**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  10 1/2-ounce can
Water  1/2 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  1/4 teaspoon
Bay leaf  1

Narrow-width noodles, uncooked  2 ounces (about 1 1/4 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)