

# Quick Veggie Soup

## Ingredients

1 yellow onion, chopped	1 cup chopped broccoli
1 cup chopped carrots	1/2 baking potato, chopped
1/2 tablespoon butter	1/2 teaspoon (3 ml) dried oregano
3 cups chicken broth	Salt & pepper to taste
1/2 cup chopped celery	



## Directions

1. Melt the butter in a large pot over medium heat. Add the onion and carrots and sauté until the onion becomes translucent. Add the broth, celery, broccoli, potato, and spices.
2. Bring to a boil, reduce heat, and simmer for 20 minutes.

*Makes 4 servings*

*Nutrition information per serving:  
Calories 97, Fat 2 g, Protein 11 g,  
Carbohydrates 18 g, Cholesterol 4  
mg, Sodium 442 mg*