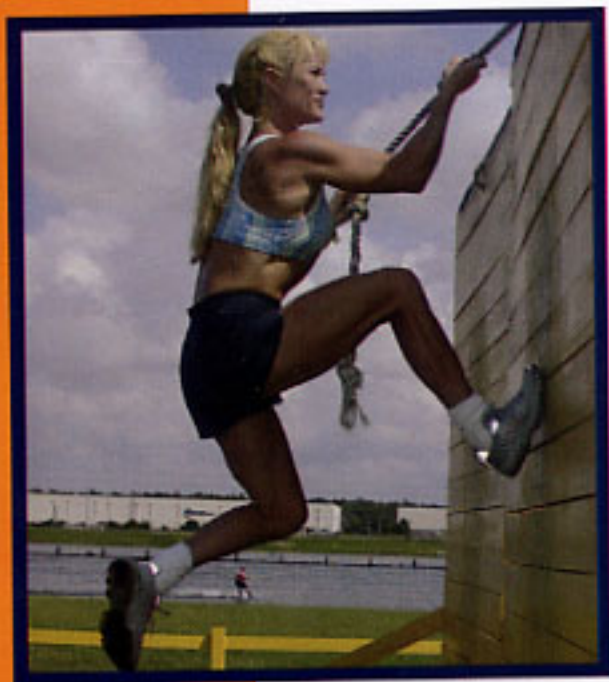


Fitness MENUS

A COMPILATION OF RECIPES
FROM SOME OF THE FITNESS
INDUSTRY'S LEADING
PROFESSIONALS



COOKBOOK VOLUME 1

www.fitnessmenus.com

Country Vegetable Soup

Submitted by: Stacey Cravens

ESPN Ms. Fitness America 2001-2002

www.staceycravens.com

Ingredients:

- 1/2 cp. Chopped Onions
- 1/2 cp. Carrots
- 1/2 cp. Sliced Celery
- 14 oz. can Nonfat Chicken Broth
- 10 oz. Package Frozen Peas
- 1 1/2 cp. Water
- 1 tsp. Dried Parsley
- 1/8 tsp. Pepper
- 1/2 tsp. Garlic Powder
- 28 oz. Can Tomato Sauce
- 16 oz. Can Kidney Beans

Preparation:

Start with putting olive oil spray in a large pot. Add the carrots, onions and celery in the pot. Cook over medium heat until tender. Add water if needed while cooking. Add the rest of the ingredients and bring to a boil. Reduce the heat and simmer uncovered for 20 minutes.

This recipe is high in complex carbohydrates and fiber. Legumes supply high-quality iron and protein.

Nutritional Information per Serving:

129 calories per serving