Winter Vegetable Soup

Number of Servings: 4 (660.53 g per serving)

Amount	Measure	Ingredient
2.00	ea	garlic cloves, fresh
1.00	ea	onion, white, fresh, medium, 2 1/2"
2.00	ea	carrots, fresh, medium
1.00	med	zucchini, fresh, with skin
1.50	cup	broccoli florets, fresh
1.00	ea	tomatoes, fresh, year round average, large, 3"
1.75	cup	kidney beans, dark red, canned
1.00	cup	spinach, baby, fresh, organic
1.00	Tbs	parsley, fresh, chopped
0.50	tsp	black pepper, ground
6.00	cup	water, tap
2.00	tsp	oil, olive, extra virgin

Nutrients per serving

Nutrition Facts

Serving Size (661g)
Servings Per Container

Amount Per Serving

Calories 190	Calories from Fat 35
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 290mg	**12%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 10g	**40%**
Sugars 7g	
Protein 10g	

Vitamin A 140% • Vitamin C 80%
Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes

Chop garlic and onion. Chop and cut all vegetables into small pieces.
Place garlic and onion into a large pot with olive oil to saute' for around 3-5 minutes.
Add water (5-6 cups, more after if needed) and all vegetables except for beans, spinach and parsley. Add pepper and bring to a broil, then simmer for 25-30 minutes.
Drain and rinse canned beans.
Add parsley, beans, and spinach, cook for another 5 minutes.

Kathy LaBella, RDN, CDN, CSSD