



VEGETABLE AND RICE SOUP BOWL

This is a quick and healthy meal. Brown rice is a whole grain and the cruciferous vegetables broccoli and cauliflower are packed with phytochemicals which may help prevent cancer. For convenience, you may use frozen vegetables.

- 5 c. fat-free, reduced sodium chicken broth
- ½ cup quick-cooking brown rice
- 1 cup small broccoli florets
- 1 cup small cauliflower florets
- 1 medium carrot, peeled and sliced
- 1 cup drained canned diced tomatoes
- 2 tsp. dried basil
- 1 tsp dried oregano
- 1 tsp. ground cumin
- ground black pepper (optional)
- 3 tablespoons grated Romano or Parmesan cheese



In a large saucepan, bring the chicken broth to a boil. Stir in brown rice. Cover, reduce heat to low, and cook for 5 minutes. Add the vegetables, basil, oregano, and cumin and simmer for about 5 minutes, just until the vegetables are tender. Season to taste with pepper. Ladle the soup into bowls and sprinkle with grated cheese.

Makes 6 servings, each with 99 calories, 2 g. fat (less than 1 g. saturated fat), 16 g. carbohydrates, 5 g. protein, 2 g. fiber, 398 mg. sodium.

Note: to decrease sodium, reduce or omit the grated cheese.

Recipe from American Institute for Cancer Research distributed by Cape Cod Cooperative Extension