

Weight Loss Vegetable Soup Recipe



Soup for weight loss has never tasted so delicious! Enjoy this flavorful recipe, loaded with healthy vegetables, plenty of flavor, and naturally low in fat and calories. It's perfect for lunch or an anytime snack!

Servings: 14 servings | **Prep Time:** 10 minutes | **Cook:** 18 minutes | **Total:** 28 minutes

Ingredients

- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup diced carrots
- 4 cups chopped cabbage, approx.
- ¼ head of cabbage
- 1 cup green beans, 1" pieces
- 2 whole bell peppers, chopped
- 1 can (28 ounces) of low sodium diced tomatoes
- 6 cups low sodium beef broth
- 2 tablespoons tomato paste
- 2 bay leaves
- ½ teaspoon each thyme and basil
- Pepper to taste
- 2 cups broccoli florets
- 2 cups sliced zucchini

Instructions

1. In a large pot, cook onion and garlic over medium heat until slightly softened.
2. Add carrots, cabbage, and green beans. Cook for an additional 5 minutes.
3. Stir in bell peppers, undrained tomatoes, broth, tomato paste, bay leaves, and seasonings.
4. Simmer for 6-7 minutes.
5. Add in zucchini and broccoli. Simmer an additional 5 minutes or until softened.
6. Remove bay leaves before serving.



Nutrition Information

Calories: 41, Sodium: 265mg, Potassium: 498mg, Carbohydrates: 7g, Fiber: 2g, Sugar: 4g, Protein: 3g, Vitamin A: 46.4%, Vitamin C: 59.7%, Calcium: 3.7%, Iron: 4.5%

Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.

Source: Spendwithpennies.com

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