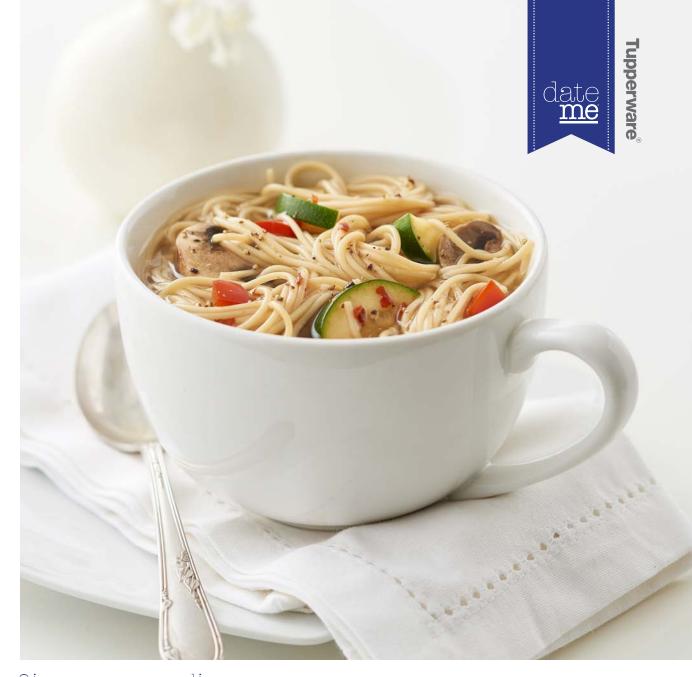
Serves: 4 · Serving size: 11/2 cups



## Spicy Vegetable SOUP

- 4 cups chicken or vegetable broth
- 4 oz./115 g angel hair pasta
- 4 button mushrooms, thinly sliced
- 1 zucchini, halved and thinly sliced
- 1 red bell pepper, diced
- 1/2 tsp. crushed red pepper
- ¼ tsp. coarse kosher salt
- 1/8 tsp. cracked black pepper
- 1. Add broth and pasta to the TupperWave® Stack Cooker 3-Qt/3 L Casserole and stir.
- 2. Place cover on Stack Cooker. Microwave on high power 6 minutes. Remove from microwave.
- 3. Stir in mushrooms, zucchini, pepper, crushed red pepper, salt and pepper.
- 4. Place cover on Stack Cooker, microwave high power 3 minutes or until vegetables are tender.
- 5. Season with salt and pepper to taste. Serve warm.

Nutritional Information (per serving): Calories: 150 Total Fat: 1g Saturated Fat: 0g Cholesterol: 0mg Carbohydrate: 25g Sugar: 4g Fiber: 2g Protein: 11g Sodium: 0mg Vitamin A: 15% Vitamin C: 60% Calcium: 2% Iron: 6%



TO DEMO



3-Qt./3 L Casserole

OPTIONAL





Spoons



Measuring Cups

Silicone Spatula