

## Garden Vegetable Soup by Lynette Blake

### Ingredients:

- 1 15oz Can diced tomatoes
- $\frac{2}{3}$  C Sliced carrots
- $\frac{1}{2}$  C Diced Onions
- 2 Garlic cloves minced
- 3 C Fat Free beef broth
- 1  $\frac{1}{3}$  C Diced green Cabbage
- $\frac{1}{2}$  C Green Beans
- 1 Tbs Tomato Paste
- $\frac{1}{2}$  tsp Dried Basil
- $\frac{1}{4}$  tsp Dried Oregano
- $\frac{1}{2}$  C Diced Zucchini

### Directions:

- 1) In a large saucepan sprayed with non stick cooking spray, saute carrots, onions & garlic over low until softened about 5 min.
- 2) Add broth, cabbage, beans, tomatoes, tomato paste, basil, oregano & bring to a boil, lower heat and simmer covered for about 15 min.
- 3) Stir in Zucchini & heat 3-4 min. More
- 4) Serve Hot

### Extras Lynette adds:

- $\frac{1}{2}$  C Peas
- Diced Beef Chuck Roast