Summer Alphabet Soup - 4 servings

Adapted from *Globe Newspaper Company*
Per Serving: 250 Calories, 3 gm Protein, 8 gm Fat, 43 gm Carbohydrates

Ingredients:
- 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.