

Garden Veggie Soup

A big bowl of this soup and some crackers will really warm you up on a cold day.

- | | | | |
|--------------|-----------------------------------|---------|--------------------------------|
| 1 small head | cabbage (chopped, about 1 lb.) | 4 cups | chicken broth (reduced-sodium) |
| 2 med size | pepper, red bell (diced) | 1 leaf | bay leaf |
| 3 med size | pepper, green (diced) | 1 tsp | parsley flakes |
| 5 med size | onion, chopped | 1/4 tsp | dried thyme |
| 3 ribs | celery chopped | 1/4 tsp | garlic powder |
| 6 med size | tomatoes peeled, seeded and diced | | pepper, to taste |

Procedure

1. Combine all ingredients in a large kettle, bring to a boil.
2. Reduce heat, cover and simmer for 2 1/2 hours or until veggies are tender, stirring occasionally.
3. Remove the bay leaf before serving.

Servings: 10

Degree of Difficulty: Easy

Preparation Time: 30 minutes

Cooking Time: 2 hours and 30 minutes

Total Time: 3 hours

Nutrition Facts

Serving size: 1/10 of a recipe (12.8 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 1500 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	86.48
Calories From Fat (12%)	10.38
% Daily Value	
Total Fat 1.2g	2%
Saturated Fat 0.25g	2%
Cholesterol 0mg	0%
Sodium 331.84mg	18%
Potassium 613.9mg	23%
Total Carbohydrates 16.58g	7%
Fiber 4.12g	22%
Protein 4.49g	12%

Recipe Type

Soup

This recipe was downloaded (free) from www.recipesworld.org.

Feel free to pass it around to your friends.