

## Veggie Soup • Serves 8

- 2 quarts vegetable broth
- 4 cups tomatoes, seeded and chopped
- 2 cups carrots, peeled and sliced
- 2 cups potatoes, peeled and diced
- 2 cups green beans, chopped into  $\frac{3}{4}$ -inch pieces
- 1 small onion, chopped
- 2 cups leeks, chopped
- 1 garlic clove, minced
- 4 Tbsp. extra-virgin olive oil
- salt and pepper

Heat olive oil in a stockpot over medium-high heat. Add leeks, garlic and onion and cook until tender, about 5 minutes. Stir in carrots, potatoes and green beans and cook for another 5 minutes, stirring occasionally.

Add the vegetable broth to the stockpot, bring the soup to a boil, and then reduce heat. Once simmering, add tomatoes, cover and cook for about 30 to 45 minutes, until vegetables are tender. Remove from heat and season with salt and pepper to taste.



### NUTRITION PER SERVING:

Calories: 90; Calories from Fat: 35; Total Fat: 4g;  
Saturated Fat: 0.5g; Cholesterol: 0mg; Protein: 2g;  
Total Carbs: 12g; Fiber: 3g; Sugar: 4g; Sodium: 240mg