

## METABOLIC NUTRITION PROGRAM

### Italian Vegetable Soup

Adapted from the Better Homes and Gardens website  
Servings Per Recipe: 6  
Serving Size: 1 cup  
Per Serving: 130 Calories, 1.7 gm Protein  
10gm Carbohydrate

9 oz fresh green beans  
1 stalk fresh cauliflower (about 1 cup florets)  
14.5 oz can diced tomatoes with basil, garlic and oregano  
1 medium onion, chopped  
1 stalk celery, chopped  
1 clove garlic, minced  
¼ teaspoon ground black pepper  
3 cups vegetable broth

#### Directions

1. In a 3 ½ or 4-quart slow cooker, place green beans cauliflower, un-drained tomatoes, onion, celery, garlic, and pepper. In a medium, combine vegetable broth and vegetable juice. Pour over vegetable mixture in cooker.
2. Cover and cook on low heat for 6 – 8 hours.  
Soup can be frozen at this point.

Serving Suggestion: Serve with low protein pasta or rice

<b>Nutrition Facts</b>	
Serving Size 1 cup (283g)	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories</b> 50	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 5g	
<b>Protein</b> 2g	
Vitamin A 10%	• Vitamin C 45%
Calcium 6%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	