

Looking for a way to get more vegetables into you and your family's diet?

Get the family involved, give them choices and '**MAKE YOUR OWN RECIPE!**'

**Soup Your Way!**

*(Easy and Delicious!)*

Pick **ONE** choice in each category.

**Broth** (2 cups): \_\_\_Vegetable \_\_\_Chicken \_\_\_Beef

**Juice** (3 cups): \_\_\_Vegetable juice \_\_\_Tomato juice

**Vegetables:** \_\_\_ 1 pound bag of frozen peas, corn, green beans, or various mixed vegetables  
\_\_\_ 3-4 cups fresh cut-up vegetables such as carrots, potatoes, zucchini, cabbage....  
\_\_\_ Combination of frozen and fresh vegetables (3-4 cups total)

**Protein:** \_\_\_ 1 can (16 oz.) kidney, pinto, white, or black beans, drained  
\_\_\_ 2 cups of lean meat, chicken, turkey, beef or cooked ground beef

**Pasta:** \_\_\_ 1 cup of your favorite shaped pasta such as shell, rotini, bowties, macaroni...

**Season with:**  $\frac{1}{2}$  tsp garlic powder, 1 tsp Italian seasoning,  $\frac{1}{2}$  tsp pepper, and add 1 cup water

**Directions:** In a large saucepan, combine broth, juice, vegetables, protein, water, and seasonings. Cook on medium heat until soup boils. Add pasta and cook for 15-20 minutes until pasta is tender. Makes 8-10 servings \*\* Make a double batch. It freezes well.

**Serve with whole-wheat rolls and fresh fruit to make a nutritious meal!**

Mary Ellis-Stigler  
Physical Education