

12 Weeks to Weight Loss Success

This Week's Tip:

Start with SOUP!

Did you know that eating a low-calorie soup before a meal to curb hunger can help you reach your weight loss goals? The same can be said for salad, however, this week we are choosing to focus on the benefits of SOUP!

A delicious bowl of a broth-based (not cream-based) soup prior to a meal can help give your digestive system time to send the "I'm full" signal to your brain before you get into your entrée. This could save you a number of calories if this method is employed on a regular basis! Your best bet is to prepare your own soup as prepared soups (such as those in a can) can be very high in sodium and other preservatives. We have a great recipe to share with you this week for a delicious, low-calorie vegetable soup. Whip up a large batch on the weekend and you have your pre-meal soup ready for the week!

Garden Vegetable Soup



Prep time: 20 minutes
Total cooking time: 1 ¼ hours
Makes 9 cups

Ingredients:

6 cups broth (low sodium vegetable or chicken)
2 carrots, peeled & diced
4 teaspoons minced garlic
½ pound frozen green beans
1 teaspoon dried basil
1 teaspoon kosher salt

Cooking spray
1 large onion, diced
½ cabbage, chopped
2 tablespoons tomato paste
1 teaspoon dried oregano
1 large zucchini, diced

Preparation:

1. Bring the broth to a boil in the microwave. (This is a time-saving tip that can be skipped if there's no hurry.)
2. Spray a Dutch oven with cooking spray and heat on medium high. Add the carrots, onion and garlic and cook for about 5 minutes. Add all the remaining ingredients EXCEPT the zucchini and bring to a boil.
3. Cover, reduce the heat to medium and simmer for about 15 minutes or until the beans are tender.
4. Add the zucchini and cook until tender. Serve & enjoy!

Nutritional Information (per cup):

Calories: 61 Fat: 0g
Carbs: 13g Fiber: 3g
Sodium: 350mg Protein: 4g

Source: www.prevention.com, health.usnews.com, kitchen-parade-veggieventure.blogspot.ca