

# RECIPE Makeover

## Tracy's Veggie Soup in a Snap



### Simple NUTRITION Swaps

*Use no sodium broth and tomato sauce to make a no sodium soup.*

*Use any non-starchy veggies to make this a lower calorie soup.*

*Starchy veggies are fine to use if you like and just as a reminder, starchy veggies include include peas, potatoes, corn, lima beans, beans, sweet potatoes, and winter squash.*

### Ingredients:

- 1 bag of stirfry mixed veggies...your choice. Can be a broccoli, cauliflower, onion mushroom mix. Just pick bags of non-starchy veggies.
- 2 – 32 ounce boxes fat-free broth (beef, chicken, or vegetable and can be sodium free or low sodium)
- 1 can of tomato sauce (can be no sodium)
- 1/2 tsp. dried basil
- 1/4 tsp. dried oregano
- 1 tablespoon of Mrs Dash original
- 1/8 teaspoon crushed red pepper flakes

\*black pepper if you would like to add this too

Cook on medium for about 20 minutes to allow these veggies to cook through.

### Optional to add –

1 1/2 cups diced green cabbage-optional

1/2 cup green beans-optional

1 small zucchini chopped and cooked

### **Directions:**

Cook the bag of frozen mixed stirfy veggies in the microwave and chop in very small pieces. I use a Pampered Chef Chopper. Dump everything in a large pot and heat and eat!