



Creamy Slow-Cooker Veggie Soup



1/12 of recipe (about 1 heaping cup): 110 calories, 1g total fat (0.5g sat. fat), 470mg sodium, 18g carbs, 5.5g fiber, 4g sugars, 7g protein

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Prep: 15 minutes **Cook:** 3–4 hours or 7–8 hours



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Ingredients

1.5 oz. (about 6 tbsp.) onion soup mix
One 12-oz. bag (about 4 cups) broccoli florets
One 12-oz. bag (about 4 cups) cauliflower florets
1 cup chopped onion
1 tbsp. chopped garlic
One 15.5-oz. can cannellini beans, drained and rinsed
10 oz. frozen spinach, thawed and drained
10 oz. frozen sweet peas, thawed
1/4 cup whipped cream cheese, or more for topping
1/4 cup nutritional yeast
1/4 cup fresh basil
2 tbsp. lemon juice
1/2 tsp. black pepper, or more to taste
1/4 tsp. salt, or more to taste
Optional topping: light sour cream

Directions

Pour 6 cups of water into a slow cooker, and stir in onion soup mix. Add broccoli, cauliflower, onion, and garlic.

Cover and cook on high for 3–4 hours or on low for 7–8 hours, until veggies are soft.

Turn off slow cooker. Add all remaining ingredients. Mix well.

Using an [immersion/stick blender](#), blend soup in the pot until smooth. If needed, reheat before serving.

MAKES 12 SERVINGS

HG FYI: Not all onion soup mixes are gluten free, so read labels carefully if that's a concern.

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