

Vegetable Minestrone Soup - Crockpot

By: www.laaloosh.com

Ingredients:

2 14.5 oz. fat free vegetable broth
1 18 oz. can crushed tomatoes, undrained
2 medium carrots, chopped
2 small zucchini, cut into 1/2" slices
1 medium yellow bell pepper, cut into 1/2" pieces
2 cloves garlic, finely chopped
2 cups shredded cabbage
2 tsp. dried marjoram
1 tsp. salt
1/3 tsp pepper
1/2 cup cooked rice, brown
1/2 cup Cannellini beans
1/3 cup chopped fresh basil

Instructions:

1. Mix all ingredients, except rice and fresh basil, in a 3 1/2 quart crockpot.
2. Cover and cook on LOW setting for 6-8 hours or until vegetables are tender.
3. Stir in rice.
4. Cover and cook on LOW setting for about 15 minutes or until rice is tender.

Serving: 1 cup

Note:

You can prepare the rice on the side and add when serving.

This freezes well. Divid into single portions and freeze.

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