



Slow-Cooker Veggie-Noodle Soup



1/6th of recipe (about 1 1/3 cups): 56 calories, 0.5g total fat (0g sat. fat), 701mg sodium, 10g carbs, 2.5g fiber, 4.5g sugars, 3g protein

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Prep: 10 minutes **Cook:** 3 - 4 hours or 7 - 8 hours, plus 10 minutes



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Ingredients

1 cup chopped carrots
1 cup chopped celery
1 cup chopped onion
2 tsp. chopped garlic
2 tsp. Italian seasoning
1/2 tsp. onion powder
1/4 tsp. dried thyme
1/4 tsp. each salt and black pepper
2 bay leaves
6 cups reduced-sodium chicken broth
14 oz. (about 2 medium) zucchini
4 cups roughly chopped spinach leaves
Optional seasonings: additional salt and black pepper

Directions

Add all ingredients to a slow cooker *except* zucchini and spinach. Mix well.

Cover and cook on high for 3 - 4 hours *or* on low for 7 - 8 hours, until veggies have softened.

Once soup is almost done cooking, use a spiral vegetable slicer to cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, peel zucchini into super-thin strips, rotating the zucchini after each strip.) Roughly chop for shorter noodles.

If cooking at high heat, decrease heat to low. Remove and discard bay leaves. Stir in zucchini noodles and spinach. Re-cover, and cook for 10 minutes, or until zucchini noodles have slightly softened and spinach has wilted.

MAKES 6 SERVINGS

HG Alternative: We use chicken broth for flavor, but feel free to use vegetable broth for a vegetarian-friendly spin!

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