

Vegetable Soup

Dairy Free & Gluten Free



INGREDIENTS

1- 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



4 servings



20 minutes

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.

The
Fresh Table

Real Food for Fruitful Living

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