

Homemade Vegetable Soup

INGREDIENTS:

2 c. vegetable broth
1 c. water (can add more or less to give flavor)
2 medium carrots, sliced
1 medium potato, cut into 1-inch pieces
1 c. fresh or frozen cut green beans
1 c. diced tomatoes (canned or fresh)

DIRECTIONS:

Pour stock and water into slow cooker, add ingredients and let cook on high for about four hours or low for seven to eight hours (or until vegetables are tender). This recipe can be made on the stovetop: Combine all ingredients in a pot, bring to a boil, then reduce heat to low and cover. Cook until vegetables are tender (about 60 minutes).

NUTRITION:

Makes eight servings. Each serving has 35 calories, 0 g fat, 1 g protein, 8 g carbohydrate, 2 g fiber and 180 mg sodium