



Breakthrough T1D™

Formerly JDRF



Collard Vegetable Soup

Ingredients

4-6 cups of low sodium broth
1 cup of carrots
2-3 cloves of garlic, minced
Olive oil
1 Tbsp seedless jalapeno pepper, minced
2 cups of collard greens, shredded
1 cup of lima beans
1 can of diced tomatoes
Red pepper flakes
1-2 tsps of garlic powder
½ Tbsp rosemary
2 tsps thyme
1 Tbsp low sodium all-purpose seasoning
2-3 basil leaves

SERVING SIZE: 1 cup

Calories: 67 kcal | **Carbohydrates:** 11 g

Dietary Fiber: 3 g | **Protein:** 3 g | **Total Fat:** 2 g

Saturated Fat: 0.5 g | **Trans Fat:** 0 g | **Sodium:** 140 mg

Instructions

1. Sauté minced garlic with olive oil on medium-high heat.
2. Add carrots and jalapeno pepper, and sauté until soft.
3. Add diced tomatoes, all-purpose seasoning, and garlic powder.
4. Add collard greens, and lima beans cook until soft and wilted down.
5. Once all vegetables are soft, add broth.
6. Add basil leaves, red pepper flakes, rosemary, and thyme
7. Simmer for 20-30 minutes.
8. Enjoy!