



# Crockpot Vegetable Soup

**SERVINGS: 8**

**PREP TIME: 20 MIN**

**COOK TIME: 8 HOURS**

## INGREDIENTS

1 can red kidney beans  
28oz can crushed tomatoes  
6 oz can tomato paste  
32 oz low sodium vegetable broth  
1/3 bag frozen peas  
1/2 pound green beans  
3 carrots  
1 bunch of celery  
1 zucchini  
1 red pepper  
1 russet potato  
1 yellow onion  
1 tablespoon basil  
1 tablespoon parsley  
1 tablespoon oregano  
1 tablespoon garlic powder  
Salt & pepper to taste

## DIRECTIONS

1. Dice all vegetables
2. Layer each ingredient in the crockpot, stirring each time something is added to distribute evenly. Start with frozen ingredients, add canned ingredients, then seasoning, next fresh vegetables, and lastly add the broth.
3. Set crockpot to low and cook for 6-8 hours, stirring every hour or two.

## NOTES

Fresh ingredients are always best - both for taste and nutritional content - however using a few frozen vegetables really increases the convenience factor. I sometimes use frozen carrots and green beans to cut down on the prep time. Using fire roasted crushed tomatoes adds additional flavor to the soup.



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