



Zucchini and Corn Soup

Servings: 8

Serving Size: 1 1/2 cup

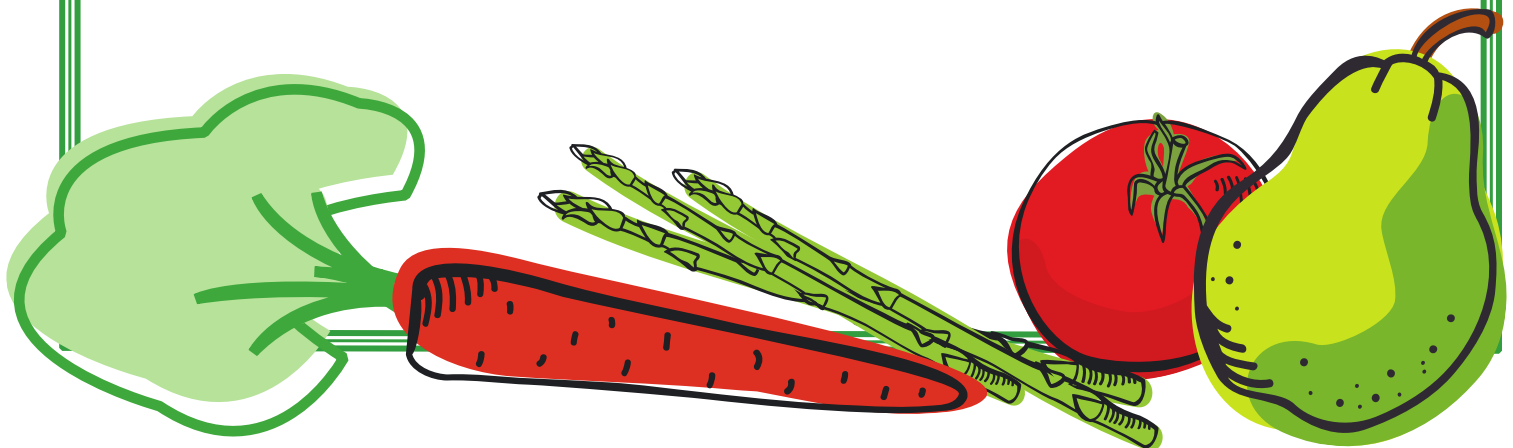
Ingredients:

- 2 Tablespoons vegetable oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 4 medium zucchini, washed and chopped
- 1 medium green pepper, washed and chopped
- 6 cups low-sodium chicken broth
- 2 (15 ounce) cans corn, rinsed and drained
- 1 teaspoon ground cumin

Directions:

1. In a large saucepan cook onion in oil over medium-high heat until onion starts to soften, about three minutes. Add garlic and cook 1 minute more.
2. Add zucchini and green pepper to pan and cook over medium heat for 5 minutes, stirring occasionally.
3. Add remaining ingredients to pan. Bring to a simmer, reduce heat to low and cover. Cook over low heat until heated through and vegetables are tender, but not mushy, about 30 minutes.

Nutrition Facts	
Serving Size 1 1/2 cup	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 7g	
Vitamin A 6%	• Vitamin C 60%
Calcium 4%	• 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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