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Don's Favorite Vegetable Soup

Vegan* - 2 Carb Choices

8 - 10 Servings

Sodium Per Recipe: 489.1 mg

Sodium Per Serving (8): 61.1 mg

3 medium carrots, peeled, sliced (126.3 mg)
1 large onion, chopped (6 mg)
¼ green bell pepper, diced (1.19 mg)
¼ orange bell pepper, diced (.93 mg)
3 cloves garlic, minced (1.53 mg)
1 cup sliced mushrooms (14 mg)
1 medium to large apple, chopped (.91 mg)
1 teaspoon ground cumin (3.528 mg)
7 cups Maureen's chicken broth (176 mg)
1 can [Eden Organic No Salt Added black beans](#), drained (52.5 mg)
1 can [diced no salt added tomatoes](#), drained (105 mg)
Spritz Pam or other olive oil spray

Spray an 8-quart or larger pan with olive oil. Saute the carrots, onion, bell peppers, garlic over medium heat for about five minutes or until softened. Add the broth and canned beans and tomatoes. Bring to just under a boil, lower heat and simmer covered for about fifteen to twenty minutes. Optionals to add during the last five to ten minutes of simmering might be Napa lettuce or salt free taco chips or sliced salt free corn tortillas.

*If you want to add meat like ½ chicken breast, lightly cooked or some prime beef then add in the sodium and fats if counting calories. Meat generally does not add carbohydrates.

Nutritional Data Per Serving (8):

Calories: 127.6, Protein: 7.619 g, Carbohydrate: 20.5 g, Dietary Fiber: 2.857 g, Total Sugars: 6.404 g, Total Fat: 2.01 g, Saturated Fat: .525 g, Monounsaturated Fat: .729 g, Polyunsaturated Fat: .486 g, Cholesterol: 9.885 mg, Trans Fatty Acids: 0 g, Total Omega-3 FA: .025 g, Total Omega-6 FA: 0 g, Calcium: 32.3 mg, Potassium: 544.9 mg, Sodium: 61.1 mg, Vitamin K: 7.081 mcg