

Spring Vegetable Soup

Makes: 4 servings

Ingredients

1 tablespoon extra virgin olive oil
1/4 red cabbage (medium head, about 2 cups, finely shredded)
2 ripe tomatoes (medium, seeded and chopped)
1/2 cup canned artichoke hearts (drained and chopped)
1 cup green peas (frozen or fresh)
2 1/2 cups vegetable juice (low-sodium tomato)
1 cup water
2 teaspoons dried basil
salt and pepper (freshly ground black pepper, optional, to taste)

Directions

1. In large soup pot, heat oil over medium heat. Saute cabbage, tomatoes, artichoke hearts and peas for 10 minutes.
2. Add tomato juice and water. Bring to boil. Reduce heat, add basil and simmer for 10 minutes, or until all vegetables are tender and soup is piping hot.
3. Serve in individual serving bowls. Season to taste with salt and pepper.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	130	
Total Fat	4 g	6%
Protein	5 g	
Carbohydrates	20 g	7%
Dietary Fiber	5 g	20%
Saturated Fat	0.5 g	3%
Sodium	230 mg	10%