

Tomato Vegetable Soup

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-vegetable-soup-recipe-indian>

Ingredients:

- 1/2 diced red onion packed cup, 80g finely
- 5 garlic x-large cloves, minced OR 1/2 tablespoon garlic powder
- 5 cups low sodium vegetable broth
- 3 cups tomato sauce /puree, this is just pureed tomatoes into liquid
- 2 tablespoons italian seasoning
- 1 tablespoon chili powder standard American
- 5 cups veggies frozen mixed, I bought bags containing a mix of corn, peas, green beans and carrots
- 1/2 teaspoon fine salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper optional, see Note
- 1 1/2 cups cooked brown rice I buy the frozen rice packets for easy quick rice in 4 minutes

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 5 milligrams
4. Fat: 3.5 grams
5. Fiber: 6 grams
6. Protein: 4 grams
7. SaturatedFat: 1 grams
8. Sodium: 640 milligrams
9. Sugar: 12 grams

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