

Vegetarian Slow Cooker Soup

Prep Time: 20 minutes

Cooking Time: 6 - 8 hours

Yields: 8 - 10 servings

Prep Notes: none

Category: Soups & Stews

Source: Deanna Snyder, RN

The Ingredients

- 4 cloves of garlic, chopped
- 2 handfuls of torn kale
- 1 can organic corn kernels (drained)
- 1 can organic red kidney beans (drained)
- 1 can organic black beans (drained)
- 1 can organic diced tomatoes
- 1 sweet potato, chopped
- 1 small head of cauliflower, chopped
- 1 zucchini, chopped
- 2 carrots, peeled, chopped
- 1 pint mushrooms, chopped
- 1 tablespoon ground cumin
- 1 tablespoon Italian seasoning
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1-2 cartons organic vegetable broth



Directions

- Chop all vegetables, drain beans and place into the 6 quart slow cooker.
- Pour vegetable broth over all ingredients.
- Set the cooker on low, and cook until all vegetables are tender, 6-8 hours.
- Check seasoning; adjust vegetable broth for thickness of soup/stew.