

## Nutrition Education

This topping is great on pancakes or French toast and is good for you too! This is a perfect recipe for an adult and child to make together.

### Italian Vegetable Beef Soup

1 pound ground beef	5 teaspoons beef bouillon granules
1 cup chopped onion	1 tablespoon dried parsley
1 cup chopped carrots	1/2 teaspoon dried oregano
2 cloves garlic, minced	1/2 teaspoon dried basil
1 (14.5 ounce) can peeled and diced tomatoes	2 cups chopped cabbage
1 (15 ounce) can tomato sauce	1 (15.25 ounce) can whole kernel corn
2 (19 ounce) cans kidney beans, drained and rinsed	1 (15 ounce) can green beans
2 cups water	

1. Place ground beef in a large soup pot. Cook over medium heat until evenly browned. Drain excess fat. Stir in onion, carrots, garlic, chopped tomatoes, tomato sauce, beans, water and bouillon. Season with parsley, oregano and basil. Simmer for 20-30 minutes.
2. Stir in cabbage, corn and green beans. Bring to a boil, then reduce heat. Simmer until all vegetables are tender. Add more water if needed.

