



Vegetable and Wild Rice Soup

Makes 4 servings

Ingredients

water
 ½ pound fresh broad beans (in pods)
 2 tablespoons extra-virgin olive oil
 3 cloves garlic, minced
 ½ teaspoon fresh thyme
 3 small carrots, chopped
 1 small onion, diced

1 large tomato, diced
 1 pound fresh peas (in pods), shelled
 4 cups low-sodium vegetable broth
 2 cups cooked wild rice
 1 medium zucchini, sliced
 ½ cup packed arugula
 ½ cup packed spinach
 salt and freshly ground black pepper, to taste*

Directions

1. Fill a medium pan half full with water. Bring to a boil over high heat. Add broad beans and boil for 3 to 4 minutes. Drain and rinse beans with

cool water. Gently push or squeeze beans out of the pods and place in a small bowl. Set aside. Compost the pods.

(directions continued on back)



MAIN DISH



Directions (continued)

- In a large pan, heat oil over medium-high heat. Add garlic, thyme, carrots and onion. Allow to cook, stirring occasionally, until onion looks clear. Add broad beans (made in step 1), tomato, peas and broth. Stir and bring to a boil for 5 minutes. Add remaining ingredients, stir and boil for 3 to 5 minutes.
- Remove from heat, allow to cool slightly and enjoy warm.

*Option not included in nutrition facts.

♥ = heart smart

⊗ = low sodium

GF = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

Nutrition Facts

Serving Size 2 cups soup (560g)
 Servings Per Container 4

Amount Per Serving		% Daily Value*	
Calories	250	Calories from Fat	70
Total Fat	8g		12%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	380mg		16%
Total Carbohydrate	38g		13%
Dietary Fiber	7g		28%
Sugars	11g		
Protein	8g		
Vitamin A	130%	Vitamin C	50%
Calcium	8%	Iron	15%
*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	Less than	300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

Carb choices per serving: 2 ½