

METABOLIC NUTRITION PROGRAM

Summer Alphabet Soup- 4 servings

Adapted from *Globe Newspaper Company*

Per Serving: 250 Calories, 3 gm Protein, 8 gm Fat, 43 gm Carbohydrates

- 6 plum tomatoes
- 2 ears fresh corn, husked
- 2 tablespoon olive oil
- ½ cup chopped onion
- 1 cup coarsely chopped carrots
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 garlic clove, crushed
- 8 cup water
- 2 zucchini, quartered lengthwise and cut into ¼ “pieces
- 4 oz. low protein alphabet pasta or other small pasta (orzo, baby shells)

Directions

1. Bring a large saucepan of water to a boil. With the tip of a small knife, remove cores from the tomatoes. With a slotted spoon, drop them into the boiling water and wait for 15 seconds. Remove the tomatoes from the water and transfer to a colander. Rinse with very cold water.
2. When tomatoes are cooled, use fingers to peel away tomato skins. Working over a bowl, use kitchen shears to halve the tomatoes. Snip them into coarse chunks and set aside.
3. Lay an ear of corn on a cutting board. Working from the wide end to the pointed end, remove kernels. Save the corn cobs.
4. In a soup pot, heat the oil and add onion, carrots, salt and pepper. Cook, stirring often, for 8 minutes or until the vegetables soften.
5. Add the garlic and cook, stirring, for 1 minute. Add tomatoes and cook for 3 more minutes.
6. Pour in 8 cup of water and add corn cobs. Bring to a boil. Lower heat and simmer the soup for 15 minutes. Use tongs to remove the cobs from the soup.
7. Add the corn, zucchini, and pasta. Return the soup to a boil, stirring often. Lower heat and simmer for 15 minutes, stirring occasionally, or until the pasta and vegetables are tender. Add more water during cooking if the mixture seems too thick.

Nutrition Facts			
Serving Size (763g)			
Servings Per Container			
Amount Per Serving			
Calories 250	Calories from Fat 70		
% Daily Value*			
Total Fat 8g			12%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 330mg			14%
Total Carbohydrate 43g			14%
Dietary Fiber 3g			12%
Sugars 10g			
Protein 3g			
Vitamin A 110% • Vitamin C 25%			
Calcium 8% • 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			