

Vegan

Garden Vegetatable Soup

Esther Gamayo

Servings: 8

1 1/4 Tablespoons Vegetable Base
1/3 Gallon Water or Vegetable Broth
5/8 Tablespoon Vege Chicken Seasoning
1 1/4 Tablespoons Tomato Paste
3 7/8 Ounces Tomato, Diced in Juice
1/3 Teaspoon Salt
10 1/4 Ounces Tomato Soup Rtu, Canned
1/8 Cup Cornstarch
1 1/4 Pounds Mixed Fresh Vegetables, cut up
1/3 Cup Red Kidney Beans, Canned
1/3 Cup Potato, Diced, cooked

Bring water to a boil.

Whisk in vegetable base, tomato paste, corn starch, and seasoning, etc..

Add diced tomato, tomato soup, beans, potato and vegetables.

Simmer until vegetables are tender.

Per Serving (excluding unknown items): 17 Calories; trace Fat (2.6% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 141mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable.