

SOUPS

Quick Vegetable Soup

Makes about 6 servings · ~1 cup each

SATIETY SCORE	NUTRITION
● ● ● ○ ○ 3 / 5	HIGH
Per serving (approx.): Protein 4 g · Fiber 4 g · Calories 90	

Ingredients

- 1 can (14.5 oz) stewed tomatoes
- 1 can (8 oz) tomato sauce
- 1 package (10 oz) frozen mixed vegetables
- 1 can (14 oz) beef broth
- ½ cup water
- ⅛ tsp pepper

Directions

1. Combine all ingredients in a Dutch oven.
2. Bring to a boil, then cover, reduce heat, and simmer 20 minutes, stirring occasionally.

Note: Serve with crackers.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the *Body for God Cookbook* by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Quick Vegetable Soup

Makes about 6 servings · ~1 cup each

Check off what you need — items are grouped by store section.

FROZEN

- ☐ 1 package (10 oz) frozen mixed vegetables

PANTRY & DRY GOODS

- ☐ 1 can (14.5 oz) stewed tomatoes
- ☐ 1 can (8 oz) tomato sauce
- ☐ 1 can (14 oz) beef broth
- ☐ ½ tsp pepper