

Quick Veggie Soup

4 servings

What you need:

- 1 yellow onion, chopped
- 1 cup chopped carrots
- ½ tablespoon butter
- 3 cups low-sodium chicken broth
- ½ cup chopped celery
- 1 cup chopped broccoli
- ½ baking potato, chopped
- ½ teaspoon dried oregano
- Salt & pepper to taste



All you do:

1. Melt the butter in a large pot over medium heat. Add the onion and carrots and sauté until the onion becomes translucent.
2. Add the broth, celery, broccoli, potato, and spices.
3. Bring to a boil, reduce heat, and simmer for 20 minutes.

Nutrition per Serving Calories 97, Fat 2 g, Protein 11 g, Carbohydrates 18 g, Cholesterol 4 mg, Sodium 442 mg