

VEGGIE NOODLE SOUP

Ingredients

Serves 6 people

4 cups vegetable broth or chicken broth

1 cup pasta, uncooked

1 (15 oz) can mixed veggies, rinsed and drained

½ (15 oz) can peas, rinsed and drained

¼ cup pasta sauce (optional)



Directions

1. Add the broth to a medium pot and turn the heat to high and bring to a boil, then reduce heat back to medium to simmer.
2. Add the pasta and cook according to the directions on the package. DO NOT DRAIN.
3. During the last 2-3 minutes of the pasta cooking add the mixed vegetables and peas then cook for 2-3 minutes or until the pasta is cooked and the vegetables are heated through.
4. Stir in the marinara sauce. (optional) Serve warm and enjoy!

Nutritional Value

156 Calories

7g Protein

1g Fat

816 mg Sodium

29g Carbohydrates

Marion County Public Health Department
NUTRITION SERVICES

