



# "Souped-up" Soup

*One Pot Meal - Meal for One*

Low Sodium - High Fiber

Servings: 2

Prep Time: 10 minutes

Cook Time: 10 hours

## Ingredients

- 1 can (10 3/4 oz.) of **low sodium condensed soup**
- 1 can (10 3/4 oz.) of **water**
- 1/2 **onion**, chopped small
- 1 stalk of **celery**, chopped small
- 1 **potato**, washed but not peeled, cut into small cubes
- 1 **carrot**, diced
- **Black pepper** to taste

*Note: Try adding leftover vegetables of all types for more variety.  
Try dried spices, such as garlic powder, to add flavor without adding salt.*

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## Directions

1. Open and pour can of condensed soup into skillet with one can of water.
2. Add chopped vegetables.
3. Cook soup on medium heat until vegetables are tender.
4. Season to taste.

*Recipe adapted from eatfresh.org*