

SPRING VEGETABLE SOUP

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=18786&news_iv_ctrl=1125

Ingredients

- 1 Tbsp. extra virgin olive oil
- ¼ medium head red cabbage (about 2 cups) finely shredded
- 2 medium ripe tomatoes, seeded and chopped
- 1/2 cup canned artichoke hearts, drained and chopped
- 1 cup frozen or fresh green peas
- 2 ½ cups low-sodium tomato or vegetable juice
- 1 cup water
- 2 tsp. dried basil
- Salt and freshly ground black pepper, to taste

Directions

1. In large soup pot, heat oil over medium heat. Sauté cabbage, tomatoes, artichoke hearts and peas for 10 minutes.
2. Add tomato juice and water. Bring to boil.
3. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot.
4. Serve in individual serving bowls. Season to taste with salt and pepper.

Makes 4 servings

Nutritional information per serving (4 servings)

Calories: 120

Total fat: 4g

Saturated fat: <1g

Sodium: 200mg

Protein: 5g

Total carbohydrates: 18g

Dietary fiber: 4g



Wellness Center