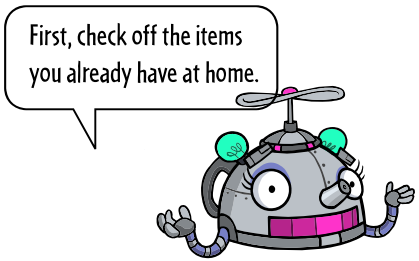
SHOPPING LIST

Veggie Alphabet Soup

- [ ] Olive Oil
- [ ] Carrots
- [ ] Onion
- [ ] Celery
- [ ] Low-Sodium Chicken Broth
- [ ] Tomato
- [ ] Thyme
- [ ] Summer Squash
- [ ] Green Beans
- [ ] Alphabet Pasta
- [ ] Parsley
- [ ] Salt and Pepper



CUT

CUT

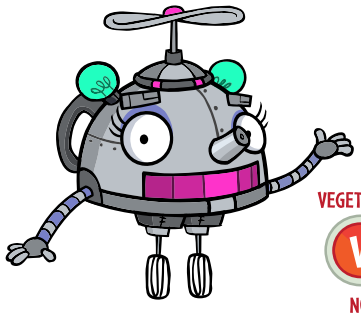
CUT

Mixiebot presents

DINNER

FIZZY'S LUNCH LAB

Veggie Alphabet Soup



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	6
NO	About 30 min.	Medium	

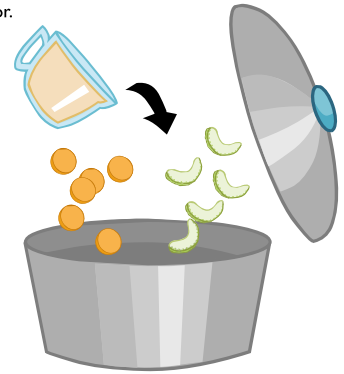
YOU WILL NEED

- **1 tablespoon** olive oil
- **2** carrots, peeled and sliced thin
- **1** medium onion, chopped fine
- **1** celery rib, sliced thin
- **8 cups** low-sodium chicken broth (x 8)
- **1** large tomato, seeds removed and chopped into ½-inch pieces
- **2** sprigs thyme (x 2)
- **1** small yellow summer squash, chopped into ½-inch pieces
- **1 cup** green beans, trimmed and cut into ½-inch pieces
- **6 ounces** small alphabet pasta
- **2 tablespoons** chopped parsely
- salt and pepper

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

Make a vegetarian version of this soup by substituting vegetable stock for the chicken broth. Serve with a sprinkling of Parmesan cheese for extra flavor.



STEP 1: Heat the olive oil in a large Dutch oven over medium-high heat. When hot, add the carrots, onion and celery, and cook until lightly browned, about 5 minutes. Stir in the broth, tomato and thyme, and bring to boil. Reduce the heat to medium-low and simmer, covered until the vegetables are just tender, about 10 minutes.

STEP 2: Add the summer squash, green beans and pasta, and cook until the vegetables and pasta are tender, about 6 minutes. Remove the thyme sprigs, add the parsley, and season with salt and pepper to taste. Serve.

Nutrition Facts

Serving Size 1 Serving (468g)
Servings Per Container

Amount Per Serving	
Calories 210	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 32g	11%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 12g	

Vitamin A 80% • Vitamin C 25%
Calcium 4% • Iron 10%

*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