



Garden Vegetable Soup

12 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 1 Tablespoon extra virgin olive oil
- 2 yellow onions, chopped
- 4 carrots, chopped
- 3 stalks celery, chopped
- 4 cloves garlic, minced
- 2 quarts low-sodium vegetable broth
- 4 tomatoes, diced
- 1 potato, diced
- ½ cup parsley, chopped
- 2 bay leaves
- ½ teaspoon dried thyme
- Salt and freshly ground black pepper, to taste
- 1 ½ cups fresh green beans, chopped
- 1 cup corn
- 1 cup frozen peas

DIRECTIONS

1. Heat oil in a large pot over medium heat. Add onions, carrots, and celery and sauté for 3-4 minutes. Add garlic and sauté for 30 seconds longer.
2. Pour in broth, then add tomatoes, potato, parsley, bay leaves, thyme, salt, and pepper.
3. Bring to a boil, add green beans, and reduce heat to medium-low.
4. Cover and simmer until potatoes are tender, about 20-30 minutes, then add corn and peas and cook for 5 more minutes.

Nutrition Facts	
12 servings per container	
Serving size	1 cup
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 316mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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