



Total Time
45 MIN.

Serving & Size
1 CUP (8 FL OZ)


Difficulty
EASY

This cool coup features V8 with summer flavors including zucchini, carrots, garlic, onion, corn, scallions, tomato and basil.

Yields
24

Nutrition Facts	
Serving Size	1 CUP (8 FL OZ)
Amount Per Serving	
Calories 70	
	% Daily Value
Total Fat 1.4g	2%
Saturated Fat 0.1g	1%
Cholesterol 0mg	0%
Sodium 373mg	16%
Total Carbohydrate 12.8g	4%
Dietary Fiber 2.1g	8%
Protein 2.1g	4%
Vitamin A 31%	Vitamin C 53%
Calcium 3%	Iron 4%

INGREDIENTS **WEIGHT** **MEASURE**

vegetable oil		2	tblsp.
Vidalia onion, chopped	10 oz.	13/4	cups
garlic, peeled, minced		2	tblsp.
carrot, chopped	18 oz.	4	cups
zucchini, diced	15 oz.	3 1/2	cups
 V8® 100% Vegetable Juice		3	qt.
lemon juice		33/100	cups
lemon zest		2	tblsp.
frozen whole kernel corn, thawed, drained	17 oz.	3	cups
diced tomatoes	13 oz.	2	cups
green onion, thinly sliced	4 oz.	1	cups
fresh basil leaves, julienned	1 oz.	1	cups
hot pepper sauce		1	tblsp.

TIP
Serve garnished with sticks of cucumber, celery ribs, pepper strips, pickled onions, pickled mushrooms, fresh herb sprigs, etc.



INSTRUCTIONS

1. In large skillet heat oil over medium-high heat; add onions and sauté 4 minutes, stirring often.
2. Stir in garlic and continue cooking 2 minutes.
3. Add carrots and cook 2 minutes, stirring often.
4. Add zucchini to skillet and continue to cook 3 minutes, until vegetables are crisp tender. Remove from heat.
5. Stir in juice, lemon juice and zest. Place in container with lid.
6. Mix corn, tomatoes, scallions, basil and pepper sauce into soup mixture. Place in container with lid. CCP: Refrigerate below 40°F.at least 4 hours before serving.
7. Serve garnished with sticks of cucumber, celery ribs, pepper strips, pickled onions, pickled mushrooms, fresh herb sprigs, etc.