

Alphabet Vegetable Soup

Yield: 10 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-green-bean-potato-italian-seasoning-recipe>

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1/2 whole onion Large, Diced Fine Or 1 Small
- 3 cloves garlic Minced
- 6 cups chicken or Vegetable Stock
- 2 cups water
- 5 stalks celery Diced
- 2 cups carrots Diced
- 1 1/2 cups potatoes Peeled and Diced
- 1/3 pound green beans Cut In Bite Sized Pieces
- 1 cup peas Fresh or Frozen
- 1 cup corn Fresh or Frozen
- 29 ounces stewed tomatoes Diced
- 1 teaspoon granulated garlic
- 1 tablespoon italian seasoning
- 1 teaspoon rosemary Chopped
- 1/4 teaspoon sea salt
- 1 cup alphabet Shaped Pasta
- salt
- pepper

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 85 milligrams
4. Fat: 6 grams
5. Fiber: 4 grams
6. Protein: 30 grams
7. SaturatedFat: 1.5 grams

8. Sodium: 450 milligrams
 9. Sugar: 7 grams
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