

# Simple Frozen Vegetable Soup

## Instructions:

1. Preheat the soup pot over medium heat. Once hot, add the frozen vegetables.
2. Cook for 5 minutes to allow the vegetables to defrost and start cooking.
3. After cooking for 5 minutes over medium heat, add the rest of the soup ingredients (vegetable broth, canned tomatoes, balsamic vinegar and herbs and spices).
4. Cover the pot and allow to cook over medium low heat for 20 minutes until the vegetables are tender and fully cooked.

## Nutrition Information:

Yield: 6 servings

Calories: 168

Carbohydrates: 36g

Fiber: 10g

Sugar: 3g

Protein: 8g

Recipe from [bitesofwellness.com](http://bitesofwellness.com)

## Ingredients:

- 16 oz bag (3 3/4 cups) chopped frozen peppers
- 16 oz bag (2 1/2 cups) frozen root vegetables – sweet potatoes, carrots, parsnips, red onion
- 16 oz bag (2 1/2 cups) frozen peas and carrots
- 2 cups frozen green beans, chopped
- 2 cups vegetable stock
- 1 tsp salt
- 1 tsp garlic powder
- 1 tbsp balsamic vinegar
- 28 oz can crushed tomatoes
- 1 bay leaf
- 1 tbsp dried basil
- 1 tbsp Italian seasoning

## Other frozen vegetables to try in this soup:

Chopped broccoli, cauliflower, butternut squash, zucchini, leeks or pearl onions

# Vegetarian Bean Chili

## Instructions:

1. In 4 1/2- to 5-quart Dutch oven, heat oil over medium-high heat. Add onions and garlic; cook 4 to 5 minutes, stirring frequently, until onions are softened.
2. Stir in remaining ingredients. Heat to boiling. Reduce heat to medium-low. Cover; cook 15 to 20 minutes, stirring occasionally, until chili is hot and vegetables are crisp-tender.
3. Serve with cornbread and a crisp green salad.

## Nutrition Information:

Yield: 6 servings

Calories: 370

Calories from fat: 50

Sodium: 940mg

Potassium: 1290mg

Carbohydrates: 61g

Fiber: 26g

Sugar: 12g

Protein: 18g

Recipe from [bettycrocker.com](http://bettycrocker.com)

## Ingredients:

- 1 tbsp olive or vegetable oil
- 2 medium onions, coarsely chopped (1 cup)
- 2 tsp finely chopped garlic
- 2 cups frozen corn
- 16 oz (1 bag) frozen broccoli, carrots and cauliflower
- 1 can (19 oz) red kidney beans, drained, rinsed.
- 2 cans (14.5 oz each) diced tomatoes with green chiles, undrained
- 1 can (8 oz) tomato sauce
- 2 tbsp chili powder
- 3 tsp ground cumin
- 3/4 tsp salt
- 1/8 tsp ground red pepper (cayenne)

**Expert Tip:** Any combination of your favorite canned beans will work well in this recipe. Try black beans, black-eyed beans or butter beans.