

garden vegetable SOUP

Ingredients

- ### Directions
- > Prep the vegetables and garlic.
 - > Spray a large saucepan with non-stick cooking spray, or your oil of choice.
 - > Sauté the carrot, onion, and garlic over low heat until softened, about 5 minutes.
 - > Add broth, cabbage, green beans, tomato paste - and simmer, covered for about 15 minutes or until beans are tender.
 - > Stir in zucchini and heat 3-4 minutes.
 - > Serve hot.

2/3 cup carrot, sliced
1/2 cup onion, diced
2 cloves garlic, minced
1 1/2 cups green cabbage, diced
1/2 cup green beans
1/2 cup zucchini, diced
1/2 teaspoon basil
1/2 teaspoon oregano
3 cups broth
1 tablespoon tomato paste
1/4 teaspoon salt

[feeds: 4
takes: 35 minutes]

