

America's Vegetable Soup

Yield: 13 servings (1 cup per serving)

Ingredients:

1 (28 oz) can diced tomatoes with basil, garlic and oregano, no salt added, undrained
A (14.5 oz) can cut green beans, no salt added, drained
1 (15.25 oz) can whole kernel corn, no salt added, drained
1 (14.5 oz) can zucchini with Italian style tomato sauce
1 (14.5 oz) can sliced carrots, drained
3 cups unsalted chicken
¼ tsp crushed red pepper flakes
Pepper to taste (optional)
¾ cup chopped parsley (optional)

Directions:

Combine all ingredients except pepper and parsley in a soup pot. Bring to a boil, then simmer a few minutes. Season with pepper as desired. Garnish with parsley to serve.

Nutrition

Calories	68
Carb	15.0g
Fiber	3.0g
Protein	2.0g

