

Spring Vegetable Soup

Enjoy this tasty soup with your favorite whole grain bread sandwich. The recipe doubles easily if you need to accommodate a large family or group.

Makes: 4 servings

Prep Time: 10 minutes
Cook Time: 30 minutes

Source: Spring Vegetable Soup | MyPlate

Ingredients

- 1 tablespoon extra virgin olive oil
- 1/4 red cabbage (medium head, about 2 cups, finely shredded)
- 2 ripe tomatoes (medium, seeded and chopped)
- 1/2 cup canned artichoke hearts (drained and chopped)
- 1 cup green peas (frozen or fresh)
- 2 1/2 cups vegetable juice (low-sodium)
- 1 cup water
- 2 teaspoons dried basil
- salt and pepper (to taste, optional)

Directions

1. In a large soup pot, heat oil over medium heat. Sauté cabbage, tomatoes, artichoke hearts and peas for 10 minutes.
2. Add vegetable juice and water. Bring to a boil. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot.
3. Serve in individual serving bowls.
4. Refrigerate leftovers within 2 hours.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	136
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	0 mg
Sodium:	73 mg
Total Carbohydrates:	20 g
Dietary Fiber:	6 g
Total Sugars:	11 g
Added Sugars:	0 g
Protein	5 g

Utensils Needed

- Cutting board
- Knife
- Soup pot
- Measuring cups
- Measuring spoons
- Stirring spoon
- Vegetable grater

SHOPPING LIST

Average total cost without oil and seasonings: \$ 10.70

Average cost/serving: \$ 2.67

Recipe Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to cart
Red Cabbage



Add 1 to cart
Frozen Peas



Add 2 to cart
Tomatoes



Add 1 to cart
100% Vegetable Juice



Add 1 to cart
Artichoke Hearts Canned

My Cooking Notes