



From the kitchen of _____

Recipe _____

Ingredients _____

Directions _____

From the kitchen of Aussiey Mums
Recipe Weight Watchers: Garden of Eatin'

Ingredients 3C. fat free chicken broth, 1/2 C sliced carrots, 1/2 C sliced zucchini, 1 Tbsp tomato paste, 1/2 tsp dried basil, 1/4 tsp salt, 1 C sliced zucchini

Directions Spray a large sauceman w/ cooking spray, saute the carrots and garlic for 5 min. Add broth, carrots, zucchini, tomato paste, basil, oregano, & salt. Bring to a boil. Reduce heat, simmer, covered, about 15 min. Stir in the zucchini, and cook 3-4 minutes more.



