

Raising the Bar on Nutrition Vegetable Soup

4 servings

6 Tablespoons	extra virgin olive oil *
1 can	peas *
1 can	green beans *
1 can	corn *
1 can	white beans, drained, rinsed *
1-28 oz can	tomatoes (chopped, crushed) *
6-8 cups	vegetable broth
	optional: herbs such as dried basil, oregano.

1. Heat 2 Tbs of the olive oil on medium in a large soup pan. Add any dried herbs.
2. Add the peas and cook for about 5 minutes.
3. Add the rest of the olive oil and the green beans and corn. Cook for 5- 10 minutes, stirring occasionally
4. Add the can of drained white beans and the crushed tomatoes. And heat through. The vegetable mixture can be left to simmer.
7. When cooked as much as you want, add the vegetable broth. Heat through.

The soup can be frozen in individual servings. You can add cooked pasta, rice or potatoes, if you like at the time of eating.

Approximate cost of the recipe: \$4.88 or \$1.22 per serving