

Easy Breezy Vegetable Soup



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Ingredients

Servings: 6

- 1 (14 ounce) can low sodium chicken broth
- 1 (11.5 ounce) can tomato-vegetable juice cocktail
- 1 c water
- 1 large russet potato, diced
- 2 carrots, sliced
- 2 stalks celery, diced
- 1 (14.5 ounce) can diced tomatoes
- 1 c chopped fresh or canned green beans
- 1 c frozen corn kernels
- salt and pepper to taste
- Creole seasoning to taste

Directions

1. In a large stock pot, combine broth, tomato juice, water, potatoes, carrots, celery, undrained chopped tomatoes, green beans, and corn.
2. Season with salt, pepper and cajun seasoning.
3. Bring to a boil and simmer for 30 minutes or until vegetables are tender.

Tips: Great recipe to make in bulk and freeze for an easy meal in the future

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cup	115	.5 g	4 g	24 g	585 mg

Carbohydrate Exchanges: 2