



Total Time
NOT AVAILABLE

Serving & Size
1-1/4 CUP

Difficulty
EASY

It only takes 30 minutes to make this comforting and delicious soup packed with carrots, green beans and potatoes in a seasoned beef broth.


Yields
48

Nutrition Facts	
Serving Size	1-1/4 CUP
Amount Per Serving	
Calories 87	
% Daily Value	
Total Fat 1.3g	2%
Saturated Fat 0.1g	1%
Cholesterol 0mg	0%
Sodium 982mg	41%
Total Carbohydrate 11.6g	4%
Dietary Fiber 2.2g	9%
Protein 5.9g	12%
Vitamin A 105%	Vitamin C 14%
Calcium 3%	Iron 3%

INGREDIENTS

WEIGHT

MEASURE

vegetable oil		1/4 cups
onion, chopped		3 cups
garlic, whole cloves, peeled, minced	3 oz.	12 cloves
dried parsley flakes		1 tbsp.
dried thyme, crushed		1 tbsp.
 Swanson® 50% Less Sodium Beef Broth		28 qt.
carrot, medium, sliced		24 ea.
white potato, peeled, small diced pieces		3 qt.
frozen cut green beans		3 qt.

INSTRUCTIONS

1. Heat the oil in a stockpot over medium-high heat.
2. Add the onion, garlic, parsley and thyme and cook until the onion is tender-crisp.
CCP: Hold hot at 140 °F.
3. Add the *Swanson®* 50 % Less Sodium Beef broth, carrots, potato and beans to the stockpot and heat to a boil. Reduce the heat to low.
4. Cover and cook for 15 minutes or until the vegetables are tender.
CCP: Hold for hot service at 140 °F.

 **TIP**

Serve with Garlic & Lime Grilled Chicken Skewers and ½ cup of fresh plums for a meal less than 500 calories.

Recipe Tip/Variation*: You may substitute with Swanson® Beef Broth.

Recipe variations may alter nutrient analysis.