

Low-fat Vegetable Soup

written by The Recipe Exchange | June 4, 2015

Ingredients

1 Tbls. vegetable oil
2 med. carrots – sliced
2 ribs celery – sliced
1 lrg. onion – minced
2 qt. vegetable broth OR beef broth
3 cups shredded cabbage
2 cups whole green beans – trimmed
2 bay leaves
3 med. potatoes – un-peeled, diced
14.5 oz. can diced tomatoes – un-drained
1/4 cup minced fresh parsley
1 Tbls. garlic salt
1 tsp. dried dill weed
1/2 tsp. black pepper

Directions

In a large pot, sauté carrots, celery, and onion in oil over medium-high heat for 4 minutes; pour stock into pot and bring to a boil.

Add cabbage, green beans, and bay leaf to pot; simmer over medium-low heat for 30 minutes.

Add remaining ingredients to pot and simmer until potatoes are tender.