

Quick Italian Vegetable Soup (Makes 10 servings)

- 1 Tablespoon olive oil
- 2 cloves garlic, crushed
- 1 medium onion, chopped
- 2 carrots, sliced
- 2 stalks celery, sliced
- 1 16-ounce can diced plum tomatoes
- 2 teaspoons Italian herb seasoning
- 2 cups reduced sodium beef broth
- 4 cups water
- 2 zucchinis, quartered and sliced
- 2 cups sliced cabbage
- 1/2 teaspoon salt
- Ground black pepper to taste
- Freshly grated Parmesan cheese (optional)



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Heat oil in a large stock pot over medium-high heat. Sauté garlic, onion, carrot and celery until onion is translucent and vegetables are tender, 5–7 minutes. Stir in tomatoes and Italian herb seasoning and cook 5 minutes more, stirring frequently. Add broth and water. Adjust heat to a medium simmer and cook approximately 10 minutes. Add zucchini and cabbage; add salt and pepper and cook until tender, 5 minutes more. Serve with Parmesan cheese, if desired.

Nutrition Information

Per serving (one cup): Calories: 45; Total fat: 1.3 gm; Saturated Fat: 0; Carbohydrate: 6.5 gm; Sodium: 310 mg; Fiber: 2 gm

*For more information about UW Health Heart, Vascular and Thoracic Care please visit uwhealth.org/heartandvascular.
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