

Veggie Twist on a Classic

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 4 cups vegetable juice
- 32 ounces veggies frozen mixed
- 6 ounces tomato paste
- 14 ounces chicken broth
- 3 cups water
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1/2 cup finely chopped onion
- dried parsley
- salt
- pepper

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 34 grams
3. Fat: 1 grams
4. Fiber: 8 grams
5. Protein: 9 grams
6. Sodium: 1230 milligrams
7. Sugar: 18 grams

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