SOUPS

5 CAN SOUP 1 cup = 2 points
All cans are 14-16 ounce size--DO NOT DRAIN

1 can Progresso Classic Minestrone Soup (100 cal.)
1 can diced tomatoes, seasoned or not...
1 can mixed vegetables
1 can black beans
1 can white corn or lima beans

Dump all can contents into a pot; heat.

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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
3 cloves garlic, minced
2 tablespoons lime juice (from 2 limes)
1/2 cup fresh cilantro, chopped
1 green pepper, chopped
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.