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Friday Night Veggie Soup

A delicious and hearty vegetarian soup perfect for Friday nights. This soup is packed with fresh vegetables and flavors that will warm you up and satisfy your hunger. It's a great option for those looking for a healthy and comforting meal.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

200 g	Carrots
150 g	celery
150 g	onion
3 cloves	garlic
400 g	Tomatoes

1000 ml	vegetable broth
300 g	potatoes
200 g	Green beans
150 g	Peas
1 tsp	salt
0.5 tsp	black pepper
2 tbsp	olive oil

Directions

Step 1

Sautéing

Heat olive oil in a large pot over medium heat. Add the chopped onions and garlic, and cook until they become translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Sautéing

Add the carrots, celery, and potatoes to the pot. Stir and cook for a few minutes until slightly softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Boiling

Pour in the vegetable broth and bring to a boil. Reduce heat and let simmer for 15 minutes.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Simmering

Add the green beans, peas, and tomatoes to the pot. Season with salt and black pepper. Simmer for an additional 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Serving

Serve the soup hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 5 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	6 g	15.79%	24%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	30 iu	3.33%	4.29%
Vitamin C	40 mg	44.44%	53.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving

Cuisines

Italian

Course

Salads Soups Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
 Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter
 Halloween

Meal Type

Lunch Dinner Snack Supper

Difficulty Level

Medium

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