

BUILD YOUR OWN Soup

Choose from your favorite ingredients and make it your own!

Prep Time: 15 minutes

Total Time: 30 - 50 minutes



VEGETABLE



2 cups carrots



2 cups zucchini



2 cups celery

STARCH



2 cups brown rice



2 cups potatoes



2 cups whole-wheat pasta

PROTEIN



2 cups beans



12 ounces chicken

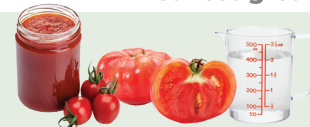


12 ounces ground beef

BASE



4 cups broth or prepared bouillon



2 cups crushed tomatoes/
tomato sauce + 2 cups water

SEASONING & TOPPING



1 tablespoon pepper/
chili/garlic paste



1 tablespoon
basil pesto



1 tablespoon
garlic



1/4 cup reduced
fat cheese

Directions:

- Heat oil in a soup pot over medium heat and cook any raw protein until done.
- Add base: 4 cups of broth or 2 cups tomatoes or tomato sauce with 2 more cups of water. If using cooked beans as your protein, add them now.
- Heat the base until simmering. Then add vegetables. Allow more time for firm vegetables, like carrots and celery, to cook than softer vegetables like zucchini and greens.
- Add your favorite toppings and enjoy.
- Serves 4.

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