ Calories: 60        | ▪ Dietary Fiber: 3 g |
| ▪ Total Fat: 0 g      | ▪ Sugars: 4 g        |
| ▪ Saturated Fat: 0 g  | ▪ Protein: 4 g       |
| ▪ Trans Fat: 0g       | ▪ Vitamin A: 160%    |
| ▪ Cholesterol: 0 mg   | ▪ Vitamin C: 40%     |
| ▪ Sodium: 170 mg      | ▪ Calcium: 8%        |
| ▪ Carbohydrates: 10 g | ▪ Iron: 8%           |