



A Nutrition Resource

MRS POMMERS VEGETABLE SOUP

Yield: 8 Servings | Serving Size: 1 cup

Cost/Serving: \$0.50

Ingredients:

- 1 (15-ounce) can low-sodium chicken broth
- 1 (15-ounce) can regular chicken broth
- 2 Tablespoons Italian seasoning
- 1/2 cup chopped onion
- 2 carrots, chopped
- 2 stalks celery, chopped
- 1 3/4 cup frozen corn
- 1 1/2 cup cabbage, chopped
- 2 large potatoes, chopped
- 1 1/2 cup frozen peas

Directions:

- 1) Heat broth, seasoning, and onions in a large pot or skillet.
- 2) Add carrots, celery, and potatoes and bring back to a boil.
- 3) Add rest of vegetables and bring back to a boil.
- 4) Cook on low for 10 more minutes, until all of the vegetables are tender.

Variation: Add tomatoes and garlic.

Note: Photo is of Mrs. Pommer's Vegetable Soup made with purple potatoes.

Nutrition Facts

8 servings per container
Serving size 1 cup (312g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 30g	11%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 2mg	10%
Potassium 607mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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