

Low-Point Tomato Zucchini Soup

Ingredients:

- 2 medium zucchini, chopped
 - 1/4 cup red onion, chopped
 - 1 1/2 tsp. olive oil
 - 1/4 tsp. salt
 - 1/4 tsp. pepper
 - 1/4 tsp. Goya Adobo seasoning
 - 1/4 tsp. Italian seasoning
- (use any of your favorite seasonings to taste. It doesn't have to be these.)
- 1 cup Spicy V8 Juice
 - 1 cup chicken broth
 - 1 large tomato, chopped
 - 3 large fresh basil leaves, chopped

In a large skillet, saute the zucchini and onion in olive oil until crisp-tender. Sprinkle in seasonings and add the V8 juice, chicken broth, basil, and chopped tomato. Cook until heated through.

OPTIONAL: Add 2 strips of crumbled cooked bacon to the soup.

Total servings - 4 cups

Serving size - 1 cup

Points per serving - .5

Points per serving with bacon - 1

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