

VEGETABLE DETOX SOUP

Ingredients

College Inn Fat-Free Vegetable Broth or Stock 3 cups
1/4 c raw chopped carrots
1/4 c raw chopped celery
1/4 c raw chopped zucchini
1/4 c raw black beans
1/4 c Yellow or White corn
1/4 c raw chopped onions
1/4 c raw finely chopped red pepper
1 tbsp minced Garlic
1/2 tsp. Ground Pepper (optional)
1/2 tsp sea salt (optional)

Directions

Chop vegetables. Heat burner to med-low to med and pour 3 cups broth into pot. Add vegetables and the optional seasonings. Let simmer for about 30-45 minutes or until all veggies are thoroughly cooked. Pour and serve.

