



## Vegetable Soup

**Prep: 10 minutes**

**Cook: 10 minutes • Serves: 4**

- 2 cans (19-ounces each) vegetable soup
- 3 cups greens such as baby arugula or chopped kale or spinach
- ¼ cup shaved or grated Parmesan cheese

**1.** In large saucepot, heat soup as label directs; stir in greens and cook. Serve soup topped with cheese.

*Approximate nutritional values per serving (1 cup):*

*119 Calories, 2g Fat (1g Saturated), 6mg Cholesterol, 750mg Sodium, 18g Carbohydrates, 4g Fiber, 5g Sugars, 2g Added Sugars, 6g Protein*