



Mexican Vegetable Soup

Directions:

1. Heat olive oil in a large pot over medium-high heat. Add onions and carrots and sauté about 5 minutes then add garlic and sauté 1 minute longer.
2. Stir in vegetable broth, tomatoes, zucchini, green beans, bell pepper, oregano, cumin and pepper. Bring to a boil then reduce heat to medium-low, cover and simmer until veggies are soft, stirring occasionally, about 20 minutes.
3. Stir in corn, lime juice and cilantro. Enjoy!

Nutrition Facts: 8oz: 75 cal, 1g fat, 2g pro, 16g CHO, 486mg Na+, 3g fiber

Ingredients:

- 1 yellow onion, diced
- 1 cup carrot, diced
- 1 teaspoon olive oil
- 2 garlic cloves, minced
- 5 cups low sodium vegetable broth
- 1 can diced tomatoes with green chilies (Rotel)
- 1 medium zucchini, diced
- 1 cup frozen green beans
- 1 red bell pepper, diced
- 1 teaspoon Mexican oregano
- 1 teaspoon ground cumin
- 1 teaspoons black pepper
- 1 1/2 cups frozen corn
- 1 oz. lime juice
- 1/2 cup fresh cilantro, chopped

Yield: 10 servings

Time: 30 minutes