

## Garden Harvest Soup



Adjust the vegetables in this soup based on what you have in your home. Get creative with the combination that you use!

### Nutrition Facts

Recipe makes 2 servings

Calories: 95	Dietary Fiber: 4 g
Fat: 3.5 g	Sodium 200 mg
Carbohydrate: 13 g	Protein 3 g
Cholesterol: 5 mg	

Source: American Diabetes Association

For more healthy recipes, visit:

<http://www.diabetes.org/mfa-recipes>

CareMore Cal MediConnect Plan - <http://duals.caremore.com> - Member Services: 1-888-350-3447

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### Ingredients

- 1 tsp. olive oil
- 2 cups chopped uncooked vegetables (such as any combination of bell peppers, carrots, green beans, yellow summer squash, or zucchini)
- 1/4 cup finely chopped onion
- 1 tsp. Italian seasoning blend, crumbled
- 1 cup loosely packed fresh spinach leaves, coarsely chopped
- 1 Tbsp. shredded or grated Parmesan cheese

### Directions

1. In a medium saucepan, heat the oil over medium heat, swirling to coat the bottom. Cook the 2 cups chopped vegetables, onion, and seasoning blend for 8 to 10 minutes, or until tender-crisp, stirring occasionally. (If the vegetables get dry or start to scorch, add a little water to the saucepan.)
2. Stir in the broth. Increase the heat to medium high and bring to a boil. Reduce the heat and simmer for 15 minutes so the flavors blend, stirring occasionally. Stir in the spinach. Sprinkle each serving with Parmesan cheese.