

Middle Eastern Vegetable Soup

Makes 1 serving (1 vegetable)

4 grams protein

0 fat

110 calories

Ingredients

- 2 cups vegetable broth (or substitute 1 cup water for 1 cup broth)
- 1½ cups tomatoes OR celery, chopped (tomatoes add 25 calories)
- 8 ounces tomato sauce or 3 ounces tomato paste (omit if celery is used)
- 1 clove of garlic, crushed and minced
- 1 tablespoon onion, chopped
- ⅛ teaspoon ginger
- ¼ teaspoon cumin
- Sea salt and pepper to taste
- Fresh parsley, cilantro or mint

PHASE 3 MODIFICATIONS:

Add string beans, zucchini or other vegetables as desired.

Directions

1. Combine broth, tomato sauce, and paste.
2. Bring to a boil.
3. Reduce heat and add spices.
4. Simmer for 20-30 minutes or until vegetables are tender.



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