

Low-Point Five-Can Soup

Ingredients:

- 1, 18.5 oz. can Progresso Light Vegetable and Noodle soup
 - 1, 14.5 oz. can diced tomatoes (no-salt diced tomatoes, if you can find them)
 - 1, 15 oz. can Hormel Turkey Chili with no beans (any brand would work)
 - 1, 15.25 oz. can whole kernel corn (no-salt or low-sodium)
 - 1/2, 10 oz. can mild Rotel with diced tomatoes and green chilies
- The below spices and herbs are optional, but I also added:
- 1/2 tsp. dried basil leaves
 - 1/2 tsp. parsley flakes
 - 1/2 tsp. onion powder
 - 1/2 tsp. garlic powder
 - 1/2 tsp. cumin

Combine all ingredients and heat in a medium sauce pan. Wa La! Dinner is served! Enjoy!

Total servings - Approximately 9 cups

Serving size - 1 cup

Points per serving - 1.6

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Love makes you strong in front of the whole world, but weak in front of the one you love." - Anonymous