

Garden Vegetable Soup

Makes
9 servings

Prep time
15 minutes

Cook time
25 minutes

Good source of
Vitamin C
Fiber

Low in
Fat
Sodium

Ingredients:

- 1 Tbsp. vegetable oil
- 1 small yellow onion, chopped
- ½ clove of garlic, minced
- 2 cans (14 oz.) low-sodium chicken, beef, or vegetable broth
- 2 bunches kangkong, chopped
- 1 medium eggplant, chopped
- 1½ cup long beans, sliced
- 1½ cup tomatoes, chopped
- ½ cup bitter melon, cleaned & sliced
- ½ tsp. Italian seasoning

**Substitute any/all of the above vegetables for vegetables of your choice*

Nutrition Facts

| | |
|-------------------------------|-----------------------|
| 9 servings per container | |
| Serving size | 1 cup (270g) |
| Amount per serving | |
| Calories | 70 |
| | % Daily Value* |
| Total Fat 2g | 3% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 50mg | 2% |
| Total Carbohydrate 11g | 4% |
| Dietary Fiber 3g | 11% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| Protein 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 37mg | 2% |
| Iron 1mg | 6% |
| Potassium 331mg | 8% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. In a large pot, heat vegetable oil over medium heat and sauté the onions and garlic until tender, about 5 minutes.
2. Add broth, eggplant, long beans, tomatoes, bitter melon, and Italian seasoning.
3. Bring to a boil and cover. Lower heat and let simmer about 10 minutes.
4. Add in chopped kangkong. Stir and let simmer an additional 5 minutes.
5. Serve hot or allow to cool and refrigerate leftovers.

