

# Alphabet Soup

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-beef-alphabet-soup-recipe>

## Ingredients:

- 2 teaspoons olive oil
- 1 onion small, diced small
- 2 stalks celery tops removed, thinly sliced
- 2 cloves garlic minced
- 1 cup baby carrots in 1/2 inch slices
- 3/4 pound yukon gold potatoes in 1/2 inch dice
- 1 teaspoon dried thyme
- 1/4 teaspoon tarragon dried
- 6 cups vegetable broth
- 1/2 teaspoon salt
- 1 cup pasta dried small
- 1 teaspoon agave syrup
- 16 ounces tomato sauce
- 1 cup frozen peas

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 11 grams
6. Protein: 12 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 2250 milligrams
9. Sugar: 19 grams

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