

## WEIGHT WATCHERS MEXICAN ZERO POINTS SOUP

Hands-on time: 40 minutes; Time to table: 1 hour; Makes 12 cups, serving size 1 cup = 0 points.

- 6 cups vegetable broth (or 6 cups water and Better Than Bouillon)
- 14 ounces canned diced tomato, Mexican-style preferred
- 2 cups fresh green beans (start with 8 ounces, then trim and snap into bite-size pieces)
- 2 small zucchini (about 8 ounces before trimming)
- 1 cup tomatillo, cubed (start with about 4 ounces or 2 medium tomatillos)
- 1/2 medium poblano chili pepper, chopped
- 1 medium jalapeño, membranes and seeds removed, minced
- 1 medium Spanish onion (that's a red onion), chopped
- 1 teaspoon fresh oregano (I used 1/2 teaspoon dried oregano)
- 2 roasted red peppers packed in water, chopped
- 1 tablespoon chopped chipotle peppers in adobo sauce (these are found in small cans in the 'Mexican' section and they are hot!!!! You may wish to use only a scant teaspoon)
- 3/4 teaspoon salt
- 1/2 cup fresh cilantro, chopped
- 3 cloves garlic, minced
- 1 green pepper, chopped
- 2 tablespoons lime juice (from 2 limes)
- 1/2 teaspoon cumin

Heat a large pot or Dutch oven on MEDIUM HIGH. Add broth; Add the vegetables and spices as they're prepped. Cover and bring to a boil. Once at a boil, partly uncover the soup, reduce the heat to maintain a slow simmer and simmer for about 10 minutes. Stir in salt, lime juice and cilantro. Serve immediately.

### NUTRITION ESTIMATE

Per Serving: 43 Cal (6% from Fat, 24% from Protein, 70% from Carb); 3 g Protein; 0 g Tot Fat; 0 g Sat Fat; 0 g Mono Fat; 8 g Carb; 2 g Fiber; NetCarb6; 3 g Sugar; 20 mg Calcium; 1 mg Iron; 553 mg Sodium; 0 mg Cholesterol; Weight Watchers 0 points

### KITCHEN NOTES

❖ The soup's heat does seem to moderate by Day Two.