

Quick Eight-Vegetable Soup

From the American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/quick-eight-vegetable-soup/>

Ingredients

1 tablespoon extra virgin olive oil
1 chopped onion
4 cups low-sodium vegetable broth
½ cup frozen baby lima beans
1 (15 oz) can no salt-added black, Great Northern or navy beans
1 cup frozen mixed vegetables
½ cup frozen tri-colored bell peppers
2 teaspoons dried oregano or thyme
Pinch of dried red pepper flakes
1 cup frozen broccoli florets
Salt, to taste
¼ cup grated Parmesan cheese

Instructions

1. In a large saucepan, heat oil over medium-high heat. Add onion and cook until translucent, about 5 minutes, stirring occasionally. Add broth and bring liquid to boil. Add lima beans, reduce heat and simmer covered for 5 minutes.
2. Add canned beans, mixed vegetables, peppers, oregano and pepper flakes and simmer covered for 5 minutes. Add broccoli, cover, and cook for 5 minutes. Add salt to taste. This soup keeps covered in refrigerator for 3 days. Reheat in covered pot over medium heat.
3. To serve, divide soup among deep bowls. Option to top each serving with 1 tablespoon of Parmesan cheese.

Makes 4 servings, 1 1/3 cup each.

Nutrition information per serving

Calories: 250	Sodium: 410 mg
Total Fat: 8 g	Protein: 10 g
Saturated Fat: 2 g	Total Carbohydrates: 32 g
Trans Fat: 0 g	Dietary Fiber: 9 g
Cholesterol: 5 mg	Total Sugars: 5 g