

Miracle Soup

Hands-on - 15 min. Simmer - 20 min.

Serves 16

Ever heard of a negative-calorie food? That's a food that takes more calories to burn than it yields. Hence, the name "Miracle," because this soup is great for weight loss. Enjoy a bowl with lunch and dinner! A pot lasts several days.

Menu

Miracle Soup

Low-Fat Whole-Wheat Crackers or a Sandwich

Sliced Fruit

6 cups water
4 cups low-sodium vegetable juice

Place in a large soup pot over medium-high heat.

3 lg onions
1 green bell pepper, seeded
6 celery stalks
10 carrots

Meanwhile, chop vegetables into bite-sized pieces.

2 cans (14½ oz each) diced tomatoes, no salt added
4 cups cored and shredded cabbage*
1/2 cup salsa
1/4 tsp garlic powder
1/4 tsp pepper
1/2 tsp red pepper flakes (opt)
1 tsp dried basil
1 tsp salt (opt)
2 tsp dried oregano
1 envelope dry onion or vegetable soup mix
5 dashes Tabasco sauce (or to taste)

Toss vegetables and other ingredients into pot. Simmer until the vegetables are as done as you like, about 20 minutes.

Serve hot off the stove with crackers or a sandwich and fruit.

Miracle Soup keeps in the refrigerator for up to 5 days and also freezes well.

**Use your food processor or buy pre-shredded.*



Nutrition information for about 1½ cups (including optional salt)

Calories	70	Fat	0 g	Fiber	4 g	Sodium	470 mg	Total Carbohydrate	16 g
Calories from Fat	0%	Saturated Fat	0 g	Cholesterol	0 mg	Protein	2 g	Sugars	10 g