



Vegetarian Recipe

Slimming Vegetable Soup

Ingredients:

- 1 container low-sodium vegetable broth
- 1 can diced tomatoes
- 2 cloves garlic, minced
- 1 can kidney beans
- 1 can low-sodium green beans
- 4-5 stalks of celery, diced
- 1 cup red cabbage, diced
- 1 cup kale, diced
- 1 squash or zucchini, diced
- ½ medium sweet onion, diced
- 2 large carrots, diced
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp Italian seasoning blend



Directions:

1. Add broth and tomatoes into a large soup pan and heat to medium heat.
2. Add 1 TBSP olive oil to sauté pan and sauté chopped garlic, onion, carrots, and celery in a pan until browning (~3 minutes on medium heat).
3. Once broth and tomatoes come to a simmer, add all additional ingredients into mixture except for kale and cabbage. Continue to heat on medium heat.
4. Next, add kale and cabbage to pot and stir. Let soup simmer for 10-12 minutes.
5. Remove from heat.

**This soup is able to be stored in an airtight container in the fridge for 4-6 days and can also be frozen for later use.*

Serves: 4-6