



# Squash Vegetable Soup

**Servings:** 8

**Serving Size:** 1 cup

**Ingredients:**

- 1 Tablespoon vegetable oil
- ½ onion, chopped
- 2 cloves garlic, peeled and chopped
- 2 (15-ounce) cans of low-sodium chicken or beef broth
- 1 (15-ounce) can diced Italian tomatoes
- 2 summer squash, washed and diced
- 1 (12-ounce) bag frozen mixed vegetables such as peas, carrots, and corn
- 1 (15-ounce) can navy beans, rinsed and drained
- Low-fat or fat-free mozzarella cheese, shredded
- Croutons, if desired

**Directions:**

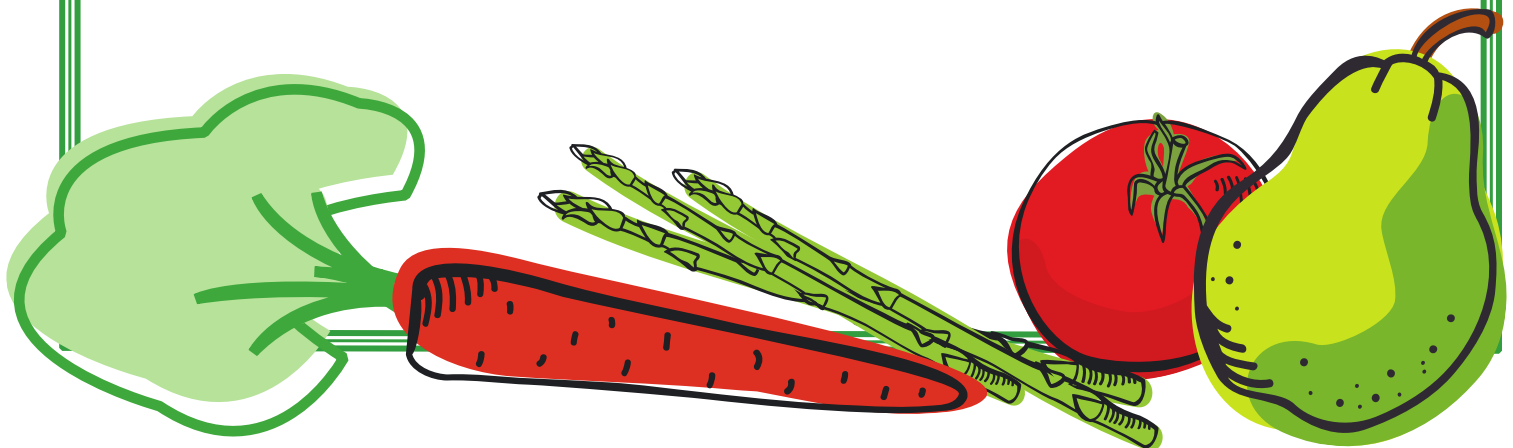
1. In large pot or Dutch oven, heat oil over medium heat. Add onions and cook until tender.
2. Add garlic and cook 2 more minutes.
3. Add broth, tomatoes with juice, squash, and frozen vegetables. Bring to a boil.
4. Reduce heat to medium low, cover, and simmer for 15-20 minutes until vegetables are tender.
5. Add white beans and heat for 5-10 minutes until heated through.
6. Top with shredded cheese and croutons, if desired.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 8	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 540mg</b>	<b>23%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 6g	
<b>Protein 6g</b>	
Vitamin A 25%	Vitamin C 30%
Calcium 6%	Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



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