

10/4/23

HOMESTYLE VEGETABLE SOUP • *Healthy Meals in Minutes™*

SERVES 4

- 4 cups reduced-sodium vegetable broth
- 1 medium tomato, peeled, seeded and diced (about 1 cup)
- 1 large red potato, peeled and cut into 1-inch chunks (about 1 cup)
- 1 small carrot, sliced (about ½ cup)
- 1 cup sliced green beans
- 1 small yellow squash, cubed (about 1 cup)
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons chopped fresh parsley

1 In a large saucepan, bring broth to a boil over high heat. Reduce heat to medium. Stir in

tomato, potato, and carrot. Simmer until vegetables are tender, about 15 minutes.

2 Add green beans and squash; cook for 5 minutes longer. Stir in salt and pepper.

3 Ladle soup into individual serving bowls. Sprinkle parsley on top. Serve immediately.

D PREPARE IN ADVANCE
Prepare soup as recipe directs through Step 2; cool completely. Cover and refrigerate for up to 4 days. To reheat, cook over medium heat, stirring occasionally, until heated through, about 10 minutes.

COOK'S TIPS



To make a creamy variation, ladle the soup, in batches, into a blender or food processor. Process until smooth; reheat over medium heat, if necessary.



Garnishes add tasty appeal and texture to soups. Some classic garnishes include chopped egg, sour cream, croutons, and chopped fresh herbs.

PER SERVING: Calories 97 (15% from fat) Carbohydrates 15 g Protein 7 g Sodium 353 mg Fat 2 g Cholesterol 0 mg
Packet 67 Printed in U.S.A.