



## Hearty Vegetable Beef Soup

Recipe Preparation Time

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

4 servings, about 1 cup each

Per serving:

<b>Calories</b> .....	200	<b>Cholesterol</b> .....	42 milligrams
<b>Total fat</b> .....	4 grams	<b>Sodium</b> .....	391 milligrams
<b>Saturated fatty acids</b> .....	1 gram		

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