

Zucchini and Potato Tomato Soup

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

Serves: 4

Prep: 15 minutes | **Cook:** 30 minutes

INGREDIENTS

- 1 tablespoon cooking oil
- 1/2 white onion, diced
- 3 medium sized potatoes, diced
- 2 zucchinis, diced
- 1 (16 oz) can diced tomatoes
- 30 ounces low-sodium vegetable or chicken broth (about 2 cans or 1 carton)
- 1 cup fresh, frozen or canned corn
- 1/4 cup green onion, chopped (optional)

DIRECTIONS

1. In a large pot, heat olive oil on medium heat. Add white onion and zucchini, and cook for 2 to 3 minutes. Add potatoes and cook for another 2 to 3 minutes, stirring constantly so ingredients don't stick to the bottom.
2. Add tomatoes and cook for 3 to 4 minutes, stirring constantly. Add broth and bring to a boil.
3. Lower heat to a simmer. Add corn and mix thoroughly. Allow to simmer for 15 to 25 minutes, until potatoes are cooked to your liking.
4. Serve garnished with chopped green onion, and enjoy!

Notes:

- To add some protein, stir in a can of chickpeas! Drain and rinse before adding.



Nutrition Information

Serving Size: 1/4 of recipe, made with low-sodium chicken broth

Calories	305
Total fat	4.5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	551 mg
Carbohydrates	44 g
Fiber	5.5 g
Sugar	7 g
Protein	20 g

Recipe adapted from The Little
Kitchen