Maelynn McKinney

Intermediate

Fruit/Vegetable

Shelby County

Vegetable Soup

3 1/2 cups chicken broth
½ cup chopped onion
½-teaspoon ground cumin
½-teaspoon garlic powder
1-teaspoon chili powder
1-Tablespoon cooking oil
1 (16-ounce) can diced tomatoes
1 (8-ounce) can tomato sauce
1 (4-ounce) can diced green chili peppers
1 (16-ounce) can pinto beans
1 cup of corn
1 zucchini chopped
1 squash chopped

Place all ingredients in a crock-pot for 4 hours. Serve with optional garnishes of shredded cheese, sour cream, guacamole, and tortilla chips.

Preparation Time: 30 minutes
Total Time: 4 hours
Serves: 6 people, 1 1/2 cups per person
Cost per Serving: $2.00 per serving
Nutritional Value: 38% daily recommended