

# Hearty Vegetable Soup

Yield: 5 min  
Total Time: 30 min

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

## Ingredients:

- 1 diced tomatoes 26 ounces, canned or box
- 1 veggies 16 ounce bag mixed, green beans, corn, peas, carrots
- 4 cups vegetable broth less for chunkier soup
- 1/2 onion diced
- 1 celery stalk diced
- 1 lemon juice of
- 2 teaspoons cumin
- 1/2 cup fresh parsley chopped
- 1/2 teaspoon Himalayan salt pink
- black pepper to taste
- 1 bay leaf whole

## Nutrition:

1. Calories: 40 calories
2. Carbohydrate: 10 grams
3. Fiber: 3 grams
4. Protein: 2 grams
5. Sodium: 760 milligrams
6. Sugar: 4 grams

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