

## Garden Vegetable Soup



### INGREDIENTS

SERVES 4 - 6

- $\frac{2}{3}$ cup sliced carrot
  - $\frac{1}{2}$ cup diced onion
  - 2cloves garlic, minced
  - 3cups fat free broth (chicken or vegetable)
  - 1  $\frac{1}{2}$ cups diced green cabbage
  - $\frac{1}{2}$ cup green beans
  - 1tablespoon pureed tomato
  - $\frac{1}{2}$ teaspoon dried basil
  - $\frac{1}{4}$ teaspoon dired oregano
-

- $\frac{1}{4}$ teaspoon salt
  - $\frac{1}{2}$ cup diced zucchini
- 

## DIRECTIONS

- Spray a large saucepan with non-stick cooking spray.
- Sautee the carrot, onion and garlic over low heat until softened, about 5 minutes.
- Add broth, cabbage, green beans, tomato paste and simmer, covered about 15 minutes or until beans are tender.
- Stir in zucchini and heat 3-4 minutes.
- Serve hot.