

GARDEN VEGETABLE SOUP^o



SERVES: 4 (1¼ cups each) **Prep Time:** 20 min. **Cooking Time:** 43 min.

CONTAINER EQUIVALENTS (per serving): 2 1



- 1 Tbsp. olive oil
- 1 cup chopped onion (approx. 1½ medium)
- 3 cloves garlic, finely chopped
- 1 cup chopped carrots (approx. 2 medium)
- ½ cup chopped celery (approx. 1 medium stalk)
- 1 cup fresh (or frozen) green beans, cut into ½-inch pieces
- ½ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- 4 cups low-sodium organic vegetable broth
- 1 cup seeded, chopped tomatoes (approx. 1½ medium)
- ½ cup frozen corn kernels
- 1 Tbsp. finely chopped fresh parsley
- 2 tsp. fresh lemon juice
- 1 tsp. finely grated lemon peel (lemon zest)

1. Heat oil in large saucepot over medium-high heat until fragrant.
2. Add onion, garlic, carrots, celery, green beans, salt, and pepper; cook, stirring frequently, for 5 to 7 minutes, or until onion is translucent and vegetables begin to soften.
3. Add broth. Bring to a boil. Reduce heat to low. Gently boil for 1 minute.
4. Add tomatoes and corn; gently boil, stirring occasionally 25 to 30 minutes uncovered, or until vegetables are fork tender.
5. Remove from heat. Add parsley, lemon juice, and lemon peel; enjoy!

RECIPE NOTES:

- You can substitute fresh corn cut off the cob for frozen corn.
- This soup is a great way to use up leftover veggies from the fridge or an excess from your garden, as almost any vegetable will work well in it. Just remember that if you're using starchy vegetables like peas or potatoes, you will need to use your yellow container.

^oThis recipe works well with 80 Day Obsession. Make sure it works with your container counts.

NUTRITIONAL INFORMATION (per serving): Calories: 116 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 479 mg Carbohydrates: 19 g Fiber: 5 g Sugars: 7 g Protein: 3 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.