

## 5 A Day Recipes

### Soups and Stews

#### Zero Vegetable Soup

##### 5 A Day Recipes

- 1 1/2 cups of sliced vegetable; any combination of the following: cabbage, broccoli, carrots, onions, zucchini, celery, tomatoes, cauliflower, mushrooms
- 1 can (14.5 oz.) reduced salt chicken broth

Skim fat off broth. Add vegetables. Cover pot and cook on high for about 5-10 minutes, stirring twice.

This is an official 5 A Day recipe, and provides two people with 1 1/4 servings of vegetables each.

##### **Nutritional Analysis Per Serving**

Calories: 33

Cholesterol: 0 mg

Fiber: 2 g

Sodium: 383 mg

% Calories from Fat: 14%

Recipe provided by Brenda J. Ponichtera, Quick and Healthy Recipes and Ideas.