

Easy VEGETABLE SOUP

INGREDIENTS

- 1 tablespoon olive oil
- 4 cups (32 ounces) unsalted chicken stock
- 1 medium onion, chopped
- 1 large can (28 ounces) salt free tomatoes
- 1 carrot, chopped
- 1 lb. frozen mixed vegetables, no salt added
- 1 celery stalk, chopped
- 1 bay leaf, if desired
- 1 clove garlic, chopped or mashed
- Ground pepper

**Can also be used with unsalted vegetable stock and can add meat of your choice*

INSTRUCTIONS

In a large pot over medium heat, warm olive oil. Add the onion, carrot, and celery and sauté until tender, about 5 minutes. Add the garlic and stir until fragrant. Add the stock, tomatoes, frozen vegetables and bay leaf. Bring to a simmer, adjust the heat to maintain, and cook until the flavors are blended, about 15-25 minutes. Remove and discard the bay leaf. ENJOY!

Makes 8 servings

Serving Size is 2 cups

NUTRITIONALS: (PER SERVING)

77 calories per serving

11 grams carbohydrates per serving

2 grams fat per serving

165 mg salt per serving




AVITA
HEALTH SYSTEM