



## Vegetable soup with low-fat cheese (Vegetarian)

This soup helps you to meet your daily veggie servings and the low fat cheese provides calcium and protein to keep you satisfied. Suitable for vegetarians if soup is labeled vegetarian.  
Approximate preparation time: 5 minutes.

### Ingredients

- 1 cup prepared vegetable or minestrone soup
- 1/2 cup mixed vegetables (any kind, canned, frozen or fresh)
- 1 ounce grated low-fat mozzarella cheese

Heat soup and vegetables in a small saucepan until heated through. Pour into a bowl and top with cheese. Makes 1 serving.

### Nutrition information per serving:

200  
Calories

14g  
Protein

28g  
Carbs

8g  
Fat

3.6g  
Fiber

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