

## **Episode: Healthy Soups**

### **SUPER QUICK VEGETABLE SOUP**

#### **Ingredients:**

- 28 ounce can of diced tomatoes
- 4 cups low sodium vegetable broth
- 2 heaping cups power greens
- 2 cups diced vegetables or two 1 pound packages frozen vegetables
- 2 tsp. dried oregano
- 1 tsp. salt
- 1 tsp. pepper

#### **Directions:**

Put all ingredients into a large pot and cook until hot. If using fresh vegetables and not frozen then cover and cook over med/low heat for about 20 min. or until vegetables are soft.

*Serves: 4*