



Hearty Vegetable Beef Soup

Recipe Preparation Time

Active: 10 minutes **Total:** 35 minutes

4 servings, about 1 cup each

Per serving:

Calories	200	Cholesterol	42 milligrams
Total fat	4 grams	Sodium	391 milligrams
Saturated fatty acids	1 gram		

Unsalted chicken broth	10½-ounce can
Water	½ cup
Frozen mixed vegetables for soup	2 cups
Tomatoes, broken up	16-ounce can
Beef, cooked, diced	1 cup
Thyme leaves, crushed	1 teaspoon
Pepper	Dash
Salt	¼ teaspoon
Bay leaf	1
Narrow-width noodles, uncooked	2 ounces (about 1¼ cups)

1. Heat broth and water. Add vegetables, meat, and seasonings. Bring to boil, reduce heat, and boil gently, uncovered, for 15 minutes.
2. Add noodles. Cook until noodles are tender, about 10 minutes.
3. Remove bay leaf.

Menu Suggestion: Serve with peach halves filled with a scoop of lowfat cottage cheese on leaf lettuce and hard rolls. (Menu preparation time including recipe: **active**, 15 minutes; **total**, 35 minutes)