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|  | **Ingredients** | **Step** |
| Italian Veggie Soup | 1 pound  lean **ground meat** (15% fat) (turkey, chicken or beef)  1 cup  diced **onion**  1⁄2 cup  sliced **celery**  1 cup  sliced or diced **carrots**  1 1⁄2 cups  sliced or chopped **cabbage**  1 can  (15 ounces) **kidney beans** drained and rinsed  2 cans  (15 ounces each) **tomato pieces** with liquid  1 can  (15 ounces) **tomato sauce**  1 can  (15 ouncse) cut **green beans**, drained and rinsed  1 cup  whole kernel **corn** (canned and drained, frozen, or fresh cooked)  2 cups  **water**  3 teaspoons  or 3 cubes low sodium **beef, chicken or vegetable bouillon**  1 teaspoon  **garlic powder** or 4 cloves, crushed  1 teaspoon  **dried parsley**  1⁄2 teaspoon  **dried oregano leaf**  1⁄2 teaspoon  **dried sweet basil leaf**  1⁄4 teaspoon  **pepper**  1⁄2 cup  small **macaroni** (optional) | 1. In a skillet over medium-high heat (350 degrees in an electric skillet), cook the ground meat until browned, breaking it up as it cooks. Drain any fat. Add to soup pan. 2. In the same skillet, saute the onion, celery, and carrots until limp but not brown. Add to soup pan. 3. Add all the remaining ingredients to soup pan. 4. Bring to a boil. Lower heat, cover and simmer about 30 minutes. 5. Refrigerate leftovers within 2 hours. |